

TEXAS A&M AGRI LIFE EXTENSION

Orange County AgriLife Newsletter April 2019

County Extension Agents

Fallon Foster, M.P.H.
Family & Community Health
County Coordinator

Office 409-882-7010



Office Closed Friday April 19th

County Judge

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Theresa Beauchamp

Commissioner Precinct 3

John Gothia

Commissioner Precinct 4

Robert Viator



Sunday, April 21st



Scan and go directly to
our AgriLife website
orange.agrilife.org



Orange County
Texas A&M AgriLife Extension



Scan and go directly to
our Facebook page

Agriculture/Natural Resources

The Orange County Master Gardeners Presents... Master Gardener Certification Training Course 2019

Join the Orange County Master Gardeners for classes led by local horticultural specialists and Master Gardeners to become a Texas Certified Master Gardener. Classes are \$110, which includes all training material and supplies.

Classes will be held on Thursdays in 2 semesters—
Spring - April 4 thru May 30 and
Fall - Sept. 5 thru Nov. 14
Some Saturday classes/field
trips
Will be scheduled

RSVP required 409 882-7010
<https://txmg.org/orange>
email:
sheribethard@yahoo.com



TEXAS A&M
AGRI LIFE
EXTENSION

The members of Texas A&M AgriLife will provide equal opportunity in programs and activities, education and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity and will strive to achieve full and equal employment through out Texas A&M AgriLife.



A DONATION GARDEN

THE FIELD OF PLENTY

VOLUNTEER
2120 Wickard, Orange, Texas
thefieldofplenty@gmail.com
EMAIL US TODAY!



Field of Plenty
gives back to community
with the fresh vegetables
from the garden.

Family & Community Health

Join us for our red carpet event in celebration
of our Golden Era of Health

HOLLYWOOD

Senior Citizen 50th Celebration Rally Day

Tuesday, May 14, 2019

Orange County Convention and Expo Center

11475 FM 1442

9 am to 1 pm

Free Lunch

Bingo

Health Vendors

Entertainment

Door Prizes

And much more

Lions Eye Bank
of Texas will be
collecting glasses.

For additional
information
contact the
AgriLife office
409-882-7010



You're welcome to
dress for the Red
Carpet

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Family & Community Health



**STEP UP
SCALE DOWN**

**IN 12 LESSONS, STEP UP
TO A HEALTHY YOU.**

Introducing the Step Up, Scale Down Program

In just 12 weeks, find the path to better health through this course based on the USDA Dietary Guidelines and scientific research. Form habits to help you maintain a healthier weight, stay active, and reduce your risk for chronic diseases!

Beginning April 23, 2019 Texas A&M AgriLife Extension Office
5:30 PM 11475 FM 1442, Orange, TX
\$40 409-882-7010

Fallon Foster, M.P.H.
CEA/FCH

Get started today: stepupscaledown.org

**TEXAS A&M
AGRI LIFE
EXTENSION**

Texas A&M AgriLife Extension is an equal opportunity employer and program provider. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas cooperating

**HOUSEHOLD
HAZARDOUS
WASTE
COLLECTION
EVENT**



**Saturday, April 27th
8:00am - 1:00pm**

Silsbee High School-Parking Lot
1575 Highway 96 North
Silsbee, TX

SETRPC
SOUTH EAST TEXAS REGIONAL PLANNING COMMISSION

**TRANSPORTATION &
ENVIRONMENTAL
RESOURCES**

**REPUBLIC
SERVICES**

CleanHarbors®

**2019 Orange County
Walk Across Texas
Kick-Off**

**Beginning April 22, 2019
5:30 PM**

Visit the website and register today:
Walkacrosstexas.tamu.edu

**Led by
Fallon Foster, M.P.H.
CEA/FCH**

**Walking is one of the least expensive and
easiest ways to get fit. Start now and
reduce your risk of cancer, diabetes,
heart disease and stroke. Join other
Texans and Walk Across Texas! towards
a healthier lifestyle.**

