

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



County Judge

Carl Thibodeaux
Commissioner Precinct 1
Johnny Trahan
Commissioner Precinct 2
Theresa Beauchamp
Commissioner Precinct 3
John Gothia
Commissioner Precinct 4
Robert Viator

Orange County AgriLife Newsletter June 2019



Sunday, June 16, 2019



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

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
AGRI LIFE
EXTENSION

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

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.

Registration OPENS

June 3rd

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.

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Youth Summer Camps

2019 Kids Beginner Sewing

July 22nd thru 24th

9 am to 2 pm

Be sure to
Bring a
Sack lunch
& drink

Ages 9 to 14

Limited
To the 1st
20 to register

409-882-7010

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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Family & Community Health

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



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



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

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

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



TEXAS A&M
AGRI LIFE
EXTENSION

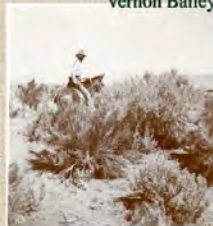


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Registration OPENED

What is a Naturalist?

Vernon Bailey



- "A naturalist studies the natural environment, generally with a broad range of interests, rather than with a particular specialty"
- Christopher Buddle, *What Is a Naturalist?*

- "He instilled in me the mind and the values of a naturalist: to be open to all possibilities, to be a close and careful observer, to discipline my interpretation with facts, and to work hard at my passions so that they might bear fruit."

- Bernd Heinrich, *The Snoring Bird*



Save the Date!

**Fall Training Class of the
Texas Master Naturalist, Sabine-Neches Chapter
serving Jefferson, Hardin and Orange Counties**

Kick-off: Thursday, July 25, 2019, 6:30 p.m.
700 North Street, Beaumont, TX

Requirements:

- 40 hours of initial training
- 8 hours of advanced training
- 40 hours of approved volunteer work
- \$140 registration fee

Classes will be scheduled on Thursday evenings
and Saturday mornings in August-December.

Contact: txmn.sabine@gmail.com

Family & Community Health

HONEY EXTRACTION CLASSES

Come and learn how to extract honey from the comb with a hands-on workshop. The first 30 people to register and pay will get to take the jar of honey home.

July 13, 2019

9:00 AM—12:00 PM

\$20

**Orange County Convention
& Expo Center**

11475 FM 1442

Orange, TX

**Call the Extension office at
409-882-7010 to RSVP**



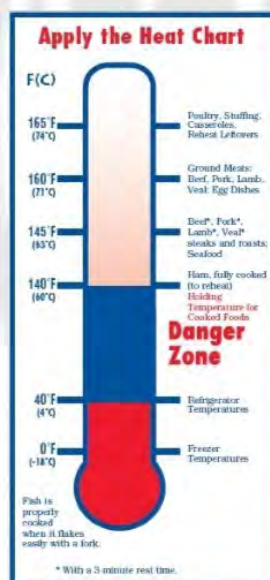
TEXAS A&M
AGRI LIFE
EXTENSION

**Presented by the Orange
County AgriLife Apiary
Committee. If you have any
questions call Christie Ray
at 409-550-9195.**

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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4-H/Youth Development

TEXAS A&M
AGRI LIFE
EXTENSION

Orange County 4-H Back to School Bash

August 17, 2019

10:00 AM - 1:00 PM

Claiborne West Park

4105 North St, Vidor, TX

**Come out, have fun, and find out what
4-H has to offer!**

Activities include:

Blow-Up Water Slide

Face Painting

Outdoor Games

And more!

Refreshments:

Drinks

Hot Dogs

Popcorn



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Family & Community Health

Senior Citizen 50th Celebration Rally Day



Family & Community Health

IT ONLY TAKES ONE SPARK.
Dragging chains can cause a grass fire.
CHECK BEFORE YOU PULL.



 TEXAS A&M
FOREST SERVICE

HOW TO QUICKLY RIPEN A BANANA FOR BAKING

Step 1: Preheat oven to 300 degrees Fahrenheit

Step 2: Line baking sheet with parchment paper

Step 3: Separate bananas and place on the baking sheet

Step 4: Place bananas in the oven and let them bake for 30 to 40 minutes or until soft

Step 5: Let bananas cool for 5 to 10 minutes before using

Note: Some bananas may leak and time will vary on size and amount of bananas.



