

TEXAS A&M AGRI LIFE EXTENSION

County Extension Agents

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

Franny Woods
4-H Program Assistant

Office 409-882-7010

Orange County AgriLife Newsletter May 2019



May 12, 2019



County Judge

Carl Thibodeaux
Commissioner Precinct 1

Johnny Trahan
Commissioner Precinct 2

Theresa Beauchamp
Commissioner Precinct 3

John Gothia
Commissioner Precinct 4

Robert Viator



Memorial Day, May 27th.
AgriLife office will be closed



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

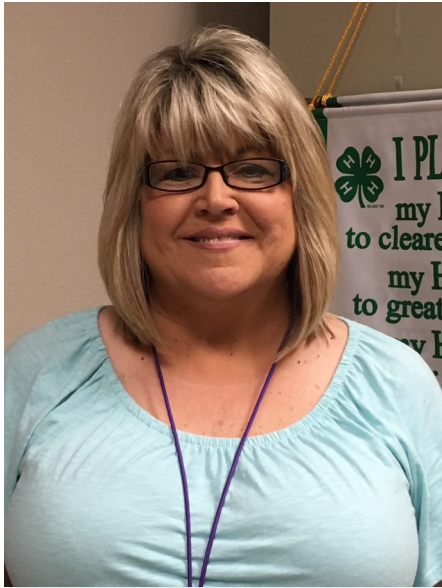


Orange County
Texas A&M AgriLife Extension



Scan and go directly to
our Facebook page

Family & Community Health



My name is Franny Woods and I am the new 4-H Program Assistant for Orange County. I am married to my wonderful husband Dewey Woods

and we have one beautiful daughter Kami Woods. We have been involved in 4-H for 4 years. I have volunteered at cooking, sewing and Clover camps. I was the Assistant Manager of the Mighty Pirates 4-H Club a little over a year and loved every minute of it.

I have heard many people say that 4-H kids are the most clean cut, hard working and well rounded individuals. I know from personal experience after spending so much time with the kids, 4-H is an amazing organization. I am so excited to be a bigger part of Orange County 4-H. I am so proud of all of our Orange County 4-H Kids and look forward to working with all of you.



Salmon Bowtie Pasta

Serves 8

Ingredients

- ◆ 1 lb. fresh Salmon filet
- ◆ 1 lb. bowtie pasta, uncooked
- ◆ 1 lb. fresh asparagus spears, trimmed and cut into 1 inch pieces
- ◆ 2 cups frozen peas

Dressing

- ◆ 1/4 cup olive oil
- ◆ Juice of 1 lemon
- ◆ 1/2 tsp. salt
- ◆ 1/2 tsp. pepper
- ◆ 1/4 cup fresh dill, chopped
- ◆ 1/4 cup Parmesan cheese, grated
- ◆ 1/4 cup fresh dill, chopped
- ◆ 1/4 cup Parmesan cheese, grated



1. Wash your hands and clean your preparation area. Rinse asparagus spears under cool water.
2. Preheat your oven to 400 degrees F.
3. Place salmon, skin side down, on a cookie sheet lined with aluminum foil and bake in the oven for 20 minutes or until salmon reaches a minimum internal temperature of 145 Degrees F.
4. While the salmon is baking, whisk together the olive oil, lemon juice, salt, pepper, and dill in a small bowl.
5. Boil a pot of water for pasta, cook pasta according to the package directions. The last 3 minutes of the pasta boiling, add in the asparagus and peas. Drain and place in large serving bowl and toss with the olive oil dressing.
6. Flake the salmon to pieces, removing from skin, and place in the serving bowl with the pasta. Toss to combine and coat with dressing. Serve immediately

Nutrition Facts: Calories 390, Total Fat 11g, Cholesterol 30mg, Sodium 260mg, Total Carbohydrates 50g, Dietary Fiber 3g, Total Sugars 5g, Protein 22g.

dinnertonight.tamu.edu

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*



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. Persons attending our programs and needs auxiliary assistance, please contact the AgriLife office 3-5 business days before the program., 409-882-7010.

