

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

Jeff Huckaby
County Extension Agent
Agriculture/Natural Resources

Franny Woods
4-H Program Assistant

Tommy Byers
Better Living for Texans
Program Associate
Nutrition Educator

Office 409-882-7010



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



Texas A&M AgriLife
Extension Orange County

facebook



Welcome!

We welcome our new Agriculture/
Natural Resource Agent, Jeff
Huckaby. He has been married to
his wife, Lorilyn for 37 years. They
have 2 children and 3 grandchil-
dren.

Mr. Huckaby graduated from Or-
angefield High School. He ob-
tained his BS in Agriculture Education from Sam Houston State
University (Huntsville) and a Masters in Educational Leadership
from Stephen F. Austin (Nacogdoches.) He taught agriculture edu-
cation for 25 years in various schools including Orangefield,
Brookeland, Hardin-Jefferson, Kirbyville, and Buna before retiring.

He also served for 5 years as an assistant principal and was recog-
nized as Region V Assistant Principal of the Year. In addition, Mr.
Huckaby holds a number of specialty certifications.

Mr. Huckaby is proud to have served on numerous committees for
livestock foundations and is well known through the agriculture
communities in which he served. He also served on numerous
committees in various organizations as an advisor, and assisted stu-
dents in furthering their education through agriculture, and career
and technology.

During his down time Jeff enjoys the outdoor recreation of hunting,
fishing, farming and woodworking.



Office Closed
December 23rd, 24th and 25th
January 1st

4-H/Youth Development

Taking orders till Monday, December 9th.

**ORANGE COUNTY 4-H
ADULT LEADERS ASSOCIATION**

HOMEMADE ROLLS FUNDRAISER

**ROLL CHOICES:
PLAIN, JALAPENO, OR CINNAMON**

**PRE-PAID ORDER
1/2 DOZEN BAKED OR UNBAKED
\$5.00**

**ORDER DEADLINE - MONDAY, DECEMBER 9TH
ORDER PICKUP - MONDAY, DECEMBER 16TH**

**CASH OR CHECKS
PAYABLE TO:
ADULT
LEADERS
ASSOCIATION**

**ORDERS CAN BE PLACE THROUGH ALL ORANGE
COUNTY 4-H MEMBERS OR CALL THE AGRILIFE
OFFICE 409-882-7010**

**TEXAS A&M
AGRILIFE
EXTENSION**

**YOUR PURCHASE
HELPS SUPPORTS
ORANGE COUNTY
4-H YOUTH**

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. The Texas A&M University System (U.S. Dept.)

Major Livestock Open Shows

For all Orange County 4-H livestock members who participate in Open Major Livestock Shows.

Please be aware that it is your responsibility to do all the online entries, paperwork and payment to the show you are participating in.

The 4-H office is responsible for entering Jr Market Shows only.

San Antoni Livestock Open Show Deadline
Sunday, December 15th

Houston Livestock Open Show
Sunday, January 5th



2ND ANNUAL Cary Hester Memorial Livestock Show

Pigs, Lambs & Goats

Check-in 6:00 am till 7:30 am

Show starts at 8:00 am

Pigs / Lambs / Goats shown by weight

Steers & Heifers

Check-in 10:00 am till 11:30 am

Steers shown by division and weight

Heifers shown by division and age

PRIZES

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

Saturday, January 11, 2020

Location

Orange County Livestock Show Barn
5319 Arnel Road, Maruiceville, TX

Entry Fee \$25 per head

JUDGE

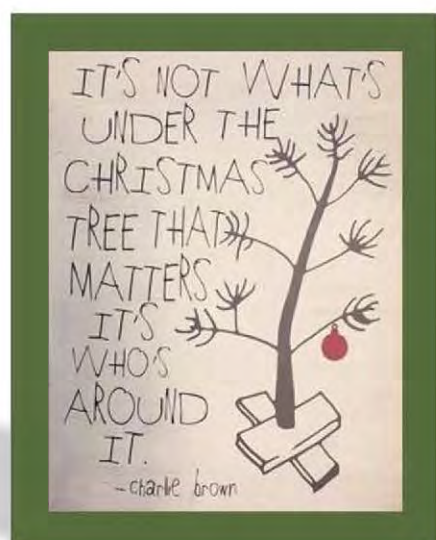
Ricky Thompson

Show Information Contact :

Tammy Glawson (409) 474-2811
Sandy Byers (409) 201-8523
Curtis Mitchell (409) 454-0203
Franny Woods (409) 330-7024

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

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



Family & Community Health

Check out the beginning class schedule for 2020.

