

TEXAS A&M AGRI LIFE EXTENSION

County Extension Agents

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

Office 409-882-7010



County Judge

Dean Crooks

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Theresa Beauchamp

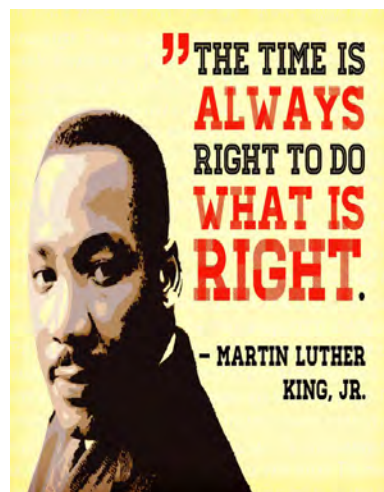
Commissioner Precinct 3

John Gothia

Commissioner Precinct 4

Robert Viator

Orange County AgriLife Newsletter January 2019



*Office closed Monday, January 21st
in Observance of MLK Day*



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

Family & Community Health

How about an Adult fun day of cooking with friends and family then competing in a food challenge. If this sounds interesting to you, then reserve your spot for the Adult Cooking Class with Rocky listed below.

COOKING CLASS FOR ADULTS

WITH ROCKY

SATURDAY, FEBRUARY 23 @ 10 AM

\$25
(DUE BY FEBRUARY 15th)

TEXAS A&M AGRILIFE EXTENSION
11475 FM 1442, ORANGE, TX

3 COURSE MEAL
DOOR PRIZES!

HAVING FUN WHILE COOKING HEALTHY RECIPES
MYSTERY BOX INGREDIENTS

Make your reservation today!

409-882-7010
CLASS LIMITED

TEXAS A&M
AGRILIFE
EXTENSION

The members of Texas A&M AgriLife will provide equal opportunities 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 or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

A Fresh Start to A Healthier YOU!

Better Living for Texans would like you to join us for a 4 week series on learning to save money while buying groceries, food safety and meal planning all to a Healthier you!

The class will be held at the Raymond Gould Community Center in Vidor in the evening from 6 pm to 7pm on the following Tuesdays, February 5th, 12th, 19th and 26th.

The classes are free to attend and everyone is welcome. Call the office to reserve your spot.

For additional information contact, Tommy Byers with the Texas A&M AgriLife Extension Better Living for Texans, 409-882-7010.



WAKE UP SMILING
seize every moment
TRY NEW THINGS
BE LEGENDARY
BOLD fearless
amaze yourself
TAKE CHANCES
embrace change
BE OPTIMISTIC
now is your time

Family & Community Health

This New Year, Resolve to Use Less Plastic

TAKE CARE OF TEXAS

Make refillable water bottles a habit. Carry one with you on road trips or when you run errands and leave a bottle at work. Flying? Bring your empty bottle to the airport and fill it up after you pass through security.

Shop smart at the grocery store. Bring your own cloth bags, reusable containers for bulk, and produce bags, and avoid produce packaged in plastic.

Choose items with less packaging when you're shopping. If you can't avoid the packaging, ensure that you can recycle it.

Pack your lunch in reusable containers instead of plastic sandwich bags, and avoid individually packaged foods.

Ordering food for pick-up or delivery? Tell the restaurant you don't want plastic cutlery and skip any unneeded condiments. Dining-in? Bring your own to-go container for leftovers.

Say "no" to single-use straws. If you want or need a straw, buy a reusable one that is sturdy and dishwasher-safe.

Invest in a reusable, insulated mug for hot and cold beverages. Unlike disposable cups, insulated ones will keep your hot coffee hot and your iced coffee cold—plus some shops offer a small discount if you BYOM (bring your own mug).

Pledge to do your part this new year at TakeCareOfTexas.org.