Family & Community Health

Registration OPENS May 1st

Youth Summer Camps



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



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Registration OPENED

Agriculture/Natural Resources

Orange County Master Gardener 2019 Tour of Gardens

Orange & Bridge City Areas

Sunday, May 5, 2019

\$6

1 PM - 5 PM



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May purchase tickets at:

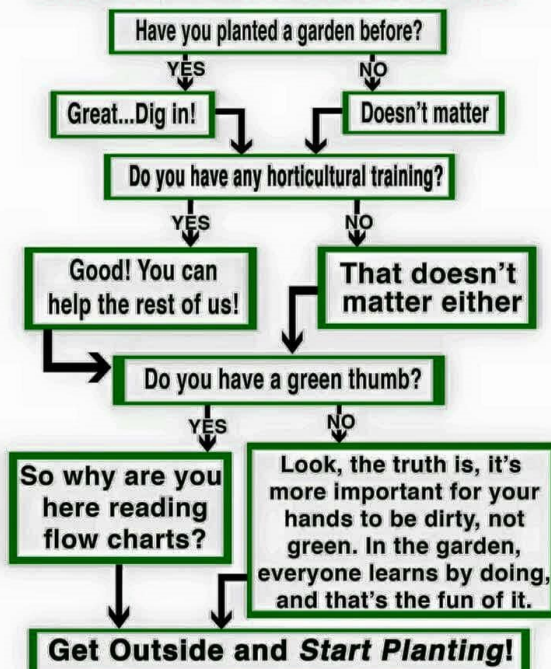
Orange County AgriLife
Extension Office
11475 FM 1442, Orange
409-882-7010

or

At each garden on day of tour

TEXAS A&M
AGRILIFE
EXTENSION

Should I Plant a Garden?



For additional information on Planning a Garden visit:

<https://agriflifeextension.tamu.edu/library/gardening/planning-a-garden/>

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 .

Family & Community Health

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

Youth Summer Camps

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
AGRI LIFE
EXTENSION

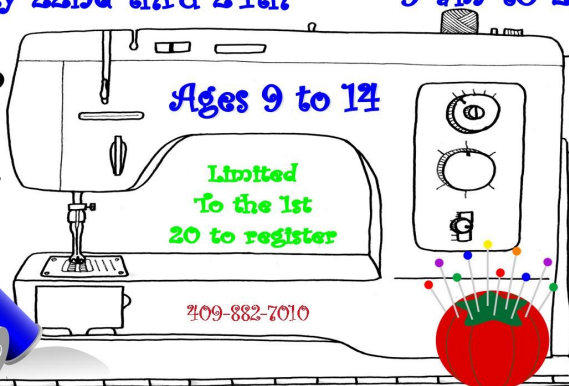
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2019 Kids Beginner Sewing

July 22nd thru 24th

9 am to 2 pm

Be sure to
Bring a
Sack lunch
& drink



Location
Orange County
Convention &
Expo Center

TEXAS A&M
AGRI LIFE
EXTENSION

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

Registration
Opens Online
June 3rd

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

Like us on Facebook: Texas A&M AgriLife Extension-Orange County

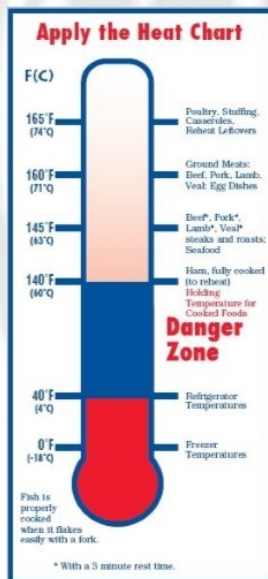
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Registration
OPENS
June
3rd

Family & Community Health

FREE FOOD SAFETY CONFERENCE

**AUGUST 6, 2019
9 AM - 3 PM
11475 FM 1442
ORANGE, TX
409-882-7010**



- **SPEAKERS**
- **CONTINENTAL BREAKFAST**
- **LUNCH**
- **DOOR PRIZES**
- **VENDORS**
- **FOOD HANDLERS COURSE OFFERED FOR \$20 FROM 3:00 PM-5:00 PM**

**DEADLINE TO REGISTER
JULY 29, 2019**

**TO REGISTER GO TO: ORANGE.AGRILIFE.ORG
AND CLICK ON THE FOOD SAFETY REGISTRATION TAB.**



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Family & Community Health



Beef and Veggie Stir Fry/ Mix It up Stir Fry

Serves 6

- 1/3 cup water
- 2 tbsp low sodium soy sauce
- 1 tbsp low sodium, reduced fat chicken broth
- 2 tsp cornstarch
- 1 lb beef round steak, cut into thin strips
- 1 cup broccoli florets
- 1 red bell pepper, cut into thin strips
- 1/2 medium onion, sliced
- 1 cup sliced mushrooms
- 1 (8ounce) can water chestnuts, drained
- Vegetable oil cooking spray



1. Wash your hands and clean your preparation area.
2. Mix the water and the corn starch together, stirring to break up clumps.
3. Add chicken broth and soy sauce to cornstarch mixture and set aside. Pre-heat large skillet, and lightly coat the skillet with vegetable oil spray.
4. Add the beef strips to the skillet and stir-fry for about 4 to 5 minutes.
5. Remove meat from pan and set aside and keep warm.
6. Add the broccoli flowerets and stir-fry for 2 to 3 minutes. If using fresh garlic, add it to the skillet, stir-fry for 1 minutes.
7. Add red bell pepper and stir fry for 2 minutes.
8. Add onion and stir fry for 1 minute followed by the addition of mushrooms and water chestnuts and stir fry for an additional 1 minutes.
9. Return the meat to skillet and stir in corn starch mixture.
10. Cook and stir about 2 to 3 minutes until mixture is heated and sauce is thickened.

