TEXAS A&M AGRILIFE EXTENSION

Orange County AgriLife Newsletter March 2019

Office will be closed Friday, March 1st

March 10th

<u>County Extension Agents</u>

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

Office 409-882-7010

ORANGE COUNTY STATE OF TEXAS

<u>County Judge</u>
Dean Crooks
<u>Commissioner Precinct 1</u>
Johnny Trahan
<u>Commissioner Precinct 2</u>
Theresa Beauchamp
<u>Commissioner Precinct 3</u>
John Gothia
<u>Commissioner Precinct 4</u>
Robert Viator

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

Have you ———

Ever wondered if the plant you are interested in would grow here in Orange County?

Ever asked how much water do I need to give this plant?

Does this plant need full sun or shade?

What is a Zone?

What is the difference between a perennial and an annual?

Join us Saturday, March 16, 9—11 at Cormier Park Pavilion, 8235 FM 1442, Orangefield to find out the answers to these and many more questions in our free seminar on

SELECTING THE RIGHT PLANT FOR ORANGE COUNTY

Sponsored by Orange County Master Gardeners Assn.
RSVP 409 882-7010

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.

Orange County Master Gardeners

Plant Sale

Saturday, March 23
8 a.m. – 1 p.m.
Gates open at 7 a.m.

Annuals, perennials, fruit trees, natives, bulbs, lilies
Texas SuperStars, succulents,
Vegetable and Herb plants
Tropicals, houseplants,
Hard to find and unique plants

Vendors offering gardening and other craft items

Jewel Cormier Park
8235 FM 1442
Orangefield
(Between RR tracks and St. Helen Catholic Church)

Rain or Shine – Covered Pavilion

Seed Saving
with Claire Smith

Tuesday
March 26th, 2019

6:00 p.m.

Orange County Convention And Expo Center
Orange, TX
11475 FM 1442
Orange, Texas 77632

Learn
Why to save seeds?
What seeds can I save?
How to store the seeds?

Hands-on Demonstration!

Call 409-882-7010 to save your spot!

Texas A&M AgriLife Extension

Family & Community Health

Be Well, Live Well:
A Program on Healthy Aging

Learn How To:

- Reduce your risk for disease
- Engage in a healthy lifestyle

Be Independent, Eat Well
Learn which nutrients you need more of as you age, how to support cognition through food, and more!

Be Able, Read the Label
Find out how to use the nutrition facts label as tool to help you maintain a healthy eating pattern.

Be Safe, Eat Safe
Learn how to keep food safe while shopping, how to interpret dates on food packages, safe food storage practices, and more!

Be Creative, Plan Meals
Find solutions to eating alone and learn how to plan meals for small households.

Be Fit, Move More
Learn the benefits of physical activity as you age, and ideas to include physical activity in your daily life.

Sessions Start:
| March 4, 2019 | 6PM | Orange County Event and Expo center Orange, TX 77630 |

For more information contact:
Tommy Byers
409-882-7010
Tommy.Byers@ag.tamu.edu

Walk & TALK

Discussion Topics:

- Exercise Tips
- Beneficial Food
- A Healthier Body & Much More

Join us Wednesday in March and April
(March 6, 13, 20, 27 April 3, 10, 17, 24)

Beginning at 9 AM

Raymond Gould Community Center Gazebo
385 Claiborne St. Vidor, TX

For Questions or to R.S.V.P
Call: 409-882-7010

TEXAS A&M AGRILIFE EXTENSION
BETTER LIVING FOR TEXANS

FREE 5 Class Series

Do Well, Be Well with Diabetes

6 pm to 8 pm

March 14th, 21st, 28th, April 4th, & 11th

Join us in learning how to prevent and control your type 2 diabetes, eat healthy and much more to control your diabetes.

Texas A&M AgriLife Extension
Orange County
11475 FM 1442, Orange, TX 77632

Call the AgriLife Office for your reservations.
409-882-7010

TEXAS A&M AGRILIFE EXTENSION
DO WELL BE WELL with diabetes

DON'T EXPECT TO SEE A CHANGE IF YOU DON'T MAKE ONE

NATALIESHEALTH.COM

Agriculture/Natural Resources

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 Office at 409-882-7010.