Vegetable Enchiladas

Serves 6

- 1 cup reduced fat Monterey Jack cheese shredded
- 1/2 cup fat free ricotta cheese
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- 1 cup fresh tomatoes diced
- 1/2 cup zucchini finely sliced
- 1/2 cup carrots shredded
- 1/3 cup green pepper diced
- 1/4 cup onion diced
- 6 corn tortillas
- 1 cup salsa



1. Preheat oven to 350° and spray 8x8 baking dish with nonstick cooking spray.
2. In a small mixing bowl, combine 3/4 cup Monterey jack cheese, ricotta cheese, chili powder and cumin. Set aside.
3. In a separate microwave safe mixing bowl, combine tomato, zucchini, carrots, green pepper and onion. Cover and cook in the microwave for 4 minutes.
4. Wrap tortillas in a damp paper towel and microwave for 30-45 seconds or until warm.
5. Spoon cheese mixture evenly on all 6 warm tortillas and top with vegetable mixture. Roll tortillas up and place in a baking dish seam side down.
6. Spread salsa and remaining 1/4 cup shredded cheese evenly over enchiladas and bake for 20 minutes.
7. Allow to cool for 5 minutes and serve.

Nutrition Facts: 6 Servings per container, Calories 160; Total Fat 4.5g; Saturated Fat 2.5g; Cholesterol 15mg.; Sodium 360mg; Total Carbohydrate 21g; Dietary Fiber 2g; Total Sugars 4g; Protein 9g.

<https://dinnertonight.tamu.edu/recipe/vegetable-enchiladas/>

Agriculture/Natural Resources



Master Gardener 2018 Christmas Party



Agriculture/Natural Resources

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 Office at 409-882-7010.

Ask a Master Gardener

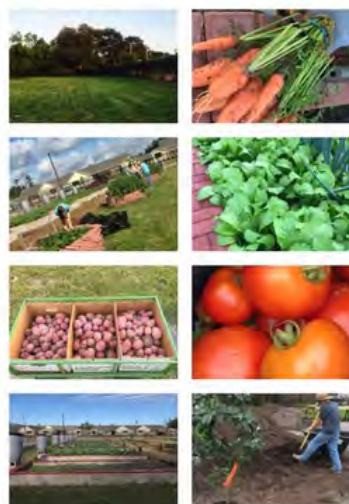
Call or stop by the AgriLife Extension Office

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 .



W I S H

Y O U

W E R E

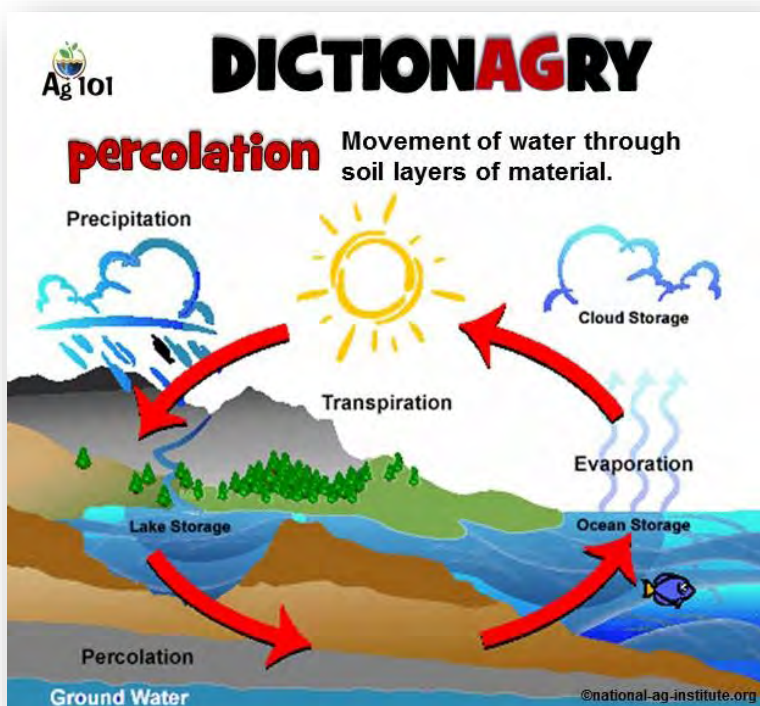
H E R E

Volunteer

@

The Field of Plenty

2120 Wickard
thefieldofplenty@gmail.com
Email Us Today!



4-H/Youth Development

4-H Christmas Party 2018



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

Franny Woods 409-330-7024

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

Dog Project

2nd Monday @ 6pm

4-H parking lot—bring dogs along with a water bowl

2nd Thursday @ 6 pm

Classroom - no dogs

4-H Office

Recordbook &

Fashion Storyboard

2nd Tuesday

6 pm @ 4-H Office

Food & Nutrition

3rd Tuesday

6 pm @ 4-H Office

Clothing & Textiles

4th Tuesday

6 pm @ 4-H Office

Beginners Robotics

4th Thursday

6 pm @ 4-H Office

Livestock Judging

Meeting dates will vary

6 pm @ 4-H Office

Contact the 4-H office for dates

(Do not have to own an animal to participate)

4-H'ers are...