TEXAS A&M
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Fat and Oil Comparison Chart

■ Monounsaturated fat ■ Polyunsaturated fat ■ Saturated fat



Family & Community Health

One Pot Cheesy Taco Zucchini Noodle Skillet

Yields 6

- 1 pound Jennie-O Lean Ground turkey
- Enchilada Sauce
- 1 (14.5 oz) can tomato sauce
- 2 tablespoon tomato paste
- 2 tablespoon chili powder
- 2 tablespoon cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/8 teaspoon paprika
- 1/8 teaspoon cayenne



- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 (14.5 ounce can) black beans, drained and rinsed
- 1 cup fresh corn kernels
- 1 cup shredded cheddar cheese
- 1 cup cherry tomatoes, halved
- 4 small zucchini noodles, spiralized
- 1 avocado, sliced
- Green onions or chives, garnish
- Cheddar Cheese, for garnish if desired

1. Prepare the zucchini noodles; Spiralize zucchini using the ribbon blade or a vegetable peeler; set aside/ Pat dry with a paper towel. (This step can be done up to 3 days in advance. Simply store zoodles in an airtight container with a paper towel to help absorb excess moisture.)
2. Heat a large skillet over medium-high heat and spray with nonstick cooking spray. Add in the ground turkey and cook until browned, about 3-4 minutes, making sure to crumble and break down into small pieces as it cooks; drain excess fat.
3. Add the tomato sauce, tomato paste, chili powder, cumin, onion powder, garlic powder, paprika, cayenne, salt and pepper. Stir well to fully incorporate.
4. Cook for 2 to 3 minutes, or until starting to thicken.
5. Add the black beans, corn, cheddar cheese, and cherry tomatoes. Cook for 2 minutes, or until starting to heat through.
6. Add the zucchini noodles, cook for 5 minutes, stirring every 2 minutes or so.
7. Remove from stove, top with sliced avocado and sprinkle with green onions and more cheddar cheese if desired.

Nutrition facts: Calories 364; Total Fat 16g; Saturated Fat 6g; Monounsaturated Fat 2g' Polyunsaturated Fat 1g; Cholesterol 74mg; Sodium 703mg; Potassium 884mg; Total Carbohydrate 30g; Sugars 7g; Protein 27g.

withsaltandwit.com

10 Health Benefits of Zucchini

- | | |
|-------------------------------|---------------------------------------|
| 1. Helps You to Lose Weight | 7. Reduces Stress and Muscle Tension |
| 2. Keeps Blood Sugar Stable | 8. Keeps Your Brain Happy and Healthy |
| 3. Helps to Lower Cholesterol | 9. Plenty of Antioxidants |
| 4. Reduces Blood Pressure | 10. Gives Eyes a Healthy Boost |
| 5. Improves Immunity | |
| 6. Keeps the Heart Healthy | |



*The smallest step
in the right
direction
can turn out to be
the biggest step
of your Life*

4-H/Youth Development

MOST CLUBS DO NOT MEET IN THE SUMMER. CHECK WITH THE CLUB MANAGER.

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
4-H Office 409-882-7010

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 September.

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

June 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 4-H Awards Nominations due in office	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 Majors-Heifer deadline to be in owners name,						



JULY

Wednesday, July 3rd—4-H Charter Deadline to 4-H Office.

Saturday, July 13th—Orange County Livestock Tag-in.

Saturday, July 20th—4-H Officers Training for all Club Officers.

AUGUST

Saturday, August 3rd—4-H Training for all Club Managers, Assistant/Co Manager, Project Leaders, Adult Leaders.

Saturday, August 10th—4-H Back to School Event at Claiborne Park.

Thursday, August 22nd—4-H 2018-2019 4-H Awards Banquet.



Agriculture/Natural Resources

Plants that have the WOW factor!

You go to your local garden center and find the plant that has the buy me now "WOW" factor you have been looking for all summer and purchase it. After a couple of weeks, they start looking droopy, the blooms are fading, and you are wondering what you did wrong. You watered it when it needed it. So, you are trying to figure out how to get that just bought look again or at least close to it.

