

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 September 2019

September 1, 2019



Office Closed



County Judge

John Gothia

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Theresa Beauchamp

Commissioner Precinct 3

Kirk Roccaforte

Commissioner Precinct 4

Robert Viator



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

**AgriLife Extension Programs that will be held at
our office 11475 FM 1442 Orange**

**Have type 2 diabetes and
want to enjoy the holidays?**

FREE 5 Class Series

6 pm to 8 pm

October 8th, 15th,
22nd, 29th & Nov 5th

**Do Well, Be Well
with Diabetes**

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

Intro to Beekeeping

October 12th

9:00 AM—1:00 PM

\$20 per person or \$30 a family

Topics:

- ♦ Equipment
- ♦ Personal Protective Gear
- ♦ Hive Products
- ♦ Basic Biology & Starting Concerns



**Snacks
Provided**

TEXAS A&M
**AGRI LIFE
EXTENSION**

RSVP by Oct. 1st.

**Tired of freezing meat, poultry and game?
Then join us for a**

Meat Canning Class

November 4, 2019

6:00 PM

Texas A&M AgriLife Extension Office

\$20 per person

Class Participation

Limited to 15.

Salsa Canning Class

October 10, 2019

6 pm to 8 pm

\$20 per person*



Hands-on water bath
canning class taught by
Fallon Foster, CEA
Family & Community Health

*Cash or Check (made to HOPE) paid the day of class.

—Or pay using PayPal to a PERSON to orange-tx@ag.tamu.edu
up to 4:00 pm the day of class

Class is limited. Call the Extension office for your reservation.



Tuesday, November 19, 2019

6 pm to 8 pm

**Texas A&M AgriLife Extension
Orange County**

Advance Registration Required

Call the AgriLife office 409-882-7010

**\$20 per person payable at the class.
Checks or money order only payable to:
FPM ACT#230202**

Certified Food Manager Course



Menu

- * TRAINING
- * MATERIALS
- * EXAM

November 20-21, 2019

9 am - 4 pm

**Texas A&M AgriLife Extension
Orange County**

\$125 per person—must preregister

**Foodsafety.tamu.edu —complete form and mail to
FPM with payment Before Nov 8th.**

Family & Community Health

AgriLife Extension Programs



ORANGE COUNTY RANCHERS ROUNDUP

Hosted by Beef & Forage Committee
Speaker: Dr. Mike Meaux, DVM, Southwest LA Veterinary Clinic
Addressing Cattle Health & Nutrition in Southeast Texas & Southwest Louisiana
2 CEU'S Offered

October 17, 2019
6:00 pm - 8:00 pm
\$10 Per Person
Meal Provided

Orange County Convention & Expo Center
11475 FM 1442
Orange, TX

Discussion with area ranchers on beef cattle, crops, and pasture maintenance.

Call the Orange County Extension Office at 409-882-7010 to register by October 11th!

1 Free Hay Sample Tested per Family
 **Instructions on collecting for hay sample attached
 Sponsored by the Beef & Forage Committee

1 Free Soil Sample Tested per Family
 Sponsored by the Lower Sabine-Neches SWCD #446
Contact the Extension Office for Forms

TEXAS A&M AGRILIFE EXTENSION

Door Prizes!

The members of Texas A&M AgriLife Extension 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 we strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Field Sampling for Hay Production

- In 10 - 15 areas within a given location or field (not to exceed 40 acres), take 1 random subsample.
- Grasp a handful of the forage and **cut at normal haying height**.
- Combine all 10 - 15 subsamples and place into an appropriate paper sack or envelope (avoid using plastic bags, fertilizer bags, or feed sacks, as these containers may produce inaccurate results).
- Label sack or envelope with appropriate identification for field.

Field Sampling for Grazing Purposes

- Sample as described above but **cut at normal grazing height**.

Sampling Bales

- Use a Penn State or similar hay probe to sample hay bales (grab samples from the edge of the bale often provide inaccurate results).
- Take one core per each 5 large round bales (1 subcore for each 100 small square bales). Combine all subsamples and mix thoroughly.
- Package and label as described above.
- If a probe is not available, carefully collect representative samples by hand. Cut hay into stem lengths of 3 inches or less, carefully preventing leaf loss.



Fall Child Care Conference

Lamar Institute of Technology

October 26, 2019
8:00 a.m. - 4:30 p.m.
LIT Multi-Purpose Building
COST: \$40 per person
(Lunch Included)



Community
Program

Power in the Community

This event is FREE

The presentation will have information pertaining to the following:

- Low-Income Subsidies
- Medicare Savings Programs
- Senior Medicare Patrol
- Medicare Basics
- Medicare Preventative Services
- 2-1-1 Information Services
- Area Agency on Aging Services



September 19, 2019,
9 a.m. to 12 p.m.