4X

more likely to
give back to their
communities


2X

more likely to
make healthier
choices

2X

more likely to
participate in
STEM activities

4-H/Youth Development



1ST ANNUAL Cary Hester Memorial Livestock Show

Pigs, Lambs & Goats
Check-in 6:00 am till 7:30 am
Show starts at 8:00 am
Pigs / Lambs / Goats shown by weight

Steers & Heifers
Check-in 10:00 am till 11:30 am
Steers shown by division and weight
Heifers shown by division and age

PRIZES

Buckles for Grand & Reserve Grand Champions for each species
Buckle cups for Steer & Heifer breed champions
Customized cups for Junior & Senior Showmanship Winners for each species

Saturday, January 12, 2019

Location
Orange County Livestock Show Barn
5319 Arnel Road, Maricville, TX

Entry Fee \$25 per head

Co-Sponsored by: Mighty Pirates 4-H & Orange County Livestock Association

JUDGE
Ricky Thompson

Show Information Contact:
Curtis Mitchell (409) 454-0203
Tammy Clawson (409) 474-2811
Sandy Byers (409) 201-8523
Sabrina Gray (409) 670-6260

* Exhibitors must be enrolled in school and a member 4-H or FFA *

WHITES PARK ARENA
295 WHITE PARK RD
WALLISVILLE, TX
(ANAHUAC)

SAT. FEBRUARY 2, 2019

BARBERS HILL 4H WINTER WARM UP BUCKLE BASH

VISIT OUR FACEBOOK PAGE @ BARBERS HILL 4H WINTER WARM UP

\$25 PER HEAD SHOWMANSHIP
\$5 PER HEAD

60 BUCKLES
48 BANNERS

CATTLE
DIVISION CATTLE
BUCKLES & BANNERS

CERTIFIED F-1 SHOW
GRAND AND RESERVE
BUCKLES AND BANNERS

SWINE BREED BUCKLES
YORK, HAMP, CROSS,
LIGHT OPB, DARK OPB,
AND DUROC

PRIZES FOR CLASS WINNERS
BANNERS IN ALL SPECIES!



CATTLE CHECK-IN FROM 6 AM TILL 8 AM
SHOW STARTS AT 9 AM WITH SR. STEER SHOWMANSHIP, STEER SHOW TO FOLLOW. HEIFER SHOW WILL FOLLOW IN THE SAME ORDER. BULL SHOW WILL FOLLOW, **NO BULL SHOWMANSHIP.**

PIG, GOAT AND LAMB CHECK IN 11:30 TILL 1 PM
SHOW STARTS AT 2 PM WITH SR. SWINE SHOWMANSHIP IN THE PIG BARN & SR. LAMB SHOWMANSHIP IN THE BIG ARENA. GOAT SHOW WILL FOLLOW THE LAMB SHOW IN THE SAME ORDER.

35 SHOWMANSHIP BUCKLES
GRAND AND RESERVE SR. 16-18, INTERMEDIATE 13-15, JR. 8-12, PEE-WEE MEDALS. BUCKLES FOR "OLD TIMERS", FREE TO ANY PARENT WITH A CHILD'S


STOCK SHOW PROS WILL BE ON SITE FOR YOUR SHOW SUPPLY NEEDS.