Well, here are a few tips that I hope will bring those plants back to life again. First, is the plant in the right place according to the plant tag? As I explained in my article several weeks ago "Selecting the right plant" it is important to place your plant in the correct location. If it requires full sun, don't put it in the shade. Follow the information on the plant tag.

Second, have you checked to see if the plant is root-bound? If so, it needs to be up-potted into a pot about 1-inch larger round. When repotting, be sure to loosen the roots so they will easily grow into the new soil.

Third, have you fed your plant? Plants, just like people need food too. Fertilizers also known as plant food provide essential nutrients the plant will need to grow healthy and to stay green and bloom (if a blooming plant) all season.

Most water-soluble fertilizer is grouped according to their effect or for a specific plant type. Typically, the all-purpose fertilizer, 20-20-20 can be used in many environments, from your potted plants to your bedding plants. The numbers represent a balanced ratio between Nitrogen (N), Phosphorus (P), and Potassium (K), which combined together, will promote green leaf growth, a strong root system and continual blooming throughout the growing season.

All the numbers on fertilizers are considered percent's. The first number above is Nitrogen is 20% and is comprised of 20% total nitrogen. It shows 20% Phosphorus and 20% Potassium, but they are not true percentages of those elements. The amount of phosphorous pentoxide (P_2O_5) used is actually 44% phosphorous and the potassium

actually used is potassium oxide (K_2O), which is only 83% potassium. So, the label is really meaning 20% nitrogen, 8.8% phosphorous and 16.6% potassium. Besides these 3 nutrients there are 3 additional Macronutrients - magnesium, calcium and sulfur plants need that should be included in the list of nutrients.

Micronutrients are also needed to help keep the plant healthy. Actually, all plants need micronutrients. They include iron, manganese, zinc, copper, boron, molybdenum, nickel and chloride. They are used in relatively small amounts.

Since there are so many choices on the market, when shopping for a water-soluble fertilizer, check the label to see what nutrients it contains. It should contain most, if not all of the ones I have listed in order for you to get a good all-around fertilizer for your plants. There are many different formulas such as bloom boosting, azalea, palm, cactus, tomatoes, orchids and many others.

Now to watering and fertilizing. Watering should be done as your plants require it, some will need it more often than others. Sometimes you can tell they need water by their look as they are not as glossy as they normally are, or their leaves are droopy. If unsure, dig down about an inch into the soil in the pot and if it is dry, then it is time to water.

Fertilizing is a different story. I fertilize about every 2 weeks and I do it weakly. Instead of following the directions and using full strength, I use half the amount. For example: if the regular dosage calls for 2 tablespoons to a gallon of water, then I use 1 tablespoon to the gallon of water. Then once every 2 - 3 months I leach my pots to rid any build up of salt deposits that might have appeared from any fertilizer I might have used with salt in them. I try to not use any fertilizers with a salt base for this reason. Salt can harm your plants roots,

I hope you have learned how to keep the WOW in your plants once they leave the garden center. Happy Gardening. Sheri Bethard, Orange County Master Gardeners

ORANGE COUNTY MASTER GARDENERS MONTHLY MEETING Public Welcome

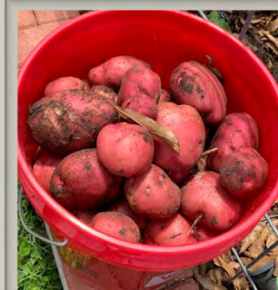


Monthly Meeting is held on the 2nd Thursdays of each month. Starting at 6 pm with a meal social till 6:30 followed by their business meeting and monthly presentation. The public is welcome to visit any of the meeting. The meeting is held at the Orange County Convention and Expo Center, 11475 FM 1442 Orange. If you have further questions about the Orange County Master Gardens contact the Texas A&M AgriLife Extension Office at 409-882-7010.

**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

Dusty Trails 4-H Community Service
at the Field of Plenty
Picked 115 lbs of potatoes



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.

Agriculture/Natural Resources

Is a Good Snake a Dead Snake????

Absolutely NOT!!!!

Snakes do not deserve the reputation they have gained over the years. People have come to fear snakes based on myths and untruths they have heard over the years. I hope to give you some information on snakes and why we need snakes around. I used to be deadly afraid of snakes. Until I started volunteering at the local botanical gardens, I thought all snakes were bad. I knew there were poisonous and non-poisonous snakes but not until then did I learn the big difference that I point out below. Now I tolerate snakes, I look to see what it is before I take any kind of action. Majority of the time, it is a harmless snake and I leave it alone.