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 EXTENSION

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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

IDEAS FOR PRACTICING SELF-CARE

PHYSICAL

go for a walk
dance
hike
swim
get a hug
play with a dog
clean & reorganize your room
take a bath

MENTAL

read a book
learn a new skill like photography or drawing
do a DIY project
color
turn your phone off

EMOTIONAL

meditate
practice Yoga
light a candle
talk with a friend
go on a date
journal
write down a list of things you're grateful for

Family & Community Health

Homemade Ranch Seasoning (Dressing Mix)
Serves 6 (1/2 cup mix)

Ingredients

1/2 cup buttermilk powder

2 tablespoons parsley

1 teaspoon dill

1 tablespoon onion powder

2 teaspoon onion flakes

1 1/2 teaspoons garlic powder

3/4 teaspoon salt

1/2 teaspoon pepper

2 teaspoons chives

Instructions

Combine all ingredients and mix well. Place in an airtight container and store up to 6 months.

To Make Dressing

Add 3 tablespoons ranch seasoning mix, 1/2 cup mayonnaise, 1/2 cup sour cream and 3/4 cup milk. Stir until well combined and refrigerate at the least 20 minutes before serving.

To Make Dip

Combine 2 tablespoons ranch seasoning mix, with 1/2 cup mayonnaise & 1/2 cup sour cream. Add up to 1/2 cup milk to reach desired consistency. Stir well and refrigerate at least 20 minutes before serving.

To Replace 1 envelope Ranch Dressing Mix

Use 2 tablespoons ranch seasoning mix in place of 1 packet of ranch mix.

spendwithpennies.com

HOMEMADE SALAD DRESSING

EASY AS 1-2-3

1. Use an airtight container with a tight-fitting lid.
2. Add ingredients from a recipe below.
3. Cover and shake!

Classic French

3/4 cup vegetable oil

1/4 cup white wine vinegar

1/2 teaspoon Dijon mustard

Creamy Dill

1/2 cup plain yogurt

1/2 cup mayonnaise

1 teaspoon lemon juice

1 tablespoon fresh dill, chopped

Honey Mustard

1/2 cup yellow mustard

1/4 cup honey

1/4 cup vegetable oil

1/2 tablespoon lemon juice

Each recipe makes about 1 cup, which is enough to dress several salads. Store leftover dressing in the fridge for up to 1 week.

Blt.tamu.edu

Family & Community Health

Off The Cuff by Rudy Taylor

While attending a job fair last week where Taylor Newspapers manned a both, I met lots of job seekers.

Some brought resumes. Others just moseyed by, picked up the free stuff on our table and asked a few questions.

But one young woman created a memory for me.

She was a senior in high school, seeking summer employment before starting to a community college in the fall.

"Are you hiring?" she asked.

We said probably not, but we're always looking for good resources, such as part-time photographers and writers.

"We'd be happy to take your resume," I told her.

Then she said something that stuck with me. "I'm afraid my resume wouldn't be too impressive," she said. "I've spent all my life working on my parents' farm. I go to school in the daytime and do chores morning and night."

Woah.

I told her to go home and create a resume, and write down exactly what she had told me.

As a farm girl, one who has driven a tractor since she was 12, one who has cleaned out barns, scooped grain until her back ached, fed chickens, pigs, cattle and goats-- this girl knows the meaning of work.

She knows about dependability and getting jobs done on time. The morning school bus won't wait until a farm kid finishes those chores. They'll be done on time or the young student will miss that all-important ride.

A young person who has put up hay, helped her dad and mother in the farrowing house or candled eggs has something more than words to jot on a resume.

Farm kids don't need to take art appreciation classes in school. They witness picturesque landscapes, sunrises and changes in seasons as they grow up.

They ride horses, drive four-wheelers and neatly stack big bales at the edge of meadows.

They fish in their ponds, learn to handle firearms and shoot deer, rabbits and turkeys.

They work as a family in the garden, raising, harvesting and canning their own vegetables.

Farm kids learn to keep good records on their livestock. When they raise and sell a 4-H calf, they can calculate the profit gained after deducting feed, vet medicines and other costs.

They typically know how to stand on their own two feet and give project talks, or give oral reasons for judging a class of lambs or swine.

Many of them earn leadership roles in church, 4-H or FFA, so they can moderate a meeting to perfection using Roberts Rules of Order.