CONCESSIONS AVAILABLE ALL DAY!
FOR MORE INFO CALL TONY PARHAM @ (832) 523-5340. MORE INFO ON FACEBOOK

EVERYONE WELCOME

For a complete listing of Prospect Shows go to:

<https://www.facebook.com/TexasProspectShowInfoPage/>



Kountze FFA Winter Blowout

February 2nd, 2019

Buckles for Grand & Reserve overall Champions
Prizes for Showmanship & Division Grand/Reserve Champions
Early entry Drawing

Check-In 6:00AM - 8:00 AM Saturday 2/2/2019
Show Starts At 9:00 AM
HCF&AYA Show Barn @ 3677 N Hwy 326, Kountze, Tx 77625

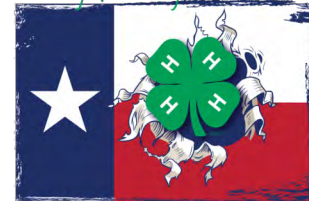
Judges: To Be Announced

*HEIFERS and STEERS WILL BE BROKEN INTO AMERICAN, ENGLISH, AND EXOTIC DIVISIONS
*HEIFERS WILL BE SHOWN BY AGE

*****ENTRY FEE: \$20.00 PER HEAD*****
PEEWEE, JUNIOR, & SENIOR SHOWMANSHIP-\$5.00 @ GATE

Contacts Elizabeth Parrish : (936)-933-5670 or eparrish@kountzeisd.org

Greetings from Big Time in D-9





Southeast District 9 4-H Roundup

4-H Members. It's time to start preparing for District 9 Roundup in Conroe. You have many choices of participation to choose from.




Last year we had members participate in fashion storyboard, food show, educational presentation, and fashion show. We are looking forward to another exciting year in Conroe.

4-H/Youth Development

January 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1  Office Closed	2 Ofc Deadline for Houston Open Show	3 Dog Project 6pm	4	5
6	7	8 Mighty Pirates 7pm Recordbook & Fashion Storyboard 6 pm	9	10	11 Roaster Pickup at YMBL Ofc 4pm–6 pm bring a box for birds 	12 1st Annual Cary Hester Memorial Livestock Show
13	14 Dog Project 6pm ALA 7pm	15 Food & Nutrition 6 pm Clay Busters 6pm	16	17	18 Ft. Worth Livestock Show Begins	19
20	21  Office Closed	22 Clothing & Textiles 6pm	23	24 Robotics 6 pm	25	26
27	28 County Council 630pm	29	30	31		

February 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Office Deadline for YMBL Rabbit Entries	5 Dusty Trails 6pm	6	7 San Antonio Livestock Show Begins	8 Roaster Pickup at YMBL Ofc 4pm–6 pm bring a box for birds 	9 Ft. Worth Livestock Show Ends
10	11 Dog Project 6pm ALA 7 pm	12 Recordbook & Fashion Storyboard 6 pm Mighty Pirates 7pm	13	14 Dog Project 6pm 	15	16
17	18  Office Closed	19 Clay Busters 6 pm Food & Nutrition 6pm	20	21	22	23
24 San Antonio Livestock Show ends	25 Houston Livestock Show Begins County Council 6:30pm	26 Clothing & Textiles 6pm	27	28 Robotics 6 pm		

Family & Community Health

Why Diabetes Matters

Diabetes can affect many major organs in your body, which can lead to an array of serious complications when left untreated. These medical problems include:

- Cardiovascular disease (CVD), or heart disease, including peripheral artery disease (PAD) and stroke
- Renal (kidney) disease
- Unhealthy cholesterol levels that can lead to atherosclerosis
- Metabolic syndrome
- Vision damage
- Nerve damage and numbness in the extremities that can lead to amputation

The good news is that diabetes is treatable and often preventable. If you have diabetes, you may be able to avoid or delay other health complications by:

- Working with your health care team to manage the disease, which may include the use of medications
- Knowing your numbers, including your blood sugar level, weight, blood cholesterol level and blood pressure
- Adopting a healthy lifestyle

heart.org

No Junk Food Challenge:

no biscuits or cookies
no cake, donuts or muffins
no candy
no pastries
no chocolate
no white bread
no ice cream
no fast food
no chips
no soda

for 21 Days!

dreamsturnedtopians.blogspot.com

Magnesium is needed for more than 300 biochemical reactions in the body. It helps to maintain normal nerve and muscle functions, supports a healthy immune system, keeps the heart beat steady, and helps bones remain strong. It also helps regulate blood glucose levels and aid in the production of energy and protein.

quick morning workout

- 15 squats
- 5 pushups
- 20 jumping jacks
- 20 crunches
- 5 pushups
- stretch

@workouts_daily

How to Detox Your Body Through Your Feet Ionic Foot Bath

Ionic foot baths are the perfect way to cleanse your body. They are based on electrolysis. This is a technique that uses electrical current to make a chemical reaction. So, the pores will be opened with a bit of warm water and then you have to use salt as an anti-inflammatory astringent. The feet will be able to absorb the ions and get cleansed as well. As soon as the water will turn dark, you will know that the toxins are being eliminated.

