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

Like us on Facebook

Orange County
Texas A&M AgriLife Extension

Scan and go directly to our Facebook page

Agriculture/Natural Resources

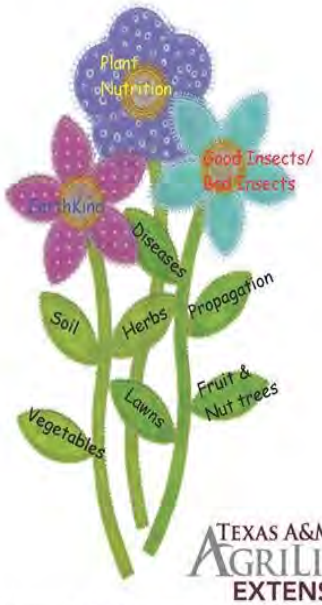
The Orange County Master Gardeners Presents...

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 AGRILIFE EXTENSIO

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

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

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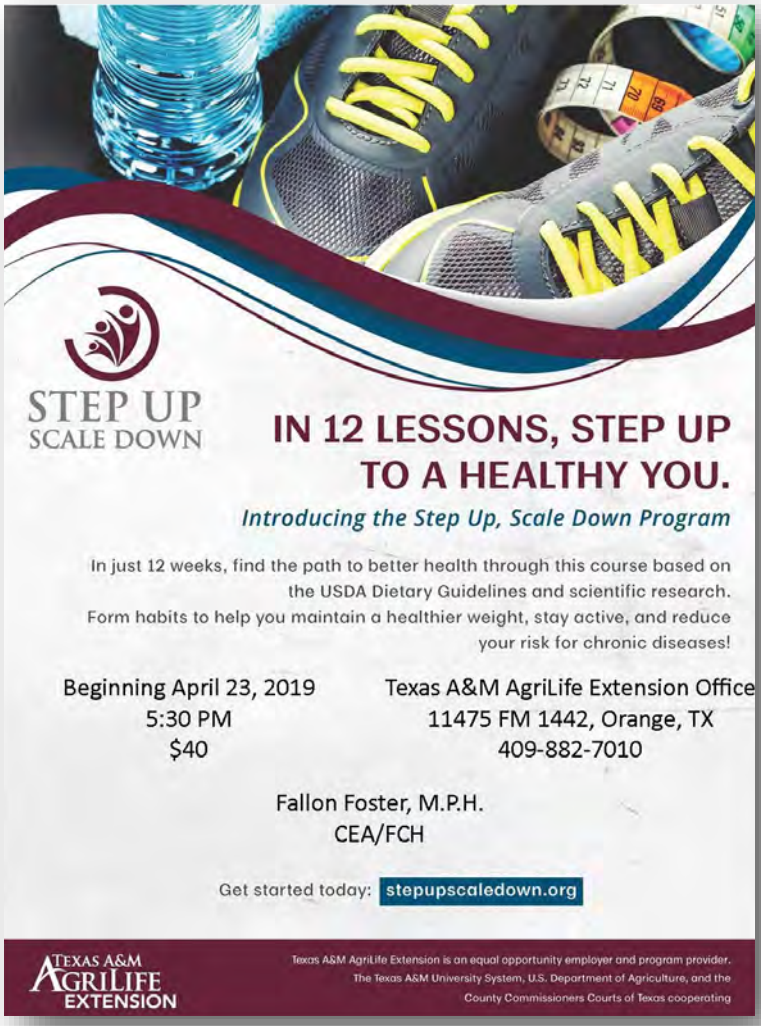
Family & Community Health



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".