St. Francis Catholic Church
4300 Meeks Dr.
Orange, TX 77632

For more information contact
 The Area Agency on Aging at 409.924.3381

Morning Session
The ABC's of Cultural Diversity for Young Children and their Families

Afternoon Session
Learn, Grow, Eat, Go! Junior Master Gardener Curriculum & Activities

FOR REGISTRATION:
 Visit: workforce.lit.edu Click: on Course Offerings, Click: Child Development Seminar
 or call LIT 409-880-8114 or contact your local AgriLife Extension Agent

TEXAS A&M AGRILIFE EXTENSION

LIT LAMAR INSTITUTE OF TECHNOLOGY
MEMBER THE TEXAS STATE UNIVERSITY SYSTEM™

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

Family & Community Health



Orange County 4-H 2019 Annual Pecan Fundraiser

Pre-Orders deadline to have in time for
Thanksgiving-Oct 10th or Christmas -Nov. 8th

TEXAS A&M
AGRI LIFE
EXTENSION

* New Item

Plain Pecans Pieces OR Halves

1 lb. bag	\$10.50
3 lb. box	\$28.00
5 lb. box	\$46.00

Specialty Nuts

1 lb Roasted and Salted Cashews	\$9
1 lb Walnuts	\$8
1 lb. Roasted and Salted Pistachios	\$8.50
1 lb. Raw Almonds	\$7.50
12 oz Chocolate Cover Almonds	\$8
12 oz Honey Toasted Almonds	\$7.50
*12oz Jordan Almonds	\$7.50

Peanuts

12 oz Chocolate Peanuts	\$5
12 oz Honey Roasted Peanuts	\$4.25
1 lb Hot and Spicy Peanuts	\$3.25

Frosted or flavored Pecans 12 oz. zipper bag

Chocolate Covered or White Chocolate or Chocolate Toffee Covered	\$8.50
Praline Frosted or Amaretto Frosted	\$8.50
Cinnamon Frosted or Honey Toasted Glazed	\$8.50
Sugar Free Chocolate (contains Malitol)	\$8.75

Miscellaneous Goodies

12 oz. Yogurt Cover Pretzels	\$7
12 oz. Chocolate Cover Pretzels	\$7
12oz Whole Turkish Dried Apricots	\$4
*12 oz Chocolate Malt Balls	\$6.50
*12 oz Boston Baked Beans	\$4
*12 oz French Burnt Peanuts	\$4
*12 oz Cherry Sours	\$5

Baskets

1 lb. Texas Wicker Basket \$13

(Chocolate & White Chocolate Mixed)

3.5 lb. Round Wicker Gift Basket \$45

1/2 lb each of Milk Chocolate Pecans, White Chocolate Pecans, Praline Frosted Pecans, Texas Deluxe Mix and Hunter's Mix

3.94 lb. Big Tex Gift Basket \$60

Texas shaped basket filled with 11 oz. Pecan Topping, 12 oz. each of Milk Chocolate Pecans, White Chocolate Pecans, Praline Frosted Pecans and 1 lb. Raw Pecan Halves.

SAMPLERS

4 Flavor 1 lb. Pecan Sample \$13

(White Chocolate, Chocolate, Cinnamon and Praline Halves)

2 lb. Pecan Sampler \$25

(Chocolate, White Chocolate, Amaretto, Cinnamon, Pina Colada & Praline Frosted)

2 lb. Fruit and Nut Sampler \$22

(Whole Almonds, Raw Pecan Halves, Walnut Halves, Dried Cranberries, Fruit Mix and Trail Mix)

Specialty items on back ➡

Family & Community Health



Orange County 4-H

2019 Annual Pecan Fundraiser

Pre-Orders deadline to have in time for
Thanksgiving-Oct 10th or Christmas -Nov. 8th

TEXAS A&M
AGRI LIFE
EXTENSION

• New Item

Specialty Mixes

Texas Deluxe Nut Mix \$9.75

(Pecans, Cashews, Almonds and Brazil Nuts)

Hunter's Mix \$6.50

(Cashews, Cocktail Peanuts, Sesame Sticks, Sesame Seeds, Natural Almonds, Fancy Pecan Halves, Peanut Oil and Salt)

California Mix \$6.50

(Almonds, Walnuts, Dried Apricots, Diced Dates, Banana Chips, Seedless Raisins, Coconut Chips, Cashews and Sunflower Seeds)

Trash Mix \$4.50

(Sesame Sticks, Jumbo Runner Peanuts, Pretzels, Hot and Spicy Peanuts, Peanut Oil and Salt)

Fiesta Mix \$4.50

(Bar-B-Que Corn Sticks, Taco Sesame Sticks, Nacho Cheese and Hot & Spicy Peanuts)

Fruit Mix \$5.50

(Dried Apricots, Banana Chips, Diced Pineapple, Diced Papaya & Golden Raisins)

Cran-Slam Mix \$7.25

(Dried Cranberries, Raw Walnut Pieces, Roasted and Salted Sunflower Seeds, Roasted and Salted Pumpkin Seeds, Diced Pineapple and Black Raisin)

Mountain Mix \$6.25

(Roasted and Salted Cashews, Roasted and Salted Peanuts, Roasted and Salted Almonds, Raisins and M&M's)

Southwest Trail Mix \$6.50

(Hot & Spicy peanuts, Roasted & Salted Almonds, Chili Crescents, Sesame Sticks & Roasted & Salted Pumpkin Seeds)

Orders can also be place with any of our 4-H members

ORDER NOW

**To place your order call the
Orange County 4-H office
882-7010**

PLEASE MAKE CHECKS TO
Orange County 4-H Council

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.