They learn early in life the tactics of conservation-- how to keep top-soil from washing into Oklahoma; how to plant wind barriers and how to recognize grass-cheating weeds that need to be sprayed.

Any farm kid can handle a paint brush, spade a garden, pull worms from tomato plants, gather hen eggs, mow grass, groom animals and take one grain of wheat, bit down on it and determine if it's time to start the combine.

And this girl thinks her resume might be lackluster?

Oh, I don't think so.

Put her to work in a hardware store, newspaper office or grocery store, and she will enter the front door looking for things to do.

Its' that way with kids who grow up as farm and ranch kids.

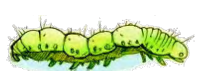
Their resume is written on their foreheads and in their hearts.

They should never apologize.

Never
--
Rudy Taylor is publisher of three weekly newspapers in southeast Kansas. He also takes pride in being a young farmer during his teen-age years and a proud member of FFA.

Printed in the Montgomery County (KS) Chronicle Thursday, February 21, 2013

Natural Remedies for Garden Pest



- Diatomeceous Earth—a soft, crumbly, porous sedimentary deposit formed from the fossil remains of diatoms.
- Plant Collars—protects slugs and other pest from getting on the plant.
- Borax & Sugar—use to kill ants around the base of the plant.
- Row Covers—Protects young plants.
- Natural Dish Washing Liquid—use to make homemade pest spray.
- Bt Spray—an organic formulation that kills insects and larvae.
- Dipel Dust—used by commercial organic growers to control insects on vegetables.
- Japanese Beetle Trap—uses a pheromone and catches the beetles and traps them.
- Spinosad—an organic insect spray.
- Essential Oils—rosemary, melaleuca, peppermint, thyme are just a few essential oils you can use that can help with garden insects.

Agriculture/Natural Resources

Dusty Trails 4-H helping plant, harvest and clean up gardens at Field of Plenty.

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

4-H/Youth Development

JOIN THE CLUB

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
MARCH WILL MEET1st TUESDAY MARCH 5, 2019 7 pm for this month only
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

Food & Nutrition
3rd Tuesday
6 pm @ 4-H Office

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.

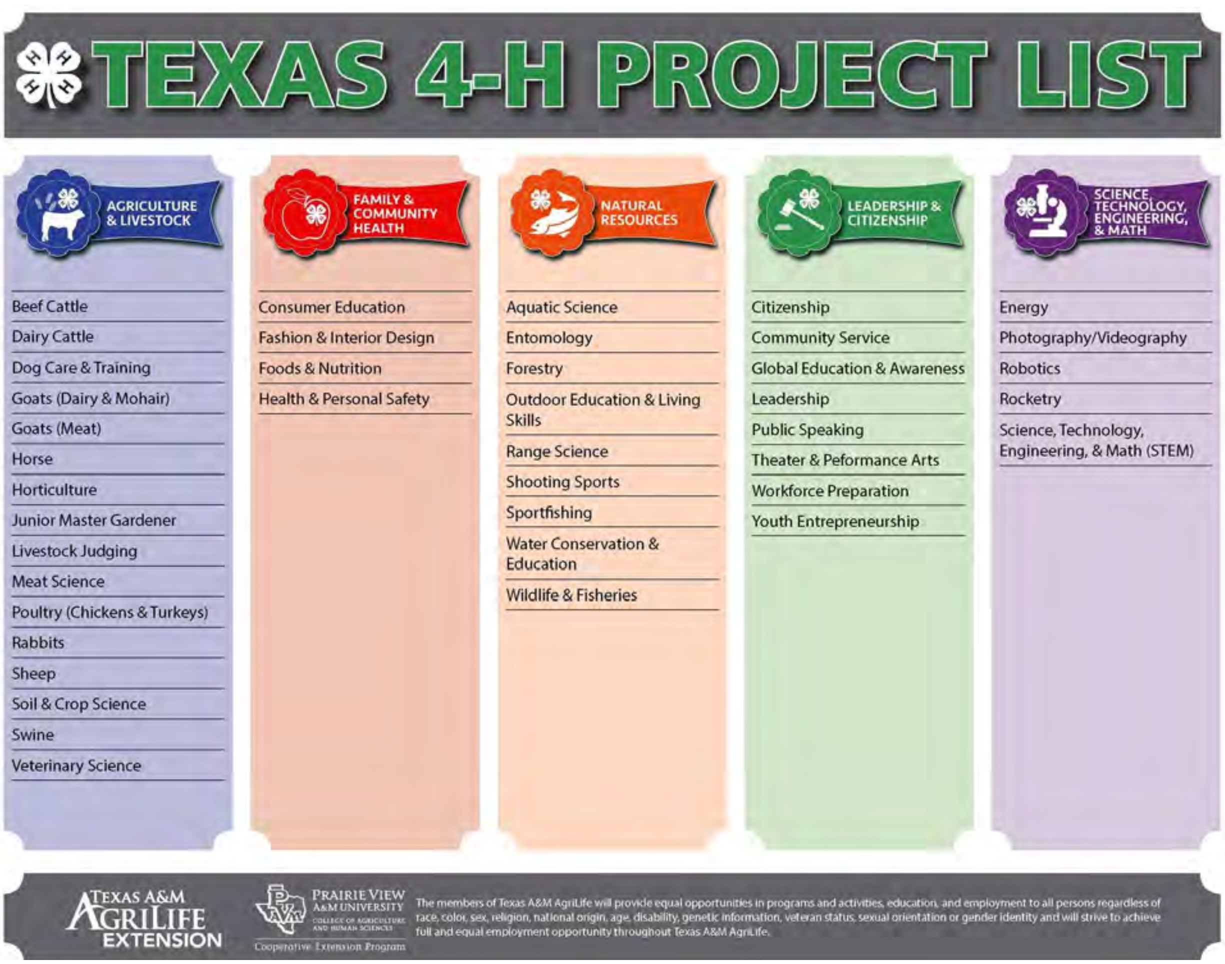
Thank you!