Classes will be held at the AgriLife Office. Call to register, 409-882-7010

Home and Body Essentials DIY Class

Saturday

February 8th

10 am to 2 pm

\$25 per person

Make check payable to H.O.P.E.

Payment must be received by

January 31st.

Class is limited to 25 participants.

Call 882-7010 to Register now.

If you wait until the deadline

date, the class may be filled.

*Come ENJOY a fun day of hands-on
homemade Body & Home products.*

Texas Department of State Health Services accredited food handlers program



FOOD HANDLER'S Training Class

February 4th

May 26th

August 4th (3 pm)

November 16th

2 pm to 4 pm

\$20 per person paid
day of class

Make check or money
order
payable to

FPM Account 230202
No cash accepted



**To PRE-REGISTER Call
409-882-7010**

**Class will be held at
AgriLife Extension Office
11475 FM 1442 Orange**

**This class is recommended for all food service employees to
help promote the service of safe food.**



Certified Food Managers Two Day Course with Test

February 10th–11th; Registration Deadline: January 28th

May 4th–5th; Registration Deadline: April 21st

August 10th–11th; Registration Deadline: July 28th

November 9th–10th; Registration Deadline: October 27th

Classes are held 9 am to 5 pm each day

**Must pre register by obtaining the
registration form from**

<http://foodsafety.tamu.edu>

**Must submit payment of \$125 per person
payable to FPM Account 230202 along with
registration form to FPM prior to deadline
dates.**

FREE 5 Class Series Cooking Well with Diabetes



5 pm to 7 pm

**March 3rd, 10th, 17th,
24th, & 31st**

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



Cooking Class for Adults

with Rocky

Instructor: Rocky Bridges

Saturday, March 28th @ 10 AM

\$25 per Person

Payment due by March 20th

Make checks payable to HOPE.

Come have fun cooking a healthy meal

You will be preparing a 3 course meal!

Door prizes

Mystery Box Ingredients

Make your reservation today!

CLASS LIMITED

Jam & Jelly Making Class



Thursday February 27, 2020

2:00 pm

\$20

Texas A&M AgriLife Extension Office

11475 FM 1442, Orange

Limited space available

**Must call 409-882-7010 to reserve your
spot.**

Agriculture/Natural Resources

Winter Solstice 2019: The First Day of Winter

By The Editors, The Old Farmer's Almanac

Winter officially begins with the Winter Solstice on Saturday, December 21, 2019. This is the astronomical first day of winter in the Northern Hemisphere.

When Is the Winter Solstice?

In 2019, the winter solstice arrives on Saturday, December 21, at 11:19 p.m. EST in the Northern Hemisphere.



In the Northern Hemisphere, the winter solstice always occurs around December 21 or 22. (In the Southern Hemisphere, the winter solstice occurs around June 20 or 21.) It is the day with the **fewest hours of sunlight** in the whole year.

What Is the Winter Solstice?

The word *solstice* comes from Latin *sol* "sun" and *sistere* "to stand still." In the Northern Hemisphere, as summer advances to winter, the points on the horizon where the Sun rises and sets advance southward each day; the high point in the Sun's daily path across the sky, which occurs at local noon, also moves southward each day.

At the winter solstice, the Sun's path has reached its southernmost position. The next day, the path will advance northward. However, a few days before and after the winter solstice, the change is so slight that the Sun's path seems to stay the same, or stand still. The Sun is directly overhead at "high-noon" on Winter Solstice at the latitude called the Tropic of Capricorn.



What Does Winter Mean to You?

Winter inspires both joy and woe. Some people can't wait for the cooler weather, snow, skiing and ice skating, curling up by a fire, and the holiday spirit. You'll notice a peaceful sort of silence when you walk through the woods—a muffled kind of quiet.

Other people dislike the frigid temperatures, blizzards, and wild weather (for good reason). In colder regions, winter often means shoveling, snowblowing, dealing with bad roads, and sometimes unbearable temperatures. In warmer regions, the winter temperatures become very mild or cool, and places such as Florida fill up with people escaping the harshness of a northern winter.

Winter Folklore and Verse

Deep snow in winter; tall grain in summer. —Estonian proverb

Visits should be short, like a winter's day.

A fair day in winter is the mother of a storm. —English proverb

Summer comes with a bound; winter comes yawning.

Onion skins very thin, mild winter coming in.



Family & Community Health

Stay Safe, Be Healthy for the Holidays

Tommy Byers, BLT Program Associate Nutrition Educator



Older Driver Safety Awareness Week December 3-7, 2018 is Older Driver Safety Awareness Week. Older adults can take steps to stay safer on the roads.