Just like the birds, armadillos, opossums, raccoons, rabbits, snakes come on your property not to hurt you or your family. They are there looking for food, places to hide, to build a nest or a mate. They are a part of nature just like the other animals.

If you see a snake, leave it alone. It is more afraid of you than you of it, in most cases. If you leave the snake alone, it will slither off. Most people are attacked or bitten when the snake is provoked trying to get a better look or kill it. If you continue seeing snakes on your property here are some things you can do:

- Remove weeds, excess vegetation, piles of debris and any other areas where snakes can hide
- Mow your lawn regularly
- Keep firewood piles & lumber elevated from the ground 1-2 feet
- Keep birdseed from falling to the ground. This will attract rodents to eat the seed that drop to the ground
- Seal any cracks and crevices around your foundation to keep snakes out
- In-
- stall screens over vents and seal openings around plumbing entering home
- Keep compost piles in closed containers to keep rodents & snakes away.

There are snake es in snakes but so **do not** waste sums.

Along with doing terial that is not choice, though need much room tom a few inches

snake. So, when building the fence, slope the fence outward and do not use wire based fencing material since the snake can easily climb this. Also this would help keep other animals out.



repellents on the market, which are suppose to affect the olfactory sens- they do not always work on all snakes. People say mothballs, this is a myth your money for snakes, rats, mice, bats, armadillos, raccoons, and opos-

the items above, you can build a snake proof fence. It is made of any ma- easily moved or that contains large openings. Wire mesh is often a popular some people have installed solid, wooden fences instead. Snakes do not to fit under or thru to get on the other side, so it is best to bury the bot- into the ground. Some snakes are fantastic climbers such as the rat

Snakes are beneficial as they eat rodents (mice, rats, etc.) and insects which can carry harmful diseases that can cause illness, or, in some cases cause death. Some snakes even eat other snake. I will go into that next.

There are two types of snakes - Venomous (Poisonous) and Non-Venomous (Non-Poisonous). All snakes will bite. Just because it is a Non-Venomous does not mean it will not bite. If provoked it will bite as stated above.

The famed King Snake is so named, as it is the KING of snakes in most every region they live in. That means they EAT other snakes and other things we find undesirable. On the top of the list of the King Some of their favorite foods are rats and mice but their top choice is eating other snakes - venomous snakes (poisonous snakes). If that does not make you LOVE the all mighty King Snake, then eating rats and mice should.

The Speckled King Snake is the most common King Snake in our area of Orange County and South East Texas. It is a pretty snake with the yellow speckles on the dark green back and yellow belly. King Snakes have been kept as pets due to their ease of care. If you decide to keep one as a pet, always provide a pre-killed rodent. A live rodent can deliver a powerful bite, which could injury the snake. King Snakes are generally docile, curious and gentle. But, you should let the King Snake stay in the wild to take care of what nature has intended for it to do - eat rodents and venomous snakes.

All snakes can swim and most of them do quite well, but some do better than others. The Cottonmouth or Water Moccasin, a close relative of the Copperhead, is very buoyant and floats while holding their head high out of the water. Water snakes typically swim at or under the surface of the water, with their heads level with their bodies. Sometimes Water snakes may float/swim at the surface while Cottonmouths go under water to catch fish. Copperheads often do the same.

Two good websites to identify snakes are <http://www.texasnakes.net/index.htm> and <http://herpsoftexas.org> . Information for this article was obtained from both websites.

Happy Gardening. Sheri Bethard, Orange County Master Gardeners



Family & Community Health

Insider's Viewpoint: Spring Clean Your Diet with Seasonal Produce

By Hope Danielson



One of the best things about springtime is the abundance of fresh fruits and vegetables. Since many of us have a hard time getting the recommended servings of fruits and vegetables every day, choosing seasonal produce can be very helpful. Not only are the flavors fresher but the cost is lower. While fruits and vegetables can be purchased in many different forms year round, it's great to stock up on fresh seasonal produce. Here are some of our favorite spring picks ...