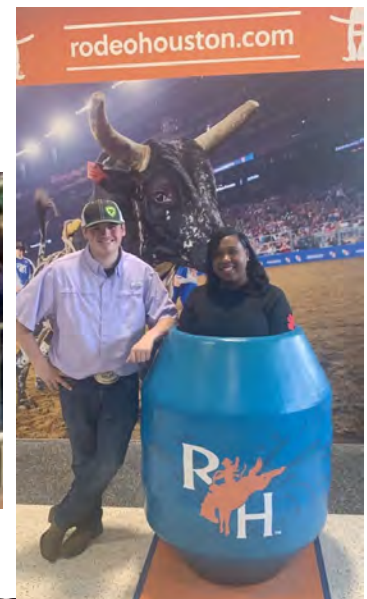
**Location:
Texas A&M AgriLife Extension Office-
Orange County
11475 FM 1442, Orange, TX
409-882-7010**

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4-H/Youth Development

From Livestock Judging Team

"Had a pretty great day in Houston. All of our teams did such a great job. Our senior livestock judging team placed 39th out of 290 teams. Big thanks to all the parents that helped out today and all of our previous practices. And thank you Fallon Foster for all of the words of encouragement today they really helped".



Family & Community Health

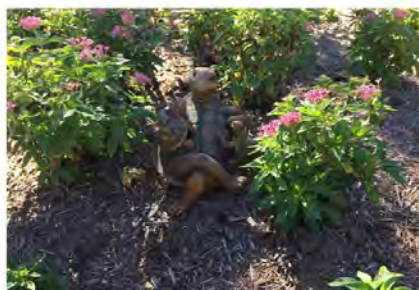
Orange County Master Gardener 2019 Tour of Gardens

Orange & Bridge City Areas

Sunday, May 5, 2019

\$6

1 PM - 5 PM



May purchase tickets at:

Orange County AgriLife

Extension Office

11475 FM 1442, Orange

409-882-7010

or

At each garden on day of tour



TEXAS A&M
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Raising Backyard Chickens

Food and Water



- An egg is **65% water**.
- They should have access to **clean, fresh water**. Allow at least **1-2 cups of water per bird daily**.
- Allow at least **2 lbs. of food per week for each chicken**.
- They will typically eat **more in the winter and less in the summer**.
- They eat **both plants and animals**.

TEXAS A&M
AGRI LIFE
EXTENSION

Texas ranks 1st in the number of cattle and calves.

86% of the land in Texas is in some form of agricultural production.

98.5% of Texas' agricultural operations are still run by individuals or families.

Texas is the top producer of cotton, hay, sheep, goats, mohair, and horses.

The economic impact of the Texas food and fiber sector totals about \$100 billion.

Texas is one of the leading exporters of agricultural commodities including live animals, cotton, and more.

Agriculture employs 1 out of every 7 working Texans.

Via
texasagriculture.gov

Agriculture/Natural Resources

When to move my plants outside??

By Sheri Bethard, Texas Certified Master Gardener, Orange County

As a Master Gardener, I am asked this question many times. I always tell them I wait until at least the end of March. There are several reasons I wait, the first being; our average last day of frost is usually March 15. As you saw just last week, we had some temperatures that were down in the 30's even though we had been having many nice days of 60 and some 70-degree temperatures. There have been times in the past when we have had cold snaps in the middle of March. I can remember going on spring break vacations with our kids and checking on the temperatures back home and sure enough we had freezing weather on or around March 16. I was glad I had left my greenhouse heater set on low but set where it would come on if it needed to. Second, I usually have to many things going on until then to have time to move them out. Our annual Master Gardener Bloomin' Crazy Plant Fair is normally in March and that takes up a lot of my time.