Driving helps older adults—persons 65 and older—stay mobile and independent. However, as we age, declines in vision and cognition (ability to reason and remember), and physical changes might affect driving. Certain medical problems such as heart disease, dementia, sleep disorders, and limited hearing and vision place older adults at an increased risk of car crashes. Additionally, medicines, both prescription and over the counter, such as those used for sleep, mood, pain, and/or allergies among others might affect driving safety.

Older drivers are also at an increased risk of being injured or killed in a crash due to increasing frailty and underlying health problems.

Get the facts:

- One in 6 drivers in the United States are 65 years or older.
- Older adult drivers are more than twice as likely to report having a medical problem that makes it difficult to travel as compared with drivers ages 24–64.
- Four in five older adults take one or more medications daily. Physical changes that occur with age can change the way the body reacts to medicines, causing more side effects and affecting the ability to concentrate and drive safely.

Here are some steps that older adults

can take to stay safe on the road:

- Discuss any medical issues with your doctor to determine if they might affect your driving.
- Discuss stopping or changing your medications with your pharmacist or doctor if you experience any side effects that could interfere with safe driving such as blurry vision, dizziness, sleepiness, confusion, fatigue, and/or loss of consciousness.
- Have your eyes checked by an eye doctor at least once a year. Wear glasses and corrective lenses as directed.
- Plan your route before you drive.
- Consider potential alternatives to driving, such as riding with a friend, using public transit, or car ride services.

SMART FEATURES FOR OLDER DRIVERS

A vehicle is one of the largest purchases a person makes, and it is critical to find the right one for you. To help older drivers know what to look for in a vehicle, AAA worked with the University of Florida Institute for Mobility, Activity, and Participation to help identify smart features for older drivers (SFOD) to optimize their comfort and safety.

Consider the following factors when choosing the right vehicle:

- Safety features, such as seat belts and the positions and types of airbags.
- Ergonomics, or design features, that reduce operator fatigue and discomfort, such as adjustable ped-

als and seats.

- Comfort, such as ease of entry and exit, legroom and size of control buttons.

Value, which incorporates the total cost of ownership including price, operating and maintenance costs, as well as reliability, and fuel economy

GIVE YOURSELF THE GIFT OF GOOD HEALTH DURING THIS SPECIAL TIME OF YEAR

- Make your “to do” list manageable. Do not overbook yourself
- Give What you can. There are plenty of gifts that do not involve a lot of money.
- Stick with your regular exercise routine and maintain a healthy diet. Limit your intake of holiday sweets.
- Be kind to yourself, take time to relax, and treat yourself to something special, such as an extra yoga class or a nutritious meal at your favorite restaurant.

PREPARE FOR PARTIES

When preparing for parties bring healthy foods. Such as veggies or fruit trays, to holiday gatherings. If you plan on drinking, make sure you have a designated driver to get you home.

December is National Impaired Driving Prevention Month

The National Highway Traffic Safety Administration (NHTSA), within the U.S. Department of Transportation, with the White House’s Office of National Drug Control Policy (ONDCP), and the U.S. Department of Health and



Family & Community Health

Stay Safe, Be Healthy for the Holidays, continued

Human Service's Substance Abuse and Mental Health Services Administration remind you to celebrate safely this holiday season. We stand with all those who have known the tragic consequences of drugged or drunk driving, and we rededicate ourselves to preventing it this December and throughout the year.

<https://youth.gov/feature-article/december-national-impaired-driving-prevention-month>

During National Impaired Driving Prevention Month, we recommit ourselves to the fight against impaired driving. Every day, lives are needlessly lost and irreparably altered by collisions involving drugs or alcohol. These horrible tragedies are avoidable, and each of us must make responsible decisions to prevent them and keep our communities safe.

Operating a vehicle while under the influence of alcohol, illicit drugs, or certain medications can have devastating consequences. In 2017, more than 10,000 people died in alcohol-related crashes in the United States, accounting for 29 percent of all traffic fatalities. Drunk or drugged drivers experience diminished judgment and decreased motor coordination and reaction time, putting at grave risk passengers, pedestrians, and other drivers. Every American can take a few simple steps to make our roads safer. We hope every driver commits to making responsible and safe decisions when driving, including driving sober, finding a designated driver, and keeping loved ones from getting behind the wheel while impaired. By educating our communities on the importance of driving sober, we can help avoid loss of life, debilitating injuries, and un-

bearable heartache. We must act to protect our loved ones and eliminate fatalities that prevent our fellow Americans from enjoying full and happy lives.

Caramelized Mushroom and Vidalia Onion Risotto Makes: 4 Servings

Cook Time: 60 minutes

Caramelizing Vidalia onions brings out complex and delicious flavors. Mushrooms add meatiness without significant calories. Add these to risotto made with brown rice - providing whole grains and a nutty flavor - and you have a deliciously healthful dish.