Houston Livestock Show and Rodeo

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

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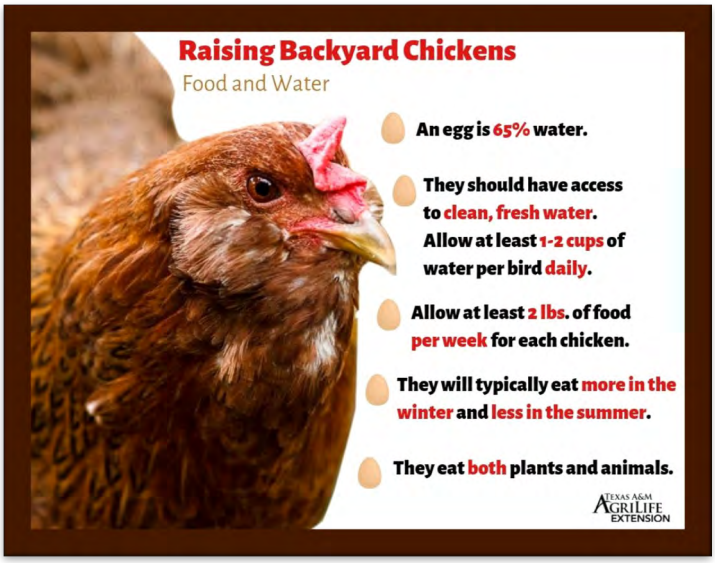
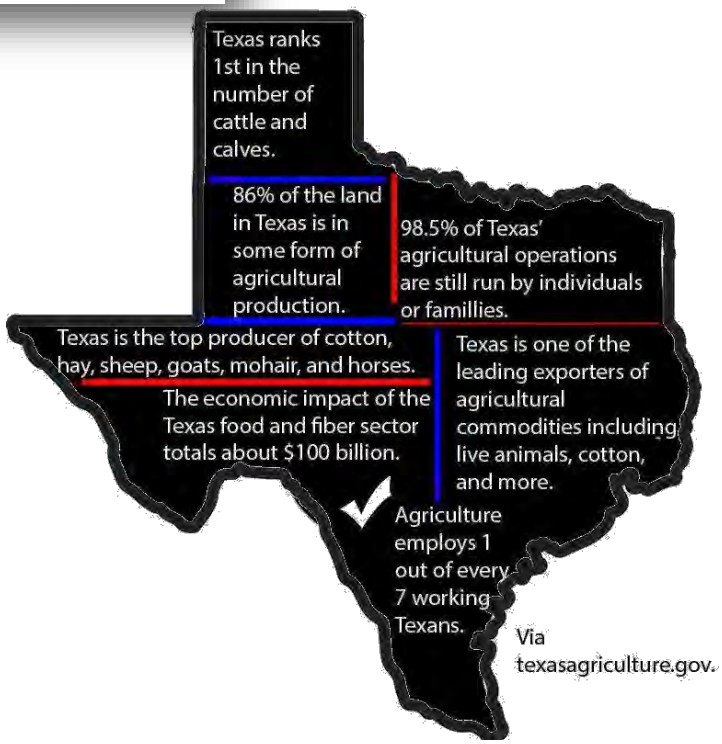




Agriculture/Natural Resources

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 MONTHY 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-

Ask a Master Gardener

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

Youth Summer Camps

Registration OPENS May 1st

Registration OPENS June 3rd

Family & Community Health

Baked Crab Rangoon

12 Servings

- 4 oz (1/2 of 8 o-oz pkg.) PHILADELPHIA Neufchatel Cheese, softened
- 2 green onions, thinly sliced
- 12 won ton wrappers
- 1 can (6 oz.) crabmeat, drained, flacked
- 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.