Cook's Notes: in place of the beef you may use chicken breast, pork or tofu. You may also use other vegetables such as yellow squash, zucchini, celery or cauliflower. If you want to reduce sodium, omit soy sauce from sauce mixture.



Nutrition Facts: Calories 180, Total Fat 4.5g; Saturated Fat 1.5g, Cholesterol 60 mg, Sodium 250mg, Total Carbohydrates 8g, Dietary Fibers 2g, Total Sugars 2g, Protein 25g.

Dinnertonight.tamu.edu

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

This will be the last month for Projects.
Classes will resume in August

Food & Nutrition

3rd Tuesday
6 pm @ 4-H Office

Clothing & Textiles

4th Tuesday
6 pm @ 4-H Office

Livestock Judging

Every Thursdays
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/Youth Development

May 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Connect Opens Club Charters	2 District 9 Roundup	3 District 9 Roundup	4 District 9 Roundup
5	6 4-H Connect opens for State Shoot	7 Dusty Trails 6pm	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	

June 2019 4-H Calendar

WILL BE VALIDATING DALLAS STATE FAIR SWINE THIS MONTH. DATE TBA.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11 Mighty Pirates 4-H meeting 7 pm	12	13	14	15
16 	17 Recordbooks due in the 4-H office	18	19	20	21	22
23	24	25	26	27	28	29
30						

Family & Community Health



ORANGE COUNTY
MASTER GARDENERS



Plant Sale



Family & Community Health



Make a Fresh Start with Spring Foods

Spring is a great time to hit the reset button and reintroduce some fresh foods into your kids' days after a long winter. Get into the swing of spring produce with these four seasonal favorites.

Spinach

Spinach is packed with vitamins A and C, which are essential for eye health, immune function and many other body processes. It also contains vitamin K which helps build strong bones. Spinach delivers folate and iron, which help prevent anemia. And its magnesium and potassium are important for muscle development and growth.

If your kids are on board with green stuff, serve spinach salads or serve it sautéed with meat, fish and tofu. For kids who don't like veggies, the mild flavor of spinach is easily masked. Just puree and mix it into sauces, smoothies, soups and meatballs. Your family will love this recipe for Creamy Parmesan Spinach Squares!

Beets

A cup of beets is an excellent source of folate and a good source of fiber and potassium. Did you know the greens also are edible? A one-cup serving of cooked beet greens is an excellent source of vitamins A and K, potassium and magnesium, and a good source of calcium.

Challenge the stereotype of beets being one of the most-hated vegetables by preparing these nutritious roots in tasty ways. Roast beets and serve hot or cold for a touch of sweetness and a pop of color. Blend cooked beets onto soups and sauces or shred raw beets as a crunchy topping for salads, tacos and more. Make a beautiful dip your kids will love by pureeing cooked beets into hummus!

Strawberries

Loaded with vitamins, minerals and phytonutrients, fresh strawberries are a seasonal superstar. Just one cup provides more than a day's worth of vitamin C, plus a hearty dose of manganese, which is important for bone development. A serving of strawberries also packs three grams of fiber.

Try them alone, in a fruit salad, in a green salad, over cereal, with yogurt or even blend frozen strawberries in a smoothie for a thicker consistency. And don't toss those strawberry tops that you cut off! Add them to still or sparkling water for a refreshing, fruity thirst-quencher.

Asparagus

Asparagus is an excellent source of bone-building vitamin K as well as folate. It also provides vitamin A and iron. Available in green, purple and white varieties, asparagus spears are fun to eat and go with all kinds of foods.

Asparagus is super tasty when roasted in a little olive oil, salt and pepper. Serve as a side with dinner or cut into pieces to add to pasta, stir-fries, salads and more.

Remember to include kids in grocery shopping and food preparation. This helps them learn about a variety of foods and cooking techniques, which makes it more likely they will enjoy a variety of foods.



eatright.org

Family & Community Health

Butterflies and Their Host Plant

PLANT NATIVE!