How To Store, Select, and Prep 4 Spring Favorites

Asparagus

Look for firm, bright green stalks with tight tips when buying fresh asparagus. Asparagus can be stored in a tightly wrapped plastic bag in the refrigerator for up to 3 days. Be sure to wash them thoroughly and snap off any tough ends before using.

- Asparagus is a good source of vitamin C and folic acid.
- It is excellent grilled, broiled or in a stir-fry.

Mango

Choose semi soft mangoes with smooth skin. A few black spots may indicate a sweeter and very ripe mango. Keep them on the counter to ripen and then transfer to the refrigerator for a few days once they have fully ripened. Just before eating, wash and peel off the skin with a vegetable peeler. Use a sharp knife to score the fruit in a vertical and horizontal fashion, making squares or cubes, and scoop away from the fruit stone to make mango cubes.

- This tropical fruit is an excellent source of vitamin A and C.
- Mangos are great in oatmeal, yogurt, salsa, salads and smoothies.

Spinach

This vegetable is best during the spring. Choose spinach leaves that are slightly crisp and bright green in color. Fresh spinach should be unwashed, wrapped in a paper towel then placed in a bag in the refrigerator. It can be kept in the fridge for up to 4 days.

- It is an excellent source of vitamin A and a good source of vitamin C and folic acid.
- Spinach can be consumed cooked or raw.
- Baby spinach is especially great to use in salads.
- We love to use spinach in stews, soups and smoothies.

Strawberries

Choose smaller bright red berries with a sweet aroma when buying strawberries. Use them as soon as possible after purchase for the best flavor. Strawberries should be removed from their container and arranged in single layer in a covered container. Refrigerate and use them within 2 days. Wash strawberries right be-

fore serving with a gentle spray of water.

- These delicious berries are an excellent source of vitamin C.
- Strawberries are great in smoothies, salads, on top of waffles or as a dessert with fresh whip cream.

Recipe

Berry Mango Spinach Salad

Preparation Time: 15 minutes

Number of Servings: 4

Ingredients

- 6 cups baby spinach
- 1 large ripe mango, peeled, pitted, and sliced or cubed
- 1 cup sliced strawberries
- 1 large avocado, peeled, pitted and sliced
- Half a small red onion, thinly sliced
- 1/2 cup chopped asparagus
- 2 tablespoons sliced almonds

For the Dressing

- Juice of 1 lemon
- 1/4 cup olive oil
- 2-3 Tbsp balsamic vinegar, to taste
- Salt and black pepper, to taste

Directions

1. Place spinach in a large bowl or on salad plates if you prefer to arrange separately. Top the spinach with the fresh mango, strawberries, avocado, red onion, and asparagus. Lightly toss the ingredients to mix.
2. Add the sliced almonds to the bowl or on the top of the salads if plating separately.
3. Meanwhile prepare the salad dressing. Place the olive oil, balsamic vinegar, lemon juice, and black pepper in a medium-sized bowl and whisk to combine.
4. Drizzle the dressing evenly over the salad plates or over the large bowl and toss again to coat.

Nutrition Facts (per serving)

Calories: 283, Protein: 4 gm, Total Carbohydrates: 22 gm, Fiber: 7 gm

Total Fat: 22gm, Cholesterol: 0mg, Sodium: 45mg



Banana Chia Bread

Chia seeds are an excellent source of Omega 3s and fiber which gives the bread a nutritional boost.

- 1 1/2 cup white whole wheat flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1 egg
- 2 tbsp canola oil
- 1/2 cup sugar
- 1/3 cup chia seeds
- 2 bananas, smashed
- 1/2 cup almond milk, unsweetened



1. Preheat oven to 400 degrees and grease a medium loaf pan and set aside. In a large bowl mix oil, egg, banana and sugar.
2. In a medium bowl add flour, salt, baking powder and mix until combine.
3. Slowly add flour mixture and milk to wet ingredients, alternating until incorporated. Fold in chia seeds.
4. Place batter in loaf pan and place in the oven for 60 minutes or until a tooth pick inserted in the middle comes out clean.



Nutrition Facts: Calories 150; Total Fat 4.5g; Saturated Fat 1.5g; Cholesterol 20mg; Sodium 140mg; Total Carbohydrate 26g; Dietary Fiber 4g; Total Sugars 11g; Protein 4g.

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.