4-H/Youth Development

4-H Eligibility for Major Shows and South Texas State Fair

It is **YOUR** responsibility to make sure your school has your eligibility a week in advance of the event. You need to contact the 4-H office if you are needing an eligibility form.

Good Luck to All the Orange County 4-H Youth showing their animals at the South Texas State Fair.



TEXAS 4-H PROJECT LIST

AGRICULTURE & LIVESTOCK
- Beef Cattle
- Dairy Cattle
- Dog Care & Training
- Goats (Dairy & Mohair)
- Goats (Meat)
- Horse
- Horticulture
- Junior Master Gardener
- Livestock Judging
- Meat Science
- Poultry (Chickens & Turkeys)
- Rabbits
- Sheep
- Soil & Crop Science
- Swine
- Veterinary Science

FAMILY & COMMUNITY HEALTH
- Consumer Education
- Fashion & Interior Design
- Foods & Nutrition
- Health & Personal Safety

NATURAL RESOURCES
- Aquatic Science
- Entomology
- Forestry
- Outdoor Education & Living Skills
- Range Science
- Shooting Sports
- Sportfishing
- Water Conservation & Education
- Wildlife & Fisheries

LEADERSHIP & CITIZENSHIP
- Citizenship
- Community Service
- Global Education & Awareness
- Leadership
- Public Speaking
- Theater & Peformance Arts
- Workforce Preparation
- Youth Entrepreneurship

SCIENCE, TECHNOLOGY, ENGINEERING, & MATH
- Energy
- Photography/Videography
- Robotics
- Rocketry
- Science, Technology, Engineering, & Math (STEM)

TEXAS A&M AGRILIFE EXTENSION

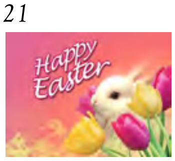
PRAIRIE VIEW A&M UNIVERSITY COLLEGE OF AGRICULTURE AND HUMAN SCIENCES Cooperative Extension Program

4-H/Youth Development

March 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Office Closed	2
3	4	5 Dusty Trails 6pm Awards Committee 6pm	6	7	8	9
10	11 YMBL Photography Contest Deadline	12 Mighty Pirates 7 pm	13	14 Dog Project 6 pm Livestock Judging	15	16
17	18 All HEART 1 pm	19 Clay Busters 6 pm Food & Nutrition 6	20	21 South TX State Fair Begins	22 STSF–Poultry Show	23 STST Rabbit Show
24 STSF Swine & F-1 Show	25 County Council 6:30 pm	26 STSF Steer Show Clothing & Textiles 6pm	27 STSF Auction Poultry & Rabbits Houston Ends	28 STSF Auction Lamb, Goat, Swine, F-1 & Steers	29	30
31						