When you are ready to move them out of your greenhouse, garage, house or wherever you had them "stored" for the winter, it's best to wait until the nighttime temperatures are above 50 degrees, as most plants do not like temperatures below that. In preparation for the move, hold off watering your bigger plants several days before moving them. Water is weight and it will help moving them by not having the added weight. Be sure to use a dolly or hand truck to move your bigger/heavier plants so you will not hurt your back.

When moving plants outside, start them off in a partially shady area first so they can get use to being back outside, before putting them in direct sun even if they are OK to be grown in direct sun. If you put them directly in the sun from growing in your house, garage or even greenhouse, the leaves will be sunburned just as though you were out in the sun all day without any protection on your skin. The end result your plant will loose its top leaves causing the plant to be misshapen.

As you are moving your plants back outside, this will be the opportune time to inspect your plant for bugs and any other problems that might have occurred. In addition, check to see if they need to be repotted. Most plants in pots should be repotted every 2 – 4 years. The soil in the pot decomposes thus leaving nothing for the roots to grow in or get their nutrition from. Those not needing repotting, add some fresh potting mix to the top of the soil. Trim an dead or dying leaves giving new ones a chance to grow. If you cut at an angle it will encourage a more natural growth pattern.

Once you have your plants outside, you will need to alter your watering and fertilizing schedule. As the days get longer and hotter, you will need to water more often and in some cases some plants daily. Giving your plants a good bottom soaking not once but twice will help get the root ball thoroughly moist along with removing any accumulated salts from fertilizing. Remember not to let the water stay in the pots saucers to long to avoid having a breeding ground for mosquitoes. Spraying the leaves with a shower of water will remove any dust or pollen and will aid in helping with the plant's photosynthesis and will keep the leaves from drying out on windy, dry days along with giving much needed humidity. Spraying also helps remove some of the soft-bodied pests such as aphids and whiteflies.

ORANGE COUNTY MASTER GARDENERS MONTHLY MEETING Public Welcome

Monthly Meeting is held on the 2nd Thursdays of each month. Starting at 6 pm with a meal social till 6:30 followed by their business meeting and monthly presentation. The public is welcome to visit any of the meeting. The meeting is held at the Orange County Convention and Expo Center, 11475 FM 1442 Orange. If you have further questions about the Orange County Master Gardens contact the Texas A&M AgriLife Extension Of-



Call or stop by the AgriLife Extension Office
Tuesdays & Thursdays 10am-2pm
Or call and talk with our Master Gardener on the MG Hotline, 409-745-9708,
You can also call the office Monday-Friday 882-7010 and leave a message for the Master Gardener .

Family & Community Health

Registration OPENS May 1st



Summer Youth Cooking Camp 2019

AGES 8 TO 14
(No exception)

FOOD CHALLENGE HELD THURSDAY

JUNE 10-14, 2019
10 AM TO 2 PM
ORANGE COUNTY CONVENTION & EXPO CENTER
11475 FM 1442 ORANGE
409-882-7010

LIMITED TO 60 KIDS
(Reminder: if you attended the last 2 year, you must wait till 2020 to participate.)

\$50 PER CHILD
PAYABLE BY CASH OR CHECK TO H.O.P.E.
PAYMENT MUST BE RECEIVED IN THE AGRILIFE OFFICE BY JUNE 3, 2019.

LIMITED SCHOLARSHIPS AVAILABLE. CALL TO INQUIRE.

FAMILY DAY ON FRIDAY @ NOON
REGISTRATION OPENS MAY 1ST - REGISTER ONLINE

TO REGISTER: GO TO ORANGE.AGRILIFE.ORG AND CLICK ON THE YOUTH COOKING CAMP REGISTRATION TAB

TEXAS A&M AGRILIFE EXTENSION

INTERESTED IN BEING AN ADULT VOLUNTEER FOR THE COOKING CAMP? CALL THE AGRILIFE OFFICE @ 409-882-7010

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Youth Summer Camps

The 4th Annual Michael Hoke Memorial Outdoor Awareness for Kids
Free!! Fun!! Food!! Rain or Shine!!