Ingredients

- 1 Vidalia onion (thinly sliced vertically)
- 2 tablespoon canola oil (divided)
- 1 pound cremini mushrooms (sliced)
- 1 cup short-grain brown rice
- 1/4 cup dry white wine
- 2 cup low-sodium vegetable or chicken broth
- 3 cup water
- 1 1/2 cup frozen peas
- 1/4 cup reduced-fat Parmesan cheese

Directions

1. Heat 1 tbsp canola oil in a 10-inch skillet over medium heat. (Do not use non-stick skillet.)

2. Add Vidalia onions and stir to coat with the oil. Stirring occasionally, let cook until brown (about 30 minutes).

3. Remove Vidalia onions from pan, and set aside.

4. Wipe pan clean. Heat remaining olive oil in pan and brown mushrooms (about 15 minutes).

5. While mushrooms and Vidalia onions are browning, cook risotto as follows.

6. Heat wine and rice in pot, stir until wine is absorbed.

7. Mix broth and water together.

8. Increase heat to medium-high; stir in 1 cup of water-broth mixture.

9. Cook uncovered, stirring frequently, until liquid is absorbed.

10. Continue stirring and add remaining water-broth mixture, 1 cup at a time, allowing each cup to be absorbed before adding another.

11. Add peas to rice with last cup of liquid.

12. Cook until rice is tender and mixture has a creamy consistency, approximately 1 hour.

13. Gently stir in caramelized Vidalia onions, mushrooms, and cheese. Let sit about five minutes and serve.

<https://www.choosemyplate.gov/recipes/myplate-cnpp/caramelized-mushroom-and-vidalia-onion-risotto>

<https://seniordriving.aaa.com/maintain-mobility-independence/car-buying-maintenance-assistive-accessories/smartfeatures/>

<https://www.cdc.gov/features/older-driver-safety/index.html>



**BETTER LIVING
FOR TEXANS**

TEXAS A&M AGRILIFE EXTENSION

Agriculture/Natural Resources

Tips on Feeding Your Christmas Cactus

Sheri Bethard – Certified Texas Master Gardener, Orange County Master Gardeners



If you are like me, then you may have a Thanksgiving, Christmas or Easter Cactus that bloomed beautifully in the past, but you are having a hard time getting the plant to bloom again. I love the way this plant looks when it blooms, and it is an amazing centerpiece that will brighten up your table for guests to see during the holidays.

Getting your cactus to bloom during Thanksgiving, Christmas or Easter can be tricky, but if you feed it just right, you will be glad that you took the extra time to figure out the idiosyncrasies of this unique plant.

How to Feed a Christmas Cactus

To start, the plants thrive in indirect sunlight and well-drained soil, so make sure that you have a good spot for the plant to grow. The feeding season of the cactus is the same as the growing season. For your Christmas Cactus, this means that it will need to be fed right before it blooms, which should be about from April to October of the year. With the right fertilizer and a proper feeding schedule, you should have bright blooms just in time for Christmas. For the other two, start feeding Thanksgiving Cactus March to September and Easter Cactus in the July/August time frame depending on when Easter falls.

These plants will bud during the cooler days of fall when the light is shorter because it needs 12 hours of light and 12 hours of darkness. When you are fertilizing this plant, you will either want a bloom formula or a water-soluble formula for the best results. During mid to late summer, you can use a fertilizer that is high in phosphorus once a month to help enhance the flowers when they bloom.

When the plant stops growing, which will be late in the summer months, it is important to make sure that you stop feeding it as well. If you continue feeding the plant when it is not actively growing, the salt can build up in the bud, which will keep it from blooming. Never fertilize a Thanksgiving, Christmas or Easter cactus when the plant begins to flower because it can cause the buds to fall.

Fertilizers to Use for Christmas Cactus

Throughout the season, the best type of fertilizer to use when you are feeding your cactus is a blend with equal nitrogen, potassium, and phosphorus. You want a well-balanced fertilizer that can be dissolved in water so that feeding the plant becomes simple. Using an all-purpose fertilizer that has a 10-10-10 or 20-20-20 mix. It helps strengthen the roots and the leaves of the plant and gets it ready to bloom when the holidays roll around.

When you are not fertilizing the plant, you can use a mixture of a gallon of water and a teaspoon of Epsom salt. This will help the plant get all of the magnesium that it needs to grow and bloom properly without stunting its growth. The plant will not need to be fertilized past October because it will go dormant. In addition to stopping the feeding of this plant, you will also need to reduce the water that it receives during this time.