Salt Detox Bath Recipe

- 1 cup of sea salt
- 1 cup of Epsom Salt
- 2 cups of baking soda
- Essential oils (optional)

Take all the ingredients and put them to boil. After the mixture is boiled and then cools down, put the feet inside for 30 minutes. This will aid in soothing skin irritations. Moreover, it will detoxify the body, increase magnesium levels, and fight exhaustion and tiredness.

Oxygen Detox Bath Recipe

- 2 cups of hydrogen peroxide
- 1 tablespoon dried ginger powder

Fill your tub with hot water and add the ingredients mentioned. Afterward, soak the feet inside for 30 minutes and this will help in treating allergies, irritations and in removing toxins.

Clay Detox Bath Recipe

- 1/2 cup bentonite clay
- 1/2 cup Epsom salt
- Essential oils (optional)

Add the Epsom salt in a hot bath so that it can dissolve. Next, add the clay in a small amount of water and add the mixture to the bath. Soak your feet inside for 20 minutes to detoxify the body and provide high magnesium amounts.

Besthealthyhabits.com

Agriculture/Natural Resources

Garden Checklist for January-February 2019

Some suggestions to work on this month on nice days to be outside or those ugly inside only days to get you ready for planting time when the weather warms up.



Continue to water and fertilize cool-weather annuals such as snapdragons, Stocks, larkspur, pansies, violas and sweet alyssum to encourage the best blooms. Now is an excellent time to transplant mature or established trees and shrubs while they are dormant.

Make flower and vegetable garden plans now before the rush of spring planting. Time spent in armchair gardening before the fireplace will pay off in improved plant selection. Besides, it is fun to page through the garden catalogs and books while contemplating changes in your garden. We are in Zone 9.

Sow seeds in flats or containers to get a jump on plant growth before hot weather arrives. Petunias, begonias, and impatiens should be sown in January or February. Warm temperature plants, such as tomatoes, peppers, marigolds, and periwinkles, should be sown in late January or early February.

Apply slow release fertilizer to pansies and other cool season annuals. Distribute 5 pounds of cotton seed or alfalfa meal per 100 square feet of bed area or use commercial slow release fertilizer products according to label instructions.

Review the photos you took of last season's garden and rework your garden design. Pay special attention to areas that need more color or structure.

Review last year's garden journal and start a new one for this year by recording your seed/plant orders.

Check your stored bulbs and veggies and discard any that are showing signs of rot. Mist them lightly if they seem to be drying out.

Prepare beds and garden area for spring planting. Till in several inches of compost, composted pine bark or similar material.

Select and order gladiolus corms for February/March planting. Plant at two-week intervals to prolong flowering period.

Check junipers and other narrow-leaf evergreens for bagworm pouches. The insect eggs over winter in the pouch, and start the cycle again by emerging in the spring to begin feeding on the foliage. Hand removal and burning of the pouches reduce future damage.

The life of poinsettias and other Holiday Season plants can be prolonged with proper care. Keep the soil moist, but provide drainage so that excess moisture can flow from the pot. Keep the plant out of range of heating ducts and away from heating units. Keep in a cool room at night, preferably at 60 to 65 degrees F.

Don't fertilize newly set out trees or shrubs until after they have started to grow, and then only very lightly the first year.

When buying plants, the biggest is not always the best, especially when dealing with bare-root plants. The medium to small sizes (4 to 6 feet) are usually faster to become established and more effective in the landscape than the large sizes.

Hold off on pruning bush roses until February or early March. Use good shears that will make clean cuts. Remove dead, dying, and weak canes. Leave 4 to 8 healthy canes, and remove approximately one-half of the top growth and height of the plant.