1. Spicebush swallowtail
Host Plant: Sassafras Trees
AND SPICEBUSH



2. Zebra Swallowtail
Host Plant: Pawpaw Tree



3. Gulf fritillary
Host Plant: Passion Vine



4. Monarch
Host Plant: Milkweed



5. Painted ladies
Host Plant: Thistles



6. Viceroy
Host Plant: Willow Tree



7. Tiger swallowtail
Host Plant: Ash Tree
Also Wild Cherry Tree
Yellow Poplar Tree



8. Red admiral
Host Plant: Nettle



9. Question Mark
Host Plant: Hackberry Tree



10. Sulphur
Host Plant: Maryland senna



Our Flag
Does Not Fly
Because The
Wind Moves It...

It Flies With
The Last Breath
Of Each Soldier
Who Died
Protecting It

- ♥ 1 egg
- ♥ 1 banana
- ♥ 3 tbsp almond flour
- ♥ 1 tbsp chocolate chips

90-SECOND HEALTHY BANANA BREAD MUG CAKE



1. In a medium bowl, mash up the banana with a fork or pastry cutter.
2. Crack the egg in this bowl and mix together.
3. Pour the batter into a greased mug or small microwave-proof dish, or 2 small dishes. Sprinkle the top with the remaining chocolate chips.
4. Microwave on high for 90 seconds for shallower dishes and up to 2 1/2 minutes for a single deeper mug). Stop at 90 seconds and see if it's done. If not, microwave at 30 seconds intervals (so it doesn't overflow)
5. Wait a minute or two before devouring (if you can!) because it will be pretty hot. Enjoy!!



Family & Community Health



**YOUR HEART
WILL THANK
YOU FOR...**



**LIMITING
SODIUM
INTAKE**

**AVOIDING
TOBACCO**





**EATING
HEALTHY**


**STAYING
ACTIVE**






**LIMITING
ALCOHOL
CONSUMPTION**






Food Face-Off



Flour Tortillas vs. Corn Tortillas

Flour

6 inch tortilla




90 Calories

Provides 4% of daily value for fiber

9% of folic acid intake

Corn

6 inch tortilla



50 Calories

Provides 8% of daily value for fiber

Very Low Sodium!

Nutrition Facts

Total Fat 2g
Carbohydrates 15g
Protein 2g
Sodium 210mg
Dietary Fiber 1g

Nutrition Facts

Total Fat 0.5g
Carbohydrates 11g
Protein 1g
Sodium 10mg
Dietary Fiber 2g

Cooking with tortillas

- Flour tortillas contain gluten, which helps keep their shape.
- Corn tortillas should be warmed before used in recipes to prevent breaking.
- Lower calorie corn tortilla chips can be made by lightly spraying corn tortillas with cooking spray, then baking them until crisp.

Our Pick: Corn Tortillas

- Corn tortillas are lower in calories and higher in dietary fiber.
- Corn tortillas have about 95% less sodium than flour tortillas.
- Corn allergies are relatively rare, but can be serious. If you have a corn allergy, then flour tortillas are the safer choice.

Corn tortillas are great if you are watching your calories, fat, and sodium. However, flour may be easier when cooking with its texture and softness. Whichever you choose make sure you check the size, servings, and calories for the best option!

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.



**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!

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

Cranberry Florida Orange Snack Mix

Serving 1

- 1/4 cup Florida Orange Juice
- 4 tbsp. butter
- 5 oz. dried cranberries
- 3 cups of a wheat-based cereal or pretzel
- 1/4 cup coconut sugar
- 8 oz sliced almonds

1. Preheat oven to 300 degrees F.
2. Combine cereal or pretzels and almonds on a large roasting pan and set aside.
3. In a microwave safe bowl, combine Florida Orange Juice, melted butter and coconut sugar. Microwave the mixture on high for 30 seconds.
4. Stir the mixture and pour it over the cereal, mixing until evenly coated.
5. Bake for 30 minutes, mixing occasionally.



6. Remove from oven and add in dried cranberries and sliced almonds.
7. Let completely cook.
8. Serve as a snack or packaged into Mason jars as a fun on-the-go-treat.

Helpful Tip:

As a fully customizable snack, you can switch out the cereals, nuts or dried berries based on specific taste or dietary restrictions.

Try using different if wheat-based cereals or pretzels.

Nutrition Facts: Calories 150, Total Fat 8.77g, Saturated Fat 2.003g, Trans Fat 0.126g, Cholesterol 6mg, Sodium 72mg, Total Carbs 16.61g, Dietary Fiber 2.1g, Total Sugars 8.27g, Protein 3.07g.

floridacitrus.org