Ages 8-14
June 21, 2019
Claiborne West Park
Halliburton Pavilion
4105 North St, Vidor, TX
9am - 2:00pm

Check-in the day of event: 8:30am

To register go to orange.agrilife.org and click on the Outdoor Awareness tab.

Deadline to Register: June 7, 2019
Call 409-882-7010 if you have any questions

TEXAS A&M AGRILIFE EXTENSION

TSSWC
Lunar Station Section
SWCJ 8848



Registration OPENED

Youth Canning & Bread Making Class

Ages 8 to 14

Thursday, July 18, 2019
9 am to 3 pm
Texas A&M AgriLife Extension
Orange County
409-882-7010



Class limited to the first 15 to register.



To register go to:
orange.agrilife.org
click on the
Youth Canning Class tab

Registration
Opens Online
June 3rd

\$25 per person with lunch included
Payment Deadline
Monday, July 8, 2019
Don't wait till payment deadline to register, class may be full.

TEXAS A&M AGRILIFE EXTENSION

Registration
OPENS
June
3rd

The Texas A&M AgriLife Extension of Orange County Presents:

CLOVER KIDS



Day Camp Adventures

Youths Ages 5-8

July 30th, 31st, & August 1st, 2019

1 pm to 4 pm

At the Orange County Convention & Expo Center
409-882-7010

Registration fee of \$25 due by July 12th

Registration will Open online June 3rd. Camp limited to 60

To Register: go to orange.agrilife.org and click on the Clover Kids Camp Registration

TEXAS A&M AGRILIFE EXTENSION

Come experience the fun of what 4-H has to offer for the 4-H clover member. FUN, FUN, FUN!

2019 Kids Beginner Sewing

July 22nd thru 24th

9 am to 2 pm

Be sure to bring a sack lunch & drink

Ages 9 to 14

Limited to the first 20 to register

409-882-7010

Location
Orange County Convention & Expo Center

To Register: go to orange.agrilife.org and click on the Youth Beginner Sewing tab

Registration
Opens Online
June 3rd

Payment Deadline
Monday, July 8th
\$20 Per person

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Family & Community Health

Baked Crab Rangoon

12 Servings

- 4 oz (1/2 of 8 oz pkg.) PHILADELPHIA Neufchatel Cheese, softened
- 2 green onions, thinly sliced
- 12 won ton wrappers
- 1 can (6 oz.) crabmeat, drained, flaked
- 1/4 cup KRAFT Light Mayo Reduced Fat Mayonnaise



1. Heat oven to 350°F.
2. Mix first 4 ingredients until blended.
3. Place 1 won ton wrapper in each of 12 muffin pan cups sprayed with cooking spray, extending edges of wrapper over rim of cup. Fill with crab mixture.
4. Bakes 18 to 20 minutes or until edges of cups are golden brown and filling is heated through.

Tip 1

Makeover-How We Did It

We've taken a favorite appetizer and made it over by preparing it with PHILADELPHIA Neufchatel Cheese and KRAFT Light Mayo Reduced Fat Mayonnaise instead of regular cream cheese and mayonnaise. And since these tasty appetizers are baked they save 70 calories and 5.5g of fat, including 1.5g sat fat, per serving compared to traditional fried crab Rangoon.

Tip 2

Food Facts

Look for won ton wrappers in the refrigerated produce section of your grocery store

Tip 3

For a Crispier Rangoon

Bake won ton wrappers in muffin cups 350°F oven 5 to 7 minutes or until lightly browned. Fill with crabmeat mixture and bake 6 to 8 minutes or until filling heated through.