For any of your horticultural questions contact our Hot-Line Tuesday and Thursdays 10-2 at 409 882-7070 or thru our website <https://txmg.org/orange> Contact and we will get back with you. Orange County Master Gardeners meet the second Thursday of each month at the Orange County EXPO Center, 11475 FM 1442, Orange (Exit 869 off IH10) from 6 – 8PM. Upcoming events – Bloomin' Crazy Plant Fair March 14, 2020 and the next Master Gardener Certification class will start in April 2020. If you are interested in attending our class, please use the Contact on our website above.



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.

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
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

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

Robotics
4th Monday
6 pm @ 4-H Office

My 4H project

December will be the 3rd Monday due to Holidays

Fashion & Interior Design
4th Tuesday
6 pm @ 4-H Office

December will be the 3rd Thursday due to Holidays

Livestock Judging
Every Thursdays
6:30 pm @ 4-H Office
(Do not have to own an animal to participate)



Thursday, December 12, 2019
6 pm to 8 pm
Orange County Convention & Expo Center

We are asking each family to bring a food dish. Of your choice (, casseroles, veggies, finger foods, salads etc.).

Don't forget our 4-H Community Service Project of collecting items for the Port Cities Rescue Mission Ministries.

"UGLY SWEATER CONTEST" for YOUTH & ADULTS

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



If you need any type of accommodation to participate in this program or have questions about the physical access provided, please Orange AgriLife Office 409-882-7010, at least 2 weeks prior to the program or event you are interested in.

4-H/Youth Development

December 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 OCLSA 7 pm	3 Dusty Trails will NOT meet this day	4	5 Livestock Judging 6:30 pm	6 AgriLife office closed 11:30-2 pm Gun Show Conces-	7 Gun Show concessions for 4-H SETX Livestock Extravaganza in
8 Gun Show concessions for 4-H	9 ALA/Council 6 pm Homemade Roll Fundraiser Order	10 Mighty Pirates 7 pm <u>Club Managers 990-</u>	11 Office Deadline San Antonio Open Show	12 4-H Christmas Party	13 <u>Club Managers Support Fund form due in office</u>	14 Adult Leader to prepare Fundraiser order
15	16 Pick up of Homemade Roll Fundraiser orders All Heart 1pm Boots & Bridle 6pm <u>Robotics 6 pm</u>	17 Clay Busters 6 pm Food & Nutrition 6pm	18 Office deadline Houston Open Show	19 <u>Fashion & Interior Design 6 pm (moved due to Holidays)</u> Livestock Judging	20	21
22	23	24 	25 	26 Office Closed	27 Office Closed	28
29	30	31				

January 2020 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 HAPPY NEW YEAR!  Office Closed	2 Livestock Judging 6:30 pm	3	4
5 Houston Open Show	6 OCLSA 7 pm	7 Dusty Trails 6pm	8	9 Livestock Judging 6:30 pm	10	11 Cary Hester Memorial Show
12	13 Adult Leaders & County Council 6 pm	14	15	16 Livestock Judging 6:30 pm	17	18
19	20 All Heart 1 pm Boots & Bridle 6pm  Office Closed	21 Clay Busters 6 pm Foot & Nutrition 6 pm	22	23 Livestock Judging 6:30 pm	24 YMBL Roaster Pick up 4pm-6pm	25
26	27 Robotics 6pm	28 Fashion & Interior Design 6 pm	29	30 Livestock Judging 6:30 pm	31	

Agriculture/Natural Resources

Winter Weeds: Do they matter?

Vanessa Corriher-Olson, Ph.D.
Associate Professor, Forage Extension Specialist
Texas A&M AgriLife Extension
Soil & Crop Sciences

As forage producers, we focus most of our energy on our warm season perennial pastures and hay meadows (bermudagrass, bahiagrass, etc.). That means most of our weed control efforts are also focused on warm season weeds (such as [carolina horsenettle](#), blackberry, etc). Unfortunately, cool season weeds can be just as detrimental to our warm season perennial forages.

Annual ryegrass...a cool season annual forage often utilized by livestock producers for winter grazing. However, it's often deemed an enemy of many a hay producer in East Texas. Later maturity of annual ryegrass can delay or prevent our warm season perennial forages from breaking dormancy in April/May therefore delaying our initial hay cutting. There are multiple ways to manage unwanted ryegrass (see [ForageFax article for more details](#)). Use of herbicides to control annual ryegrass is probably the most common method practiced. Pendimethalin can be used as a pre-emergent herbicide for dormant bermudagrass and bahiagrass pastures and hay meadows. Glyphosate; metsulfuron and nicosulfuron are post emergent herbicide options.



against henbit. However, glyphosate in the dormant season; mixtures of 2,4-D and glyphosate; and mixtures of 2,4-D and dicamba, picloram, aminopyralid, and metsulfuron; are quite effective against henbit. Henbit is a cool season annual and should be sprayed when it is small for best results.