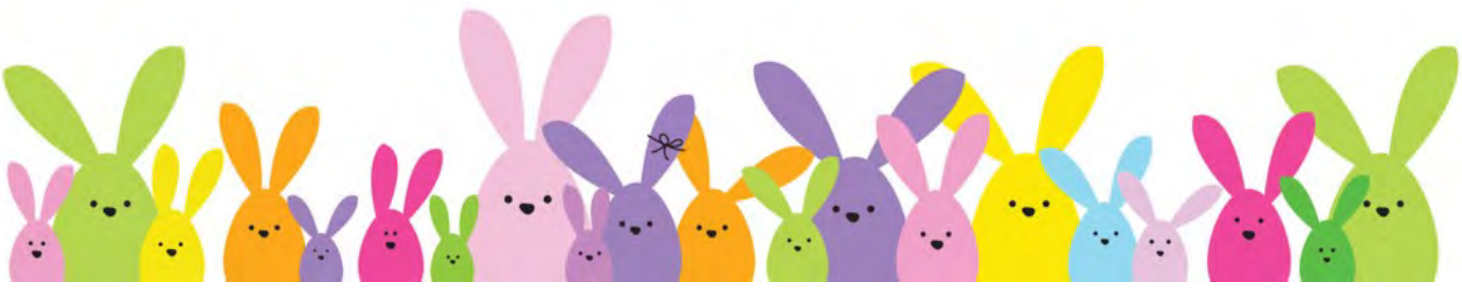
Tip 1
Makeover-How We Did It
We've taken a favorite appetizer and made it over by preparing it with PHILADELPHIA Neufchatel Cheese and KRAFT Light Mayo Reduced Fat Mayonnaise instead of regular cream cheese and mayonnaise. And since these tasty appetizers are baked they save 70 calories and 5.5g of fat, 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

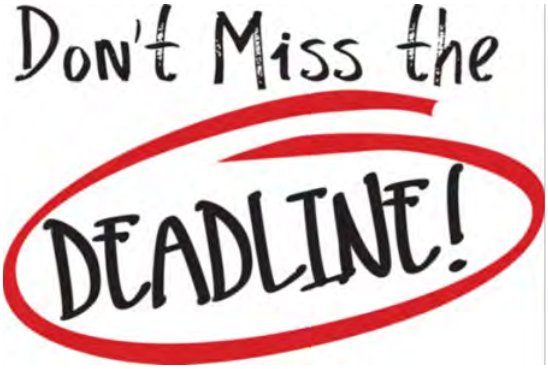
Tip 3
For a Crispier Rangoon
Bake won ton wrappers in muffin cups 350°F oven 5 to 7 minutes or until lightly browned. Fill with crabmeat mixture and bake 6 to 8 minutes or until filling heated through.

Tip 4
Special Extra
Garnish with additional sliced green onion just before serving.

Kraftrecipes.com



4-H/Youth Development



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

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)

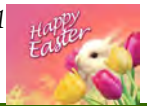
4-H FAMILIES

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	3Connect 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 ***Ofc Deadline to order Fall Major Steer & Heifer Tags***	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	3%
Sodium 340mg	15%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 244mg	20%
Iron 1mg	6%
Potassium 346mg	8%

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	6%
Calcium 128mg	10%
Iron 1mg	6%
Potassium 281mg	6%