Tip 4

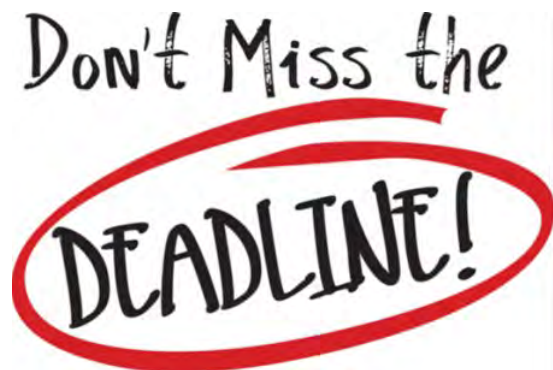
Special Extra

Garnish with additional sliced green onion just before serving.

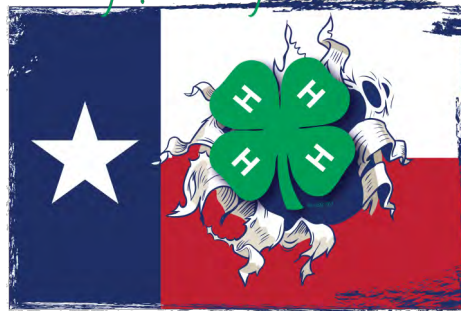
Kraftrecipes.com



4-H/Youth Development



Greetings from Big Time in D-9



Southeast District 9 4-H Roundup

APRIL 3rd at Midnight on 4-H Connect

Major Livestock Shows

Ft. Worth, San Antonio and Houston Shows

Steer Tags & Heifer UIN—April 17th

\$15 Steer tags

Validation fee for Heifers

\$15 per head uploaded BEFORE July 8th



State Fair of Texas—Dallas

Lamb & Goat Tags—April 17th

Swine Tags—April 25th



Shooting Sports

**State Shoot registration opens May 13th
on 4-H Connect**

iClays opens May 28th

4-H/Youth Development



Dusty Trails 4-H & Clover Kids Club

1st Tuesday
6pm @ 4-H Office
Chesley Walters 409-781-0946
Tommy Byers 409-216-9865

Adult Leaders Association

2nd Monday @ 7 pm
4-H Office

Mighty Pirates 4-H

2nd Tuesday @ 7 pm,
Vidor Junior High Cafeteria
Tammy Glawson 409-474-2811

Boots & Bridles 4-H Horse Club

3rd Monday
6 pm @ T2 Arena
Nicole Kepley 409-779-5521

All Hearts 4-H Homeschool Club

3rd Monday
1 pm @ 4-H Office
Tammy Swindell 409-239-6026

Clay Busters Shooting Sport

Meetings—3rd Tuesday
6 pm 4-H Office
Tuesdays Shooting practice 6 pm
Orange County Gun Club
Robert Caffey 409-767-6222
robert.caffey@kodiakgas.com

County Council

4th Monday @ 4-H Office
6:30 pm

My 4H project

Food & Nutrition

3rd Tuesday
6 pm @ 4-H Office
(WILL NOT MEET IN APRIL)

Clothing & Textiles

4th Tuesday
6 pm @ 4-H Office

Livestock Judging

Every Thursdays
(March will depend on the Fair)
6:30 pm @ 4-H Office
(Do not have to own an animal to participate)


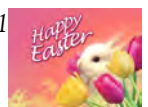
4-H FAMILIES

Please be sure to check your email and or the AgriLife Facebook page daily. If there is a change to a meeting or project it will be sent out through email and Facebook.

Thank you!