Henbit is a plant that is not generally considered a pasture weed. It can become a major competitor with bermudagrass in the early spring for moisture and nutrients. 2,4-D alone is not highly effective



If left uncontrolled, thick **thistle** stands can reduce grazing and result in less forage production. Best time to control with a herbicide is when thistles are in the rosette stage. The rosette stage is when the thistle forms a low-growing ring of leaves (November – March). If thistles have bolted or developed seed heads, they are much more difficult to control. Several broadleaf herbicides are effective against thistles if they are in the rosette stage (2,4-D alone; 2,4-D with picloram; dicamba or aminopyralid; metsulfuron methyl; or a combination of metsulfuron methyl with 2,4-D and dicamba).

Texas Groundsel or Texas squaw-weed is another common cool season annual weed. Control is less expensive and more likely if plants are treated while still in the rosette stage. Once the plant begins to bolt, more herbicide is required. 2,4-D alone can be effective if applied in the rosette stage. Other effective products include: 2,4-D and dicamba, 2,4-D and aminopyralid, aminopyralid, metsulfuron, metsulfuron and nicosulfuron, metsulfuron with 2,4-D and dicamba. For more details on [Texas groundsel](#) see ForageFax article.



Winter weeds are not a problem in all perennial warm-season pastures and hay meadows. Fields should be scouted to determine if treatment is warranted. In most cases, controlling winter weeds in summer perennial pastures involved an additional application since it is unlikely that an application during the dormant season will control summer weeds.

Strict adherence to label directions is required by law. Paying close attention to label directions will also ensure safe, effective and economical use. Herbicide labels contain directions for proper rate and timing of application, a list of susceptible species, and information regarding cleanup and disposal following use.



Family & Community Health

White Chocolate Cranberry Oatmeal Cookies

Makes 24 cookies

Easy soft and chewy oatmeal cookies packed with white chocolate chips and dried cranberries. These White Chocolate Cranberry Oatmeal Cookies are perfect treat for the holidays.



- * 1 cup all purpose flour
 - * 1/2 teaspoon baking soda
 - * 1/2 teaspoon ground cinnamon
 - * 1/4 teaspoon salt
 - * 1/2 cup unsalted butter, softened to room temperature
 - * 1/2 cup light brown sugar
 - * 1/4 cup granulated sugar
 - * 1 large egg, room temperature
 - * 1 teaspoon vanilla extract
 - * 1 and 1/2 cups old fashioned rolled oats
 - * 3/4 cup sweetened dried cranberries
 - * 3/4 cup white chocolate chips.
1. In a large bowl, whisk together the flour, baking soda, cinnamon, and salt. Set aside.

2. In the bowl of a stand mixer fitted with paddle attachment (or in a large mixing bowl using a handheld mixer), beat the butter, brown sugar, and granulated sugar until smooth. Mix in the egg and then the vanilla, scraping down the sides of the bowl as needed.
3. Slowly add the flour mixture to the wet ingredients and mix until just combined. Add the oats, dried cranberries, and white chocolate chips and mix until fully combined.
4. Cover the dough and refrigerate for at least 30 minutes.
5. Preheat oven to 350°F. Line two large baking sheets with parchment paper and set aside.
6. Using a 1.5 - 2 tablespoon cookie scoop, scoop the cookie dough and drop onto the prepared baking sheets. Roll the cookie dough into balls and very gently press down with your hand to flatten each ball of cookie dough slightly (make sure not to flatten them completely, just slightly).
7. Bake in separate batches at 350°F for 10-13 minutes. Remove from the oven and allow to cool on the baking sheet for 5-10 minutes, then transfer to a wire rack to finish cooling.

Notes

Store cookie in an airtight container at room temperature for up to five days.

Cookie dough will freeze well for up to 3 months, bake from frozen for an additional 1-2 minutes. Bake cookies will also freeze

Easy Asian Pasta Salad



- 1 (8 ounce) package spaghetti
- 1 teaspoon olive oil
- 6 tablespoons soy sauce
- 1/4 cup white sugar
- 3 tablespoons rice vinegar
- 1 tablespoon toasted sesame seeds
- 2 teaspoons sweet chili sauce
- 1 teaspoon sesame oil
- 2 green onions, chopped
- 1 red bell pepper, chopped (optional)
- 1 cup sugar snap peas (optional)

1. Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until cooked through but firm to the bite, 10 to 12 minutes. Drain and rinse under cold water. Transfer pasta to a serving bowl and toss with olive oil.
2. Whisk soy sauce, sugar, vinegar, sesame seeds, chili sauce, and sesame oil together in a bowl until sugar dissolves. Toss soy sauce mixture with pasta; top with green onions, red bell pepper, and snap peas. Refrigerate 30 minutes to overnight to allow flavors to blend. Toss again before serving.