Thank You!

Family & Community Health

August/September to-dos

Sheri Bethard, Orange County Master Gardeners Association

A couple of weeks ago, I submitted an article titled "Scarecrows – what happened to them?" Well, one of my readers and fellow Master Gardeners answered the question very smartly and rightly. She said they all went to Shangri La for the Scarecrow Festival that is held every October. So beware, the scarecrows will be back in force October 8 at Shangri La Botanical Gardens, 2111 West Park, Orange.

Now on to monthly to do's – what should we be doing with our gardens during these hot days? Well, besides staying inside in the cool, I have a couple of ideas you can do in the cool of the early morning or late after the sun goes down for you to think about. When you do work outside, stay well hydrated and cover up, the sun is brutal.

When you are out and about, look around and see what is still blooming and make a note of it, as you might want to add those plants to your landscape for next year.

Keep watering as needed. If you water in the early morning it is fine to get the whole plant wet but if you water in the evening, water at the soil level not wetting the plant. This will help keep fungus and disease away on the leaves. Your pot plants may need watering more often than the ones in the ground.

If your gardens are in need of mulch, it would be a good idea to add more as the mulch does help keep the soil moist and the temperature cooler.

If you use an irrigation system, check your emitters to make sure they are all working properly and replace those not.

Run hose-end sprinklers at least an hour for deep penetration, moving the sprinklers to avoid runoff.

Purchase or order spring-flowering bulbs now while they may be on sale but wait to plant them.

Wildflower seeds should be planted now, follow instructions that come with the seeds.

Apply nitrogen fertilizer to your lawn now. It is up to you if you want to go chemical or organic. Just remember chemical you have to water in and could burn if not and organic will not burn and does not have to be watered in.

Divide spring blooming bulbs such as daylilies, irises and Shasta Daisies. This should be done every 2-4 years. If they are not blooming in the spring, they need dividing.

If you are bothered with winter weeds, apply a pre-emergent herbicide to kill sprouting weed seed. Do not use this in your garden, as it will kill those seeds.

Prune off old rose and perennial blooms to keep them going until the first frost.

Keep your fruit trees watered to maintain healthy foliage as next years crop depends on this years energy that comes from photosynthesis on the leaves.

Watch for the Monarch migration coming thru on their way to Central America and Mexico for over wintering. Sometimes they lay eggs on their way and those Monarchs will head south once they have developed. Provide milkweed for the Monarchs and the caterpillars.

Purple Martins start gathering in flocks in preparation for their migration south.

And remember to always keep fresh water available for your backyard wildlife. In these dry days it is hard for them to find places to get a little sip of water.



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 Influences of Childhood Obesity

Over the past four decades, the rise in childhood obesity has significantly impacted many children, adolescents, and adults. The Centers for Disease Control states that 1 in every 5 children in the United States has obesity. Children with obesity are at a higher risk for developing chronic health conditions, such as asthma, joint and bone complications, sleep apnea, and type 2 diabetes. They are also at a higher risk for developing heart disease, due to potential high blood pressure and high cholesterol. Children with obesity are more likely to be obese as adults which increases the risk Type 2 Diabetes and heart disease, as well as many types of cancers.

There are many factors that have a major influence on obesity in children. Eating behaviors, lack of physical activity, metabolism and family genetics are the most individualized factors; however, home environment and social factors play a huge role. "One of the most influential risk factors of them all is screen time", says Elaine Montemayor-Gonzalez, a Health Specialist with Texas A&M AgriLife Extension. "Too much time spent being inactive while watching television, scrolling social media or playing video games may also lead to lack of sleep for some children, which is also a risk factor for obesity", says Montemayor-Gonzalez. There is a cycle of events that all lead to the development of obesity. Over the years there has been a trend of inactivity and easy accessibility to inexpensive, high calorie foods and empty calorie beverages.

How can we help support the healthy growth and development that children need to become healthy adults? It is most important to be a healthy role model for your family, says Montemayor-Gonzalez. "Making health a priority and caring about the quality of the food that your family eats, and how much activity they get is really the first step" says Montemayor-Gonzalez. She continues, "Seek out help and resources so that you feel supported when making changes for yourself and your family". Try making some of the following changes and look at these helpful resources from Texas A&M AgriLife Extension.