4-H/Youth Development

April 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Recordbook Training 6pm	2 Dusty Trails 6 pm	3 Connect Deadline for Livestock Judging & D9 Roundup	4	5	6
7	8 Adult Leaders 7 pm	9 Mighty Pirates 7 pm	10	11	12	13
14	15 All Heart 1pm Boots & Bridle 6pm	16 Clay Busters 6pm No Food & Nutrition this night.	17 <u>Ofc Deadline to order Fall Major Steer & Heifer Tags</u>	18	19  Office Closed	20
21 	22 County Council 6:30 pm	23 Clothing & Textiles 6pm	24	25	26	27 D9 Livestock Judging
28	29	30				

May 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 District 9 Roundup	3 District 9 Roundup	4 District 9 Roundup
5	6 4-H Connect opens for State Shoot	7 Dusty Trails 7 pm	8	9	10	11
12 	13 ALA 7pm	14 Mighty Pirates 7 pm	15	16	17	18
19	20 All Heart 1 pm Boots & Bridle 6pm	21 Clay Busters 6 pm Food & Nutrition 6pm	22	23	24	25
26	27 	28 iClays opens for State Shoot Sewing 6pm	29	30	31	

Family & Community Health

Flatbread Pizza

Serves 8

- 4 naan bread whole wheat
 - 8 ounces tomato sauce unsalted
 - 2 cups zucchini diced
 - 2 cups mushrooms diced
 - 1 cup 2% milk mozzarella cheese shredded
 - 1 teaspoon olive oil
 - 1/2 teaspoon black pepper
1. Preheat oven to 425°F.
 2. Toss sliced zucchini and mushrooms with olive oil and pepper.
 3. Place vegetables on baking sheet and roast for 2-25 minutes.
 4. Spread tomato sauce evenly on flatbread.
 5. Sprinkle mozzarella over tomato sauce.
 6. Add roasted vegetables.
 7. Bake pizza at 400°F for 8-10 minutes until cheese is bubbly.



Nutrition Facts	
8 servings per container	
Serving size	1/2 flatbread (145g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	2%
Sodium 340mg	15%
Total Carbohydrate 23g	18%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 244mg	20%
Iron 1mg	5%
Potassium 346mg	8%

*Percent Daily Values are based on a diet of other people's secrets. This is not a nutrition label. © 2015 American Heart Association. All rights reserved.

Zucchini and Chicken Pie

Serves 8

Ingredients

- 1 cup cooked, skinless chicken breast, diced
- 1 cup sliced zucchini
- 1 cup sliced tomatoes
- 1/4 cup reduced fat, shredded cheddar cheese
- 1/2 cup chopped onion
- 1 (9 inch) pie crust

Custard

- 3/4 cup fat free egg substitute
- 1 cup skim milk
- 1/4 teaspoon pepper

1. Place zucchini, tomatoes, onions and chicken in pie crust.
2. Prepare custard by mixing eggs, milk, and pepper.
3. Pour custard over ingredients already in pie crust.
4. Sprinkle with cheese.
5. Place in oven at 375 degrees for 30 to 25 minutes.



Nutrition Facts	
8 servings per container	
Serving size	(142g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 190mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 1mcg	5%
Calcium 128mg	10%
Iron 1mg	5%
Potassium 281mg	6%

*Percent Daily Values are based on a diet of other people's secrets. This is not a nutrition label. © 2015 American Heart Association. All rights reserved.



Family & Community Health



DINNER TONIGHT **TEXAS A&M AGRILIFE EXTENSION**

MATCHA BASICS

? MATCHA IS A POWDER MADE OF GREEN TEA LEAVES.

A SMALL AMOUNT OF MATCHA HAS A HIGHER AMOUNT OF CAFFEINE COMPARED TO A CUP OF COFFEE; HOWEVER, IT RELEASES SLOWLY THROUGH YOUR BLOODSTREAM. THUS, PROVIDING MORE ENERGY THROUGHOUT THE DAY.

IS FILLED WITH ANTIOXIDANTS WHICH MAY PROVIDE SEVERAL HEALTH BENEFITS RELATED TO HEART HEALTH & METABOLIC HEALTH



DINNER TONIGHT

WHISK IT!

Matcha powder can be whisked and stirred into lattes, smoothies, water, and baked goods.