Agriculture/Natural Resources

Poinsettia Facts

by Jennifer Buckner
Director of Horticulture – Shangri La
Botanical Gardens & Nature Center



Nothing says, "Get ready for Christmas!" more than a beautiful Poinsettia. But do you know the history behind the popular Christmas flower? The "Flor de Noche Buena" or Christmas Eve Flower, as Poinsettias are known in their native Mexico and Central America habitat, is a tropical woody shrub that can reach up to 10 feet tall. The Aztecs who used the bracts called them 'cuitlaxochitl', the colorful modified leaves surrounding the yellow flowers, for dye and the milky sap as a fever reducer.

Poinsettias began their association with Christmas in the 17th century when Franciscan friars included them in their Christmas celebrations. The star-shaped patterns of the leaves symbolize the Star of Bethlehem and the red color represents Jesus' blood sacrifice.

The popularity of the plant in the United States is due to one man, Joel Roberts Poinsett, the Poinsettia's namesake. Poinsett was the first U.S. Minister to Mexico as well as a botanist and physician. He was intrigued by the winter flower and brought it back to his South Carolina greenhouse for cultivation in the 1830's.

Caring for Your Poinsettia All Year

During the Christmas Holiday:

- Keep your Poinsettia in a bright, indirect lit location inside
- Water when potting mix begins to feel dry to the touch
- Keep away from hot or cold drafts
- Begin fertilizing after color begins to fade
- Protect from temperatures below 50°F

After the Christmas Holiday to Early Autumn:

- Place Poinsettia in a sunny indoor location and keep soil barely moist
- Trim to about 8" tall after leaves fall in the Spring, keep watered and fertilized
- When new growth appears repot and take outside, fertilize weekly and give morning sun
- Pinch a quarter of the tips of the Poinsettia back to encourage branching
- Bring indoors when night temperatures fall below 50°F

From October 1 to December 15:

- Place in a dark place from 5PM to 8AM. Make sure absolutely NO light breaks this dark time
- Give 6-8 hours for sun per day
- After bracts start to color, discontinue long nights and fertilizer
- Place poinsettia in its final holiday location!

Enjoy you Poinsettia!

Article provided by Orange County Master Gardeners. For your horticultural question, please call our HotLine at 409 882-7010 Tuesday or Thursday 10AM - 2PM or use our Contact form on our website <https://txmq.org/orange>. We meet the 2nd Thursday of each month 6PM - 8PM at the Orange County EXPO Center 11475 FM 1442, Orangefield. We start with a potluck supper social, business meeting then most meetings we have a speaker. Our meetings are open to the public for anyone to attend. For more information, contact Sheri

Call or stop by the AgriLife Extension Office

Tuesdays & Thursdays 10am-2pm

Or call and talk with our

Orange County

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



Layered Salad

- ⇒ 1 medium head of iceberg lettuce, rinsed and chopped into bite size pieces
- ⇒ 3/4 cup chopped green onions
- ⇒ 1/2 medium purple onion, chopped
- ⇒ 6 hard boiled eggs, chopped
- ⇒ 1 - 10 oz package frozen peas cooked, drained and cooled
- ⇒ 1 can sliced water chestnuts, drained
- ⇒ 10 slices of bacon, cooked until crisp and chopped
- ⇒ Cherry tomatoes, sliced in half
- ⇒ 1 cucumber, halved, seeded, and chopped
- ⇒ 1 1/2 to 2 cups cheddar cheese, shredded



Dressing

- ⇒ 1 1/2 cups Real Mayonnaise
- ⇒ 1/2 cup Sour Cream
- ⇒ 1 to 2 Tablespoons Sugar

1. In a clear glass bowl, layer salad ingredients in the order they appear above. End with the layer of peas.
2. Combine dressing ingredients in a separate bowl and mix well. Pour over the top of the peas and spread to cover, bringing dressing all the way out to the edges of the bowl.
3. Cover and refrigerate for up to 8 hours.

Notes:

Layer according to your preference but be sure to have the lettuce on the bottom. You can mix up more dressing and layer also. Garnish the to your liking.



Tips for Managing Holiday Stress

While the holidays are a time for joy and sharing, they can also be a time of physical and mental stress, said Texas A&M AgriLife Extension Service specialists.

"There are many behavioral and logistical changes you can make during the holidays to lower stress and benefit your overall wellness," said Joyce Cavanagh, AgriLife Extension specialist in family economics, College Station.