April 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Dusty Trails 6 pm	3	4	5	6
7	8 Adult Leaders 7 pm Dog Project 6pm	9 Mighty Pirates 7 pm	10	11 Dog Project 6	12	13
14	15 All Heart 1pm Boots & Bridle 6pm	16	17	18	19 Office Closed	20
21 	22 County Council 6:30 pm	23 Clay Busters 6 pm Food & Nutrition 6pm	24	25	26	27
28	29 Clothing & Textiles 6pm	30				

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

Agriculture/Natural Resources

Dead or Alive? How to tell if a plant survives a freeze

Many questions people have as it starts to warm up towards springtime are, is my plant coming back after winter or did the cold get it?

In December we had some temp's that were in the 20's so we wonder if our plants survived thru them. It's sometimes hard to tell the extent of cold damage. Most of your landscape may look like it is dead, hopeless and terrible now, but has survived and will make a comeback. Then you may have parts of your landscape which made it thru winter without any problems.

It's hard to predict whether or not individual plants are alive. Many variables are in play. Be optimistic for plants growing in the ground, particularly if you were able to provide some protection. Some covered plants may have been damaged. Given those 20ish nights, it's to be expected. The cover was not there to prevent all damage, but to save the life of the plant.

The second most common question has been: "What should I do to help my plants recover?" If the plants survived, they will recover if you leave them alone. If they didn't make it, nothing you do now will bring them back. Do not fertilize, water excessively or do anything like that yet.

Citrus trees

Citrus plants do not like temps in the 20's. But in our case it was only at night for a couple of hours and nights at a time.

Lemons and limes, the least cold tolerant citrus plants, are more likely to show damage or to have died. If the branches drop all leaves, its possible it is still alive. Leaves that have turned brown and are still on the tree indicate major branch damage. Also fruit left on the trees through freezes is ruined.

Don't do anything to your citrus trees now. When new growth begins in spring, you'll be able to see what is alive (sprouting) and what is dead. If new sprouts are only from the base of the trunk (graft), the desirable citrus is lost, and all that is left alive is the rootstock. Remove and replace the tree.

If the new growth occurs from upper portions of the tree above the graft union, prune back to the areas that are sprouting. Cold-damaged citrus trees that sprout in spring may show more damage in midsummer. Growing shoots may collapse and die and should be pruned off then.

Woody Tropicals

Hibiscus and other woody tropicals — including brugmansia, tibouchina, bougainvillea, croton and ixora — could have damaged. Wait until spring when new growth appears, and do your pruning. You can clearly see what is alive and dead. If you're impatient, use your thumbnail to scratch the bark starting at the top of the plant and working down. If the tissue just under the bark is tan or brown, that branch is dead. When you find green tissue just below the bark, that part is still alive, and cut back to there. This applies to most woody tropicals

Bird of paradise

Cut the dead and damaged foliage of bird of paradise plants back, removing the leaf stem along with the leaf blade. These plants have likely survived and will recover, although flowering this summer will be sparse.

Other Tropicals

Tropicals producing bulbs, rhizomes or other fleshy below-ground organs should be just fine. Cut badly burned gingers, cannas, Agapanthus (lily of the Nile), amaryllis, crinum and spider lilies (Hymenocallis) and elephant ears down to the ground and mulch over the rhizomes as they will return from their bulbs.

Ferns

Ferns damaged by the cold — including Boston fern, sword fern, leather leaf fern, holly fern, asparagus ferns and others — cut to the ground before new fronds appear in the spring. You could do it now.

You also may cut back Aztec grass and variegated flax lily (Dianella) to remove damaged foliage. All will recover.

This is a good time to look over your landscape and consider your use of tender tropicals. We sometimes get carried away with the use of these wonderful plants – only to see extensive damage or loss during hard freezes.

We must always keep in mind our climate is not tropical, and occasional severe freezes are part of gardening here. Always consider hardiness when making your choices. The hardiness zone for Orange County is 9. Check our seminar on "Selecting the Right Plant", March 16, 9-11AM at Cormier Park, call 409 882-7010 for more information.