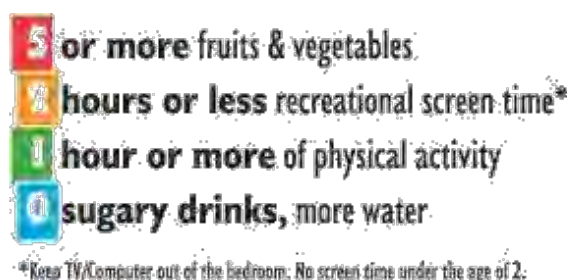
Physical Activity – School-aged youth are recommended to achieve a minimum of 60 minutes or more of physical activity throughout the day. Make a family activity calendar at home and motivate each other to be active together. Enjoy the outdoors and take a walk, ride bikes, build a garden, practice stretching, or play a basketball game in your driveway. Engage in a friendly competition with other families and see who can "Walk Across Texas" first. For more information on a free 8-week physical activity program, visit <http://walkacrosstexas.tamu.edu/>

Healthy Nutrition - Always plan out your meals before grocery shopping to limit the temptations of unhealthy foods. Choose more fruit and vegetables as snacks throughout the day and make them half of your plate for meals. Drink plenty of water to avoid dehydration and limit sugary beverages. Invite your children to help you prepare and cook a meal, not only is this fun for them, but they are learning about healthy foods. To try some quick and healthy recipes, visit <https://dinnertonight.tamu.edu>

Screen Time - Boundaries for screen time and social media should always be followed daily. A good balance will help limit inactivity. It is recommended that children 6 years and older should limit their screen time from 1- 2 hours a day. Set automatic limits on phones and tablets, and motivate your child to engage in youth development programs such as 4-H. To learn more about the hands-on activities in science, health, and agriculture, visit: <https://texas4-h.tamu.edu/>

As parents, grandparents, and guardians we must make positive changes for our children. We are the most important influencers in their lives. The positive change for a healthy lifestyle must come from us.

For more information on creating a healthy lifestyle, contact your Orange county extension agent at 409-882-7010.



Family & Community Health

Southwest Salsa Rice Bites

Makes 48 appetizers (8 servings)

- 3 cups cooked brown rice, cooled
- 1 cup shredded pepper jack cheese
- 4 eggs
- 1 16-oz. Jar medium (or hot) thick and chunky-style salsa
- 1/2 cup sour cream
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 cup crushed corn or tortilla chips
- Additional salsa and sour cream for garnish (optional)



1. Preheat oven to 350 degrees.
2. Combine rice and cheese in large bowl; set aside.
3. In medium bowl, beat eggs until well blended. Stir in salsa, sour cream, salt and pepper. Add salsa mixture to rice and cheese; mix well.
4. Spray miniature muffin pans with vegetable cooking spray. Spoon approximately 1 1/2 tablespoons rice mixture into each cup, filling to just below the rim. Sprinkle crushed chips over filling, pressing slightly with back of spoon.
5. Bake 15 to 20 minutes, or until lightly browned. Serve warm with additional salsa and sour cream, if desired.

Each serving provides: 287 calories, 2 g dietary fiber, 10g protein, 31g carbohydrate, 123mg cholesterol, 14g fat, 784mg sodium.

www.usarice.com

Rice bowls are fun and easy to make!

Rice bowls are easy to prepare: just start with rice and layer with vegetables, protein and sauce.

The possibilities are endless! Create your own customized recipes or mix and match your favorite ingredients.

Pizza Rice Bowl:

White rice topped with mushrooms, onions, peppers, garlic, chopped tomatoes, pepperoni or sausage crumbles, shredded mozzarella cheese, tomato sauce, oregano, basil and parmesan cheese.

Taco Rice bowl:

White or brown rice topped with onions, green and red pepper strips, taco-flavored chicken strips, beans, chili or mole sauce, sour cream, taco chips and cheddar cheese.

www.usarice.com



life
hacks

#1800

When reheating rice or pasta in the microwave, sprinkle a little bit of water on top first. This will make it taste way better, almost like you just made it.

@1000LifeHacks
1000LifeHacks.com

WHITE RICE



0.4g FIBER

↑ SPEED OF DIGESTION

✗ NOT AS GOOD FOR SEDS

GLYCEMIC INDEX = 89

✓ GREAT FOR GLYCOGEN LOADING

✓ GOOD POST WORKOUT

356 CALS

👉 80g C | 7g P | 0.7g F

⚖️ ABOUT EQUAL TO BROWN RICE

BROWN RICE



1.8g FIBER

↓ SPEED OF DIGESTION

↑ GUT HEALTH

GLYCEMIC INDEX = 50

✓ GREAT FOR CONTROLLING BLOOD SUGAR

366 CALS

👉 77g C | 8g P | 2.9g F

⚖️ ABOUT EQUAL TO WHITE RICE

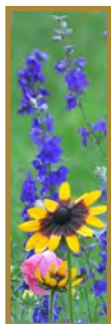
Family & Community Health

Planting a wildflower garden

Sheri Bethard - Orange County Master Gardeners

A lot of us take trips to the Hill Country in the spring to see the bluebonnets and other wildflowers bloom. Well, did you know you could grow them right here in SE Texas also? Not many people do as they think it is too wet, but if you have an area that is in a drier part of your yard, you will be surprised to see what wildflowers can grow there. All you have to do is to get the area ready.