**Whisk the powder with a traditional bamboo or electric whisk.*

TEXAS A&M AGRILIFE EXTENSION

Matcha Smoothie Bowl

2 Servings

Smoothie

- * 1/2 frozen banana
- * 1/2 cup frozen cauliflower
- * 1/4 cup frozen pineapple
- * 1 tablespoon almond butter
- * 1 cup unsweetened coconut milk beverage
- * 1 teaspoon matcha powder



Topping

- * 1 1/2 teaspoons chia seeds
 - * 1 1/2 teaspoons sweetened coconut flakes
 - * 1/4 cup blueberries
1. Wash fresh berries and clean your preparation area.
 2. In a blender, blend frozen banana, pineapple, cauliflower, almond butter, milk and matcha powder until smooth.
 3. Divide smoothie mixture into two bowls and top with chia seeds, coconut flakes and blueberries.

Dinnertonight.tamu.edu/recipes

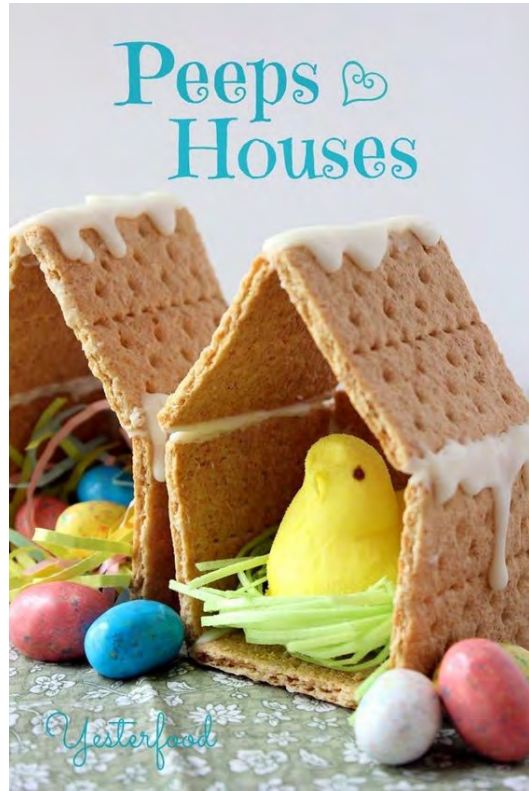


Coffee VS Matcha

about 1/2 cup	=	a serving
more caffeine	=	less caffeine
lasts about 1 - 3 hours	=	lasts about 4 - 6 hours

Family & Community Health

HOW TO FOLD A BUNNY NAPKIN



Cajun Jambalaya

- 3 1/2 cups cooked brown rice
- 2 tsp. canola oil
- 1 lb. boneless, skinless chicken breast, cut into 1 inch
- 3 tsp. sodium-free Cajun spice blend
- 1 (14.4oz.) package stir-fry onions and peppers, thawed
- 1 can no-salt-added, diced tomatoes
- 1/2 tsp dried thyme
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1/2 lb. shrimp, shelled & deveined
- 1/3 cup scallions



1. Add canola oil into Dutch oven and warm over medium heat. Add chicken pieces and 1 tsp Cajun spice/chili

powder. Stir constantly until chicken is mostly cooked, about 5 minutes.

2. Add thawed onions and peppers, along with diced tomatoes, thyme, garlic powder, salt and pepper. Stir and let mixture come to a boil. Reduce heat and let simmer about 5 minutes.
3. Increase heat to bring mixture to a boil. Add shrimp, stir constantly. Cook until shrimp turn pink and fully cooked, about 2-4 minutes, depending on the size of the shrimp. Stir in the cooked rice and cook until rice is heated, 1-2 minutes. Remove from heat. Garnish with scallions and serve.

Nutrition facts: Calories 438, Total Fat 7.4g, Saturated Fat 1.2g, Cholesterol 144mg, Sodium 428mg, Total Carbs 51.6g, Dietary Fiber 5.6g, Protein 38.3g.