Family & Community Health

Adult Cooking Class with Rocky

Food Challenge

Agriculture/Natural Resources

Tips for Starting Plants from Seed

There are many people who love to start their spring gardens with seeds, be it vegetable, herb or flower. Regardless of what you're growing there are some timely tips you can use to save you the aggravation of the seeds not germinating. Purchasing your own seeds can be much cheaper than buying individual plants. A packet of seeds can cost anywhere from $1.00 and up for anywhere from 20 seeds on up. Whereas purchasing one plant could run you from $2.00 and more. So if you wanted 20 plants you are looking at $40 plus. And that is just for one type of plant. Just think if you wanted 20 plants of 5 different varieties. This way would run into a lot of money. So, starting from seed not only is the cheap way to go, but it is a fun way to go.

Now for the tips:

- You should already have your seed picked out and bought. Check out any catalogs you might receive or your local stores for what you are looking for. If you can't find anything, then do a search online. There are many very good seed companies out there and even some based in Texas.
- Get your materials together for planting your seeds. There are many different types of containers you can use, such as egg cartons, paper cups, deli containers with plastic domes or you could make your own paper cups out of newspaper. Then you could purchase seed starting kits that have everything in them.
- If you are using anything left over from previous years, they must be cleaned well and rinsed. Then they should be dipped in a mixture of 1 part household bleach and 9 parts water Let them soak for 10 minutes. Or you could use Mr. Clean as I do which kills 99% bacteria. After soaking rinse with clear water and let dry. Wear rubber gloves during this task. Include any of your garden tools also.
- Make sure you are either using new potting mix especially made for seed starting or you can make your own. I make mine by sifting sphagnum peat to get out the lumps and sticks with vermiculite in equal parts. Mix well and moisten to the point you can make a ball and water does not drip when you squeeze it.
- Determine if your seeds need light or dark for germination. This link on our website will tell you which seeds need light or dark and the temperature they need to germinate. https://txmg.org/orange/seed-germination-chart/ .
- To help seeds germinate and keep the dreaded dampening off disease away, I always add some cinnamon to the top of the potting mix before I sow my seeds. The cinnamon kills the fungus of the disease, which attacks the seedlings causing the stem to rot at the base of the plant. The fungus can also attack the seeds.
- Sow your seeds based on the chart on our website. If the seed needs dark, don't plants any deeper than the width of the seed. For those needing light, cover with a light dusting of vermiculite. It will hold the moisture close to the seed while letting the light in.
- To further help keep the dampening off disease away, mist with a strong mixture of chamomile or cinnamon tea in addition to watering with this tea mixture. ALWAYS water from the bottom. Make sure there is good air flow around your seedlings and the humidity is high.
- When your seedlings have 2 – 4 true leaves, not the first set that appears, it is time to transplant to larger pots or move them outside if the temperature is warm enough. But first you must get them ready for the outdoors by hardening them off. Put them in a shady area, protected from the sun and wind for a few hours per day, gradually increasing the amount of light they are exposed to. Don't let them get to cold.

For more information or questions, please call our help line 409 882-7010 Tuesday and Thursday's between 10 AM and 2 PM. Our next Master Gardener class will start April 4, for more information call the number above.

Sheri Bethard, Texas Certified Master Gardener, Orange County

Texas A&M AgriLife Extension
11475-A FM 1442
Orange, TX 77630
Phone: 409-882-7010

Non-Profit Org.
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Orange, TX
Permit #12

Return Service Requested

FOUR LAYER SUPPER

1 pound lean ground beef

1 medium onion, diced (about 1 cup)

4 cups potatoes (sweet or white), cubed

1 can (14.5 ounces) green beans (drained and rinsed)

3/4 cup cheese (cubed or shredded)

1/4 cup nonfat milk

1. Preheat oven to 400°F. Spray a baking dish with nonstick cooking spray,
2. Cook ground beef and onion in a skillet over medium high heat until cooked through.
3. Place potatoes in the baking dish. Put the green beans on top of the potatoes.
4. Spread the ground beef and onions on top of the potatoes and green beans.
5. Spread the cheese over the ground beef mixture. Pour the milk over the top.
6. Cover with foil and bake for 1 hour or until potatoes are tender.

6—1 1/2 cup servings.

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