Some questions you need to ask yourself before getting started:



1. Is this area in a sunny location, as wildflowers love the sun? They need at least 8 hours of full sun per day. When you see them along the highways, they are in full sun.
2. Does anything already grow in this area such as grass, weeds, etc.? If so, then it will more than likely support wildflowers. If it is a bare piece of ground and nothing has grown there, then it is very doubtful wildflowers will grow unless you plan on amending the soil.
3. Can this area be reached by your hose so you can supplement with water during seed germination during times lacking sufficient rainfall?
4. How is the soil in the area you have selected, is there good drainage? Is the soil compacted? If compacted, then you will have to till the location to loosen it so the seeds will be able to set their roots into the soil.



Now that you have answered these questions, let's get started planting:

1. If necessary, use a herbicide to eliminate any vegetation which may compete with the wildflowers (optional)
2. Mow the existing vegetation as short as possible. And remove clippings and any other debris from the site.
3. Prepare your seedbed by lightly tilling the soil to a depth of about one inch. This will help keep from disturbing any dormant weed seeds.
4. Mix your seeds with masonry sand, potting soil, or vermiculite to help aid in the more even distribution on the site. 4 parts of inert material to 1 part seed is a good mixture.
5. Sow half of your seeds going from left to right, then sow the other half from top to bottom, this way you can get a uniform and maximum coverage.
6. Press the seed into the soil by using your hand, walking on or rolling over the area. Lightly dust the area with sand or potting soil to cover seed no more than 1/16th of an inch. Some seeds will remain visible.
7. DO NOT plant wildflower seeds in areas of clover, winter rye or other grasses that grow during the winter, as they will be to overwhelming for the wildflower to become established.

Wildflower seed will require ample moisture to germinate and grow into seedlings. Keep the area moist, not soggy, for 4 – 6 weeks after sowing. Once your seeds have sprouted, do not let the bed dry out, but avoid watering too much. If you water too much, the soggy soil will rob the roots of needed oxygen to survive. Hopefully, rainfall will take over and you will not have to water as much.

Now all you have to do is wait until spring and watch for your wildflowers to bloom. Once they have bloomed, you should wait at least 2 weeks after the full bloom period for the seeds to mature. When the foliage turns brown, that is the signal you can start trimming the stems. Mow or cut the area at a height of 4 – 6 inches. Going lower than 3 inches will sometimes damage perennial varieties. This will disperse the mature seeds and give sunlight for the new seeds to start germination for next year's blooms.

A few Texas sources for quality wildflower seeds:

Bamert Seed Co., Muleshoe, Texas www.bamertseed.com

David's Seeds, San Antonio, Texas <https://www.davids-garden-seeds-and-products.com>

Douglas King Seed, San Antonio, Texas www.dkseeds.com

Justin Seed Co., Justin, Texas <http://www.justinseed.com>

Turner Seed Company, Breckenridge, Texas www.turnerseed.com

Wildseed Farm, Fredericksburg, Texas www.wildseedfarms.com

Willhite Seed Co., Poolville, Texas www.willhiteseed.com



The Orange County Master Gardeners meet the 2nd Thursday of each month at the Orange County EXPO Center on FM 1442 in Orangefield. At 6PM we have a potluck supper and social, 6:30PM is our business meeting and 7:00PM is our speaker. The public is welcome to attend any of our meetings free of charge. If you have a gardening questions, please contact our HotLine at 409 745-9708 10AM – 2PM Tuesday and Thursdays or leave a message and someone will get back with you. Check out our website at <https://txmg.org/orange> or our FaceBook page Orange County (Texas) Master Gardeners.

Family & Community Health

Whole30 Steak Bites with Sweet Potatoes and Peppers

- 1 large sweet potato (about 12 ounces), diced into 1" pieces
- 1 tsp sea or kosher salt
- 1 lb. flat iron steak, diced into 1" pieces
- 2 tbsp olive oil, divided
- 2 cloves garlic, minced
- 2 bell peppers, seeded and diced into 1" pieces
- 4 green onions, thinly sliced
- 2 tbsp coconut aminos
- 2 tsp cracked black pepper
- 2 tbsp fresh chopped cilantro

1. Place the diced sweet potatoes into a microwave safe bowl, then sprinkle with 1 teaspoon salt. Cover with a plate and microwave on high until just barely tender, 4-6 minutes. Stir

once halfway through. The potatoes are ready when you can piece one with the tip of a knife and meet just a bit of resistance. Take care not to overcook at this stage or they'll turn out mushy later.



in a single layers. Cook, turning every two minutes, until the pieces are browned and the center is medium, about 10 minutes. Remove the steak from the skillet using a slotted spoon and set aside on a plate.

3. Add the third tablespoon olive oil to the skillet. Add the sweet potatoes, toss to coat in the fat and cook until browned, stirring occasionally, until browned, 3-4 minutes.
4. Make a well in the center of the pan

2. Heat a 12" skillet over high heat. Add 2 tablespoons olive oil and heat until shimmering.

Add the steak

and add the garlic. Sauté, stirring occasionally, until fragrant, about 1 minute.