Prioritize and plan to help reduce stress

Managing holiday stress requires setting priorities as well as avoiding or reducing as many stressors as possible, Cavanagh said.

"Holiday stress can come about from interpersonal relationships, financial pressures, time management issues, lack of sleep and a variety of other stressors," she said. "Financial pressure and time restrictions are often the top stressors during the holidays, so be sure to adequately plan your holiday shopping and family time."

Cavanagh said be sure to budget for gifts to be purchased during holiday shopping pay using cash or a debit card whenever possible. Be realistic when creating a budget by using real prices, not ballpark figures. And don't forget to include extra travel, food and entertaining costs into your holiday budget.

"If you must buy with credit, act as if you have far less than your actual credit limit," she said. "And remember your credit card interest rate to remind you to be more frugal about using credit." Cavanagh said stress also occurs as a result of

not adequately keeping track of purchases.

"Make note of what you've bought, how much you've spent and who you've bought for," she said. "Jot down items and prices on a note pad or electronic device."

Count your calories — and blessings

Cavanagh said holiday stress can lead to overeating, which is one of the biggest challenges to individual wellness during this time of year.

"Try not to eat during periods of high stress," she said. "Be aware of what and when you eat, but don't think you have to starve yourself to make room for holiday meals."

You can even alter traditional holiday recipes to make them healthier.

Remember to focus on your blessings instead of trying to keep up with the Smiths or Joneses, said Angela McCorkle, AgriLife Extension program specialist.

"Basing expectations or experiences on what we see on social media or in the lives of others can cause stress," McCorkle said. "We can cause ourselves undue pressure to create share-worthy memories rather than enjoying the time with loved ones. Don't worry about what others are doing and just focus on the positive things you have instead of concerning yourself with what others have or what you might be missing."

Consider thrifty gifting

McCorkle added there are ways to honor special holidays that cut stress and need little or no spending.

"If gifts are part of the holiday celebration, don't let the pressure of giving gifts surpass your ability to pay for them," she said. "Consider exchanging hand-made gifts such as soaps, baked goods or framed family photos."

Make time for rest, exercise and recreation

Cavanagh said a lot of time-management-related stress can be alleviated by allowing additional time when scheduling visits or entertaining others, and by asking for help with holiday activities.

"Try to avoid multiple visits and pad your time to provide flexibility and accommodate any unforeseen circumstances," she said. "Prioritize what's really important to you and your family, then plan your holiday activities accordingly."

McCorkle stressed the importance of getting adequate sleep and finding a way to incorporate some sort of physical activity into your holiday schedule.

She also noted while some people draw energy from being around people, others may find it stressful or draining.

"Whether you draw or discharge energy from being around others, it's always wise to schedule in some relaxation time," she said. "Take a short nap or a walk or do some reading — whatever you'd normally do to get some private time to recharge your mind and body."

Family & Community Health

Bulbs, corms, tubers, and Rhizomes - They were all covered at the Master Gardener Bulb Symposium



Figuratively speaking, we sold everything but the kitchen sink, and if we could have figured out how to unbolt it, we would have sold it, too. It was a busy night, but we had fun. Thank you to those who were able to work the hamburger stand at the Lions Club Carnival last night. By the time we were finished, all that was left were a couple of lonely hotdogs rolling around on the grill. That's a good night.



Orange County Master Gardener's giving the greenhouse and plants some TLC.

Family & Community Health



Fresh Rosemary Sprigs
 Slice Oranges or Mandarins
 Fresh cranberries
 Fill with water. Cranberries will float to the top. Set a tealight candle on the cranberries, light and enjoy the beautiful smell.

pinterest.com

Unscented white candle
 Cinnamon Sticks
 Twine
 Rosemary sprig (optional)
 Wrap twine around candle twice.
 Loosen twine so you can insert a whole cinnamon stick.
 Work your way around the candle inserting the cinnamon sticks.
 Once all filled in secure with a bow, cut excess twine.
 Insert a rosemary twig into the twine



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December 6th, Friday

Office Closed 11:30 to 2 pm for Christmas Lunch

December 23rd—25th

Monday—Wednesday

Christmas Holidays - Office Closed

January 1st—Wednesday

New Year's Day Holiday—Office Closed

January 20th, Monday

Martin Luther King Jr. Day Holiday - Office Closed

February 8th, Saturday

Home and Body Essentials DIY Class

February 4th, Tuesday

Food Handler's Training Class

February 10th & 11th, Monday & Tuesday

Certified Food Managers Course & Test

February 27, Thursday

Jam & Jelly Making Class

March 3rd, 10th, 17th Tuesday

Free Cooking Well with Diabetes Classes

March 28th, Saturday

Cooking Class for Adults with Rocky

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