Now is an excellent time to select and plant container-grown roses to fill in those bare spots in your rose garden.

When pruning shrubs, first prune out any dead or damaged branches; then thin out by removing about one-third of the canes or stems at ground level, removing the oldest canes only; and last, shape the rest of the plant, keeping in mind the natural shape of the plant. Water foliage plants as well as other containerized plants only when needed and not by the calendar.

Climbing roses should be trained but not pruned at this time. It is always appropriate to remove dead or weak canes. Weave long canes through openings in trellises or arbors and tie them with jute twine or plastic or other plant ties. Securing canes now prevents damage from winter/spring winds, and contributes toward a more refined look to the garden when roses are blooming. Wait until after the spring flowering period to prune climbing or once-blooming shrub roses.



Now is the ideal time to select and plant grapes, fruit trees and berries. Contact The Orange County Master Gardeners HOTLINE for localized variety recommendations at 409 882-7010. Prune peaches and grapes at this time. Herbaceous perennials and hardy ornamental grasses may be cut back at this time. It may be difficult to assess the extent of freeze damage on citrus and semi-tropical plants until warm weather arrives. When new growth begins damaged material can be removed.

Family & Community Health

Sleep...Can you do without it?



Most of us might think we can do without sleep – or at least that we can adapt to having less of it. Our 24/7 society seems to demand more of us, with round-the-clock business and entertainment. A single night spent out on the town or surfing the internet may not be detrimental, but added up over time, the consequences of being sleep deprived **are numerous and detrimental...while the benefits of sleep can be the difference in health, performance, and quality of life.**

Though sleep is typically viewed as a time the body shuts down and rests, according to the National Sleep Foundation, it is actually a dynamic activity in its own right that is as essential to good health as diet and exercise, and as necessary as food and water. Insufficient sleep is directly linked to poor health. Research suggests that insufficient sleep increases the risk for weight gain and obesity; diabetes; high blood pressure; heart disease; stroke; depression, anxiety, and other mood disorders; decreased nervous system performance; decreased endocrine system performance; decreased immune system performance; and premature death. Insufficient sleep contributes significantly to safety issues, such as driving accidents, medical errors, and impaired job performance, which can result in accidents and injuries. Insufficient sleep affects virtually every aspect of day-to-day life, including mood, mental alertness, memory, cognitive performance, energy level, and physical performance.



As we sleep, the brain and body work toward restoration of both the brain and body, while keeping our body chemicals (e.g., hormones, neurotransmitters, etc.) in balance. We sleep in cycles of non-rapid eye movement (NREM) and rapid eye movement (REM) sleep, alternating between the two throughout the night. Although there is still much to be learned about what happens as we sleep, during NREM sleep we know that growth hormones are released, which stimulate tissue growth and muscle repair. There are also increased blood levels of substances that activate the immune system, raising the possibility that sleep helps to defend the body against infection. During REM sleep, it seems that the mind is restored in part by clearing out

irrelevant information, but it also facilitates learning and memory. This **may be why students who get a good night's sleep (with uninterrupted REM sleep) fare better than students who stay up all night studying.**

Because our bodies are designed to regulate blood pressure, body temperature, and the release of hormones in the appropriate amounts and at the appropriate times, when we go without sleep, this balance can be interrupted, resulting in negative health consequences. In addition to affecting our Immune system, sleep deprivation also puts us at risk for:

- ♥ Weight gain and obesity – With sleep deprivation, there is an increase in the hormones responsible for the feelings of hunger and a decrease in the hormones that suppress hunger.
- ♥ High blood pressure and heart disease – Blood pressure usually falls during the sleep cycle; however, interrupted sleep can adversely affect this normal decline, leading to hypertension and cardiovascular problems.
- ♥ Diabetes – **Insufficient sleep also impairs the body's ability to use insulin, which can lead to the onset of diabetes.**

According to the National Sleep Foundation, more and more scientific studies are showing correlations between poor and insufficient sleep and disease. The one-third of our lives that we spend sleeping – far from being unproductive – plays a direct role in how full, energetic, and successful the other two-thirds of our lives can be. If sleep is cut short, the body doesn't have time to complete all of the phases needed for muscle repair, memory consolidation, and release of hormones regulating growth and appetite. Then we wake up less prepared to concentrate, make decisions, or engage fully in school, work, social, and relational activities.