5. Add the bell pepper and scallions and toss with the potatoes. Sauté, stirring occasionally, until the peppers are bite tender, 3-4 minutes.
6. Add the steak and juices back to the pan along with the coconut aminos. Toss all ingredients and cook and additional 1-2 minutes until the liquid has evaporated.
7. Add the pepper and cilantro, toss, and remove from heat. Portion onto plates, top with additional fresh cilantro if desired, and serve immediately.

Nutrition Information

Calories 460kcal, Carbs 25g, Protein 22g, Fat 30g, Saturated Fat 10g, Polyunsaturated Fat 1g, Monounsaturated Fat 7g, Trans Fat 0g, Cholesterol 81mg, Sodium 650mg, Potassium 535mg, Fiber 6g, Sugar 8g, Calcium 50mg, Iron 4mg.

Oursaltykitchen.com

Crockpot Green Chile Chicken Enchilada Soup

- 1 can (10 oz) green enchilada sauce
- 1 can white beans
- 2 cans black beans
- 1 lb. boneless skinless chicken thighs or breasts
- 2 cans (4 oz each) diced fire-roasted green chiles
- 1 can (10.5 oz) diced tomatoes, optional
- 4 t ground chili powder
- 1 T ground cumin
- 3/4 t paprika
- 1 t salt
- 1/4 t pepper
- 2-3 T fresh cilantro, optional 2 c chicken broth or stock
- 1 package (8oz) cream cheese, softened
- Pick your favorite add-ins; pepper-jack cheese, sour cream, fresh lime, additional cilantro.

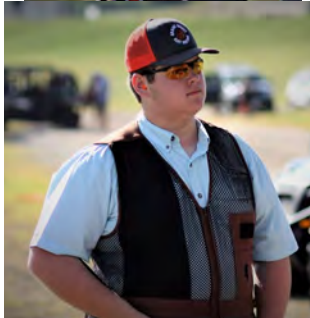
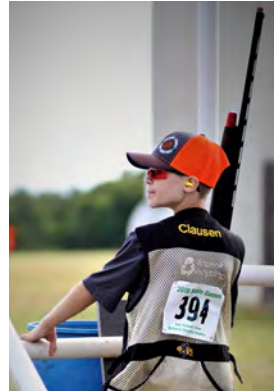
1. In a large crockpot pour in the green enchilada sauce, drained and rinsed white beans, drained and rinsed black beans, fatotrimmed boneless skinless chicken thighs or breasts.
2. Add the undrained diced fire-roasted green chiles, diced tomatoes, chili powder, cumin, paprika, about 1 teaspoon salt, 1/4 teaspoon pepper, coarsely chopped fresh cilantro, and chicken broth or stock.
3. Cover and cook on low for 5-7 hours or high for 3-5 hours or until the chicken easily shreds.
4. Remove the chicken from the crockpot and place in another bowl. Add softened cream cheese into crockpot.
5. Cover and cook on high for another 30 minutes or until the cream cheese melts completely and is easily stirred into soup. Briskly whisk to get the cheese completely incorporated.
6. Shred the chicken with 2 forks and then add back into the soup.
7. Serve with desired toppings.



chhelseasmessyapron.com

4-H/Youth Development

Orange County 4-H Clay Busters Shooting Sports State Shoot San Antonio



4-H/Youth Development

ORANGE COUNTY 4-H CLUBS

Dusty Trails 4-H & Clover Kids Club

1st Tuesday
6pm @ 4-H Office
Tommy Byers 409-216-9865

Adult Leaders Association & County Council

2nd Monday @ 6 pm (time change)
4-H Office

Mighty Pirates 4-H

2nd Tuesday @ 7 pm,
Vidor Junior High Cafeteria
Tammy Glawson 409-474-2811
Sandy Byers 409-201-8523

Boots & Bridles 4-H Horse Club

3rd Monday
6 pm @ T2 Arena
Debbie Vance—409-365-9027
Lori Bailleau

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



4-H Connect Online Registration

texas.4honline.com

If you have questions or new help, contact the 4-H office 409-882-7010

New Families
You will select
"I need to setup a profile".
Then follow the steps.

Returning Families
You will select
"I have a profile".
Then follow the steps.
Do NOT set up a new profile.

Returning Families
If you forgot your password.
Select
"I forgot my password".
The office will reset your password and you will receive an email to reset.

Coming soon.....ROBOTICS project. We have a school teacher who has volunteered to head the project and engineer volunteers from International Paper to help. We are so excited. Keep an eye on your newsletter and our facebook page for updates.

My 4H project

Food & Nutrition

3rd Tuesday
6 pm @ 4-H Office

Fashion & Interior Design

4th Tuesday
6 pm @ 4-H Office

Livestock Judging

Every Thursdays
6:30 pm @ 4-H

If you have any questions, please contact the 4-H office 409-882-7010.