American Heart Association
CERTIFIED
Meets Criteria For A Heart-Healthy Recipe

Family & Community Health

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

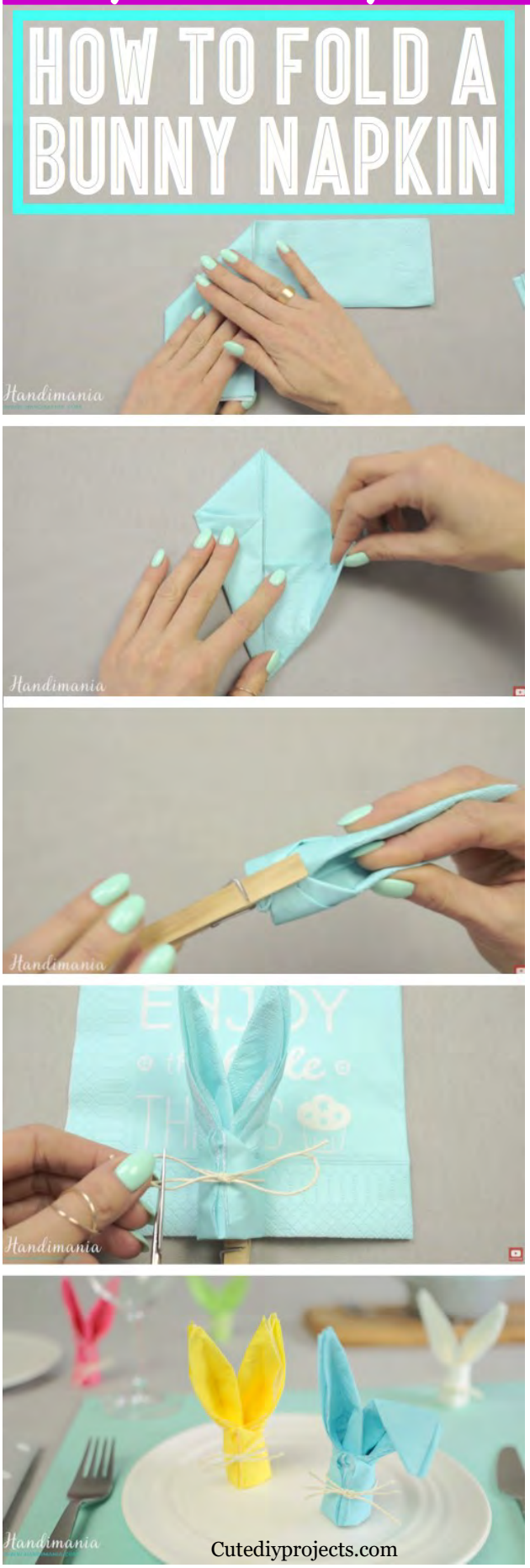
Topping

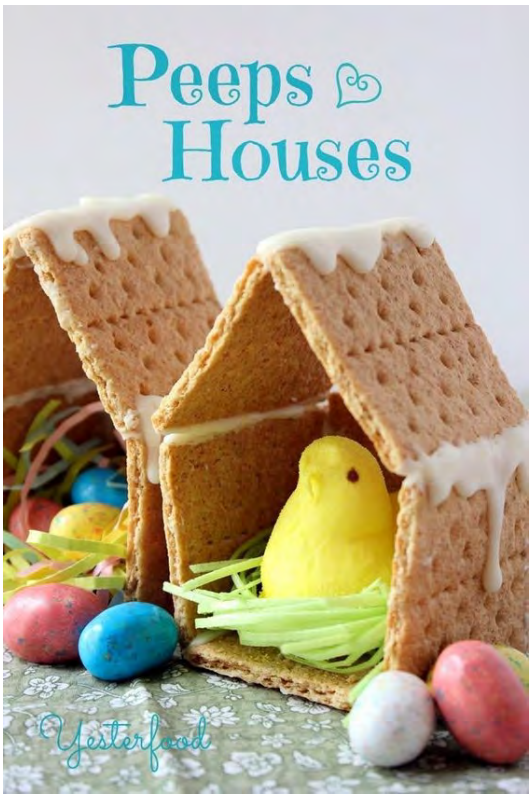
* 1 1/2 teaspoons chia seeds
* 1 1/2 teaspoons sweetened coconut flakes
* 1/4 cup blueberries

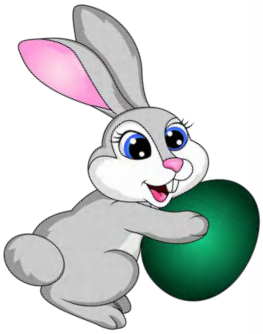
1. Wash fresh berries and clean your preparation area.
2. In a blender, blend frozen banana, pineapple, cauliflower, almond butter, milk and matcha powder until smooth.
3. Divide smoothie mixture into two bowls and top with chia seeds, coconut flakes and blueberries.

Dinnertonight.tamu.edu/recipes

Family & Community Health







TEXAS A&M AGRILIFE EXTENSION
11475-A FM 1442
Orange, TX 77630
Phone: 409-882-7010

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 51.6, Dietary Fiber 5.6g, Protein 38.3g.