Family & Community Health



Food Safety for Hunters

Processing and storing wild game:

Be aware of cross contamination and temperature abuse, both will cause the meat to go bad. Cool carcasses quickly, keep them cool during transport, and keep them out of direct sunlight. Cool the carcass by propping the chest open with a clean stick and allowing air to circulate. Thoroughly clean and sanitize all equipment used in the processing of the animal. Wash your hands, knife, cutting boards often with warm soapy water.

Packaging and storing meat is very important in the overall quality of the product. For immediate use, store meat in the refrigerator and use within a few days. If freezing, divide the meat into smaller portions then package. It is recommended to use moisture proof wrap such as heavy wax paper, laminated freezer wrap, heavy duty aluminum foil or freezer-weight polyethylene bags for freezing meat products. Make sure to get all the air out of the packages prior to sealing them. Be sure to label the packages with contents and date.

In the field:

First, never shoot, handle or consume any wild animal that appears sick. Contamination can occur at any point during the processing of wild game. Take extra time and handle carcasses with care when field dressing. Some things to consider: wear gloves when field dressing, remove all internal organs, discard any meat that is bruised, discolored, contaminated with feces or intestinal contents, contains hair, dirt or bone fragments. Remove any bloodshot areas or meat that was in contact with the bullet. Also, avoid contact with intestines, spinal tissues, and lymph nodes of animals while you work. Do not use household knives or utensils, use knives designed for field dressing. Be sure to remove all foreign particles and loose hair.



When cleaning up in the field, be sure to properly dispose of the hide and remaining parts of the animal in an offal pit or in an approved area.

WILD GAME NUTRITIONAL GUIDE				
DEER	ELK	SQUIRREL	DUCK	BASS
120 CALORIES	94 CALORIES	102 CALORIES	105 CALORIES	97 CALORIES
23G PROTEIN	19.5G PROTEIN	18.1G PROTEIN	16.9G PROTEIN	16G PROTEIN
2.4G FAT	1.2G FAT	2.7G FAT	3.6G FAT	3.1G FAT
85MG CHOLESTEROL	47MG CHOLESTEROL	71MG CHOLESTEROL	65MG CHOLESTEROL	58MG CHOLESTEROL
PER 3 oz. PORTION				
SOURCE: WILD GOURMET, A BOONE AND CROCKETT PUBLICATION		SEE MORE LIKE THIS AT wideopenspaces		

HUNTING HACKS #55

ONE FOOL-PROOF TIP THAT SHOULD BE USED EACH AND EVERY TIME YOU COME IN FROM A DAY AFIELD (ESPECIALLY DURING TICK SEASON), THROW YOUR CLOTHES IN THE DRYER FOR AT LEAST 10 MINUTES ON HIGH HEAT. THIS WILL KILL ANY TICKS ON YOUR CLOTHING

WWW.CEDARANTLER.COM

imgflip.com



2 tablespoon canola oil
1 tablespoon garlic clove, minced
1 cup onion, chopped
1 (8 ounce) package mushrooms sliced
1 (6 ounce) package spinach, fresh
1/4 teaspoon salt
1/4 teaspoon black pepper
1 cup reduced fat cheddar cheese, shredded
5 eggs, medium to large

1. Preheat oven to 350°F.
2. Spray a 9-inch pie pan with cooking spray.
3. Heat oil and garlic in a large skillet over medium-high until garlic is soft and oil is infused.
4. Add onions and mushrooms to the skillet. Cook until veggies are soft.
5. Add Spinach to the skillet until lightly wilted.
6. In a bowl, combine eggs, cheese, salt, and pepper.
7. Add Spinach mixture and stir to blend.
8. Pour into prepared pan.
9. Bake until eggs have set, about 30 minutes or until knife inserted in center comes out clean.
10. Allow it to set up and cool for 10 minutes before serving.

Nutrition Facts: Serves
8—Serving size 1/4 cup.
Calories 110, Total Fat
7g, Saturated Fat 2.5g,
Cholesterol 110mg, So-
dium 230mg, Total Car-
bohydrate 4g, Dietary
Fiber 1g, Total Sugars
2g, Protein 9g.