4-H/Youth Development

Explore what you can do with 4-H

4-H Fashion & Interior Design

Do you like to be creative in what you wear and the space around you? The 4-H Fashion and Interior Design program is perfect for you. In this project you can learn to design, construct and be a smart consumer when purchasing clothing and household items. Have fun creating environmentally friendly projects while exploring careers in the fashion and interior design industries. You can work on your own or with a group.

Design your project around the parts of the fashion and interior design that you enjoy, such as:

- applying elements and principles of design
- learn to operate a sewing machine
- fabric science labs
- fashion and interior design sketching
- consumer buying skills
- creating a storyboard for your designs
- creating one of a kind items for home decorating
- entrepreneurship
- upcycling items for a new purpose

About Record books

Why is it important you keep a record of your 4-H activities? Because, by recording your activities you can remember all the fun you've had so far, and set future goals! Keeping records of 4-H projects could help you when you apply for college scholarships too! 4-H Record books are books you make to record your annual projects.

STEM—Learn about robotics, computers, alternative energy, engineering, rocketry, theater, performance art and photography.

4-H Food & Nutrition Project

If you want to be a star in the kitchen, try the food & nutrition project! You'll learn kitchen and cooking safety, how to prepare nutritious meals and snacks, and meal ideas to reduce your risk of disease. Learning experiences focus on nutrition, food purchasing, food preparation, food safety, and related careers.

4-H Food and Nutrition Project Covers the following:

4-H Food Challenge—At the Food Challenge, teams of 3-4 students receive a list of ingredients and have 40 minutes to create a dish. The teams then present their dish to judges are scored on preparation, serving size, food safety concerns, nutritional value and cost. Students qualify at the county and district level to compete at the state contest.

Food Show—At the Food Show you choose a recipe from the contest categories and then prepare and present it to a panel of judges. During your interview with the judges, you will show how you prepared it, the nutrients and ingredients, personal dietary needs, healthy substitutions, and a cost analysis.



Agriculture & Livestock—From stock show to beef, dairy, goats, lamb, swine, dogs and cats, learn responsibility with animals.

Natural Resources—Love being outside? Come learn about wildlife, forestry, shooting sports, water conservation & wildlife & fisheries.

And many more projects to choose from.

Major Livestock Show
Heifer & Swine

Heifer Fall Validation for Spring show - Must submit your UIN # count to the 4-H Office by Monday, September 16th. UIN # is free will pay validation fee of \$15 at validation time.

Swine tag orders—Must submit your tag order to the 4-H Office by Monday, September 23rd.

Orange County 4-H 409-882-7010

4-H/Youth Development

Dusty Trails 4-H/ Clover Kids Club Mangers

Tommy Byers: 409-216-9865

Anna Bandy: 409-988-3666



Meeting Information:

Location Texas A&M Agrilife Extension
Office 11475-A FM 1442 Orange, TX 77630

Day: First Tuesday of the month

Time : 6PM

Projects we will Focus on:

- Educational Presentation / Public Speaking
- Research Posters
- AG Product I.D
- Consumer Decision Making
- Leaders for Life
- Share the Fun
- Photography



September meeting will have a
Guest speaker on Photography.

Extensions programs of the Texas A&M Agrilife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Commissionary

Boots & Bridle 4-H Horse Club

Invites all youth ages 8-18 to
Become a 4-H member of our Horse Club.

Join us at:

T-2 Arena

3810 Old Peveto Road Orange

3rd Monday of the Month

6 pm

Instructor/Club Manager

Debbie McFaddin Vance 409-365-9027

Instructor/Co-Manager—Lori Bailleaux

Members will be learning the following:



Horsemanship

Barrel Racing

Pole Bending

Dressage

And much more



TEXAS A&M
AGRI LIFE
EXTENSION

Texas A&M Agrilife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.


**Be a Buyer & Support our
Hard working Orange County
4-H & FFA Livestock Youth.**

Friday, October 11th
Rabbit & Poultry Show

Saturday, October 12th
Swine, Lamb & Goat Show

Saturday, October 11th
Prospect Breeding Heifer Show at Noon

Buyers Meal & Auction Saturday, Oct. 11th
Begin serving meal at 5 pm followed with sale
auction at 7 pm.


You can pre-register or sign in at time of sale
auction or register at event to be a buyer.

T-2 Arena—3810 Old Peveto Road Orange

Buyer information—contact Show Chairman—Sabrina Gray 409-670-6260 or
ksabrina5709@gmail.com

4-H/Youth Development

September 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Office Closed  LABOR DAY	3 Dusty Trails 6 pm	4	5	6	7
8	9 Adult Leaders 6 pm County Council 6pm	10 Mighty Pirates 7 pm	11 OCLSA Rabbit Entry Deadline	12	13	14
15	16 All Heart 1 pm Boots & Bridle 6 pm Ofc Deadline for Heifer UIN#	17 Clay Busters 6 pm Food & Nutrition 6 pm	18	19 YMBL Steer/F-1 entry deadline. <u>Office deadline will be an earlier date.</u>	20	21 Shooting Sports Coaches training in Beaumont had to pre-register.
22 Shooting Sports Coaches training in Beaumont	23 Ofc Deadline for Major Swine tag orders	24 Fashion & Interior Design 6 pm	25	26 Texas Rice Festival-Winnie Livestock Show	27 Texas Rice Festival-Winnie Livestock Show	28
29	30					

October 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Ft. Worth Scramble Opens Dusty Trails 6 pm @ Mauriceville Fire Station	2	3	4	5
6	7 OCLSA 7 pm	8 Mighty Pirates 7 pm	9	10 Office Deadline for 1st Pecan Order	11 OCLSA Show	12 OCLSA Show
13	14 Adult Leaders & County Council 6 pm  Columbus Day	15 Clay Busters 6 pm Food & Nutrition 6 pm	16	17	18	19 Vidor Masonic Lodge Scholarship Spectacular
20	21 All Heart 1 pm Boots & Bridle 6 pm	22 Fashion & Interior Design 6 pm	23	24	25	26
27	28	29	30	31		

Family & Community Health

Clover Kids



Family & Community Health

Monarch Butterflies and Tropical Milkweed

Courtesy of Monarch Joint Venture www.monarchjointventure.org

The beautiful Monarch Butterflies will be migrating thru our area in the next few months on their way to South Texas and Mexico. Many of us, including myself, have Tropical Milkweed (*Asclepias curassavica*) in our gardens for them to feed on along their route, as it is an easy plant for us to find and grow in our area. It is not a native plant in the United States but is actually native in Mexico and found at many of the local garden centers instead of the milkweeds that are native to Orange County such as: Pineland Milkweed (*Asclepias obovata*), Shore Milkweed (*A. perennis*), Butterfly Milkweed (*A. tuberosa*). Other U. S. native milkweeds can be found in the publication "Identification of Milkweeds in Texas" at https://tpwd.texas.gov/publications/pwdpubs/media/pwd_rp_w7000_1803.pdf.

Each fall, monarchs migrate to overwintering sites, where they form clusters in trees and stay in a semi-dormant state until spring. However, some monarchs skip the traditional long-distance migration and end up staying in parts of the southern U.S. and California. The year-round persistence of tropical milkweed allows monarchs to breed throughout the winter. These year-round tropical milkweed patches foster greater transmission of the protozoan *Ophryocystis elektroscirrha* (OE), increasing the likelihood that monarchs become infected with the debilitating parasite.



Butterfly Milkweed
(Solid orange flower)

Infected adult monarchs harbor thousands or even millions of microscopic OE spores on the outside of their bodies. When dormant spores are scattered onto eggs or milkweed leaves by infected adults, monarch larvae consume the spores and these parasites then replicate inside the larvae and pupae. Monarchs with severe OE infections can fail to emerge successfully from their pupal stage either because they become stuck or they are too weak to fully expand their wings. Monarchs with mild OE infections can appear normal but live shorter lives and cannot fly as well as healthy monarchs.



Tropical Milkweed
(orange & yellow flower)

What can you do?

- Plant only the species of milkweed that are native to your region, whenever possible. See the list above for native milkweed.
- If you already have tropical milkweed in your garden, prune the milkweed stalks to about 6 inches in height during the fall and winter months to discourage monarchs from establishing winter-breeding colonies. Cutting back the milkweed will also help to eliminate OE spores that may be present on the plant. Re-cut the milkweed every few weeks as leaves re-sprout.
- Contribute to scientific knowledge about winter-breeding monarchs by participating in citizen science projects. **Project Monarch Health** involves volunteers in collecting parasite samples from wild monarchs (monarchparasites.org). Observers receive a report on the infection status of all monarchs they sample. Volunteers can also report observations about winter monarch sightings on **Journey North** (learner.org/north), and collect detailed information on monarch use of milkweed plants in any season for the **Monarch Larva Monitoring Project** (mlmp.org).

Compiled by Sheri Bethard, Orange County Master Gardeners Association



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.



VEGAN | GLUTEN FREE | OIL FREE

healthy
4 INGREDIENT
NO BAKE
PROTEIN
CEREAL BARS

- * 2 c dry cereal (ex Whole O's-Cheerios)
- * 2 scoops vanilla protein powder
- * 1/2 c smooth nut butter of choice
- * 1/2 c brown rice syrup (can sub for honey or agave, but add 1 extra tablespoon)
- * Dairy free chocolate chips, optional

- * Line a baking tray with baking paper and set aside.
- * In a large mixing bowl, mix your cereal with your protein powder until combined.
- * In the microwave or stovetop, melt your nut butter with your sticky sweetener and then pour the mixture into the protein cereal mix and stir until fully combined.
- * Pour mixture into the lined baking tray and press firmly into place. Top with chocolate chips if desired and refrigerate for at least 30 minutes to firm up. Alternatively, freeze for 10-15 minutes.
- * Note: bars should be kept refrigerated for best texture. Vegan, Gluten Free, Oil Free.

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