

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

*Monday, February 17th*



County Judge  
 John Gothia

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Theresa Beauchamp

Commissioner Precinct 3

Kirk Roccaforte

Commissioner Precinct 4

Robert Viator



Texas A&M AgriLife  
 Extension Orange County

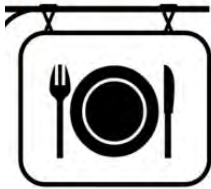
Scan and go directly to  
 our AgriLife website  
[orange.agrilife.org](http://orange.agrilife.org)



# 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*

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

02



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.



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.*

## 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.

FREE 5 Class Series

## Do Well, Be Well with Diabetes

5 pm to 7 pm

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

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

## Cooking Class for Adults



Instructor: Rocky Bridges

SATURDAY, MARCH 28 @ 10 AM  
\$25 per Person  
DUE BY MARCH 20TH  
MAKE CHECKS PAYABLE TO H.O.P.E.


TEXAS A&M AGRILIFE EXTENSION  
11475 FM 1442, ORANGE, TX

YOU WILL BE PREPARING A 3 COURSE MEAL.  
DOOR PRIZES!  
HAVE FUN WHILE COOKING HEALTHY RECIPES  
MYSTERY BOX INGREDIENTS

*Make your reservation today!*

409-882-7010  
CLASS LIMITED

**Family & Community Health    Agriculture/Natural Resources**



**STEP UP  
SCALE DOWN**

**IN 12 LESSONS, STEP UP  
TO A HEALTHY YOU.**

*Introducing the Step Up, Scale Down Program*

In just 12 lessons, find the path to better health through this course based on the USDA Dietary Guidelines and scientific research. Form habits to help you maintain a healthier weight, stay active, and reduce your risk for chronic diseases!

March 9, 11, 13, 23, 25, 27      Texas A&M AgriLife Extension Office  
April 6, 8, 20, 22, 24, 27      11475 FM 1442  
5:30 PM      Orange, TX 77630  
\$40

Please pay by March 3. No refund.      **Call 409-882-7010 to register.**

Fallon Foster, M.P.H.  
CEA/FCH

TEXAS A&M  
AGRI LIFE  
EXTENSION

Texas A&M AgriLife Extension is an equal opportunity employer and program provider.  
The Texas A&M University System, U.S. Department of Agriculture, and the  
County Commissioners Courts of Texas cooperating

ORANGE COUNTY  
**MASTER GARDENERS**  
YOUR COMMUNITY GARDENING RESOURCE

**Plant  
Sale**

**Saturday, March 14**  
**8 a.m. - 1 p.m.**  
Gates open at 7 a.m.

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

Vendors offering gardening and other craft items

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

Rain or Shine - Covered Pavilion

**What's in Season for February?**



**Avocado      Cauliflower      Lemons/Limes**

|                  |           |                   |
|------------------|-----------|-------------------|
| Asparagus        | Carrots   | Pears             |
| Apples           | Celery    | Pomegranates      |
| Bananas          | Citrus    | Potatoes          |
| Beets            | Greens    | Rutabagas         |
| Bok Choy         | Kiwi      | Strawberries (FL) |
| Broccoli         | Leeks     | Sweet Onions      |
| Brussels Sprouts | Mango     | Turnips           |
| Cabbage          | Mushrooms | Winter Squashes   |
|                  | Parsnips  |                   |

Visit [ProduceforKids.com](http://ProduceforKids.com) for more info & recipes!

## Family & Community Health

### Eat Smart to Live a Heart Healthy Life

Following a healthy lifestyle by eating balanced nutritious meals, engaging in daily physical activities, and avoiding smoking and excessive alcohol consumption may help reduce the risk factors of heart disease. Heart disease is the leading cause of death among American men and women causing about 647,000 deaths per year (Centers for Disease Control and Prevention). Heart disease can be prevented or delayed by controlling several underlying medical conditions such as diabetes, high blood pressure, elevated blood cholesterol levels, and weight gain.

Several diet-related chronic diseases including heart disease can be prevented or managed by following a healthy eating pattern—one that is nutritionally adequate with appropriate calories (Dietary Guidelines for Americans 2015-2020). Sumathi Venkatesh, a Health Specialist with Texas A&M AgriLife Extension Service shares a few tips to eat smart for a heart healthy life:

- ◆ Fruits and vegetables are essential components of a healthy diet. However, most people do not eat enough fruits and vegetables. A person consuming 2000 calories should include about 2½ cups of vegetables and 2 cups of fruits every day. You may include them in a variety of forms—fresh, canned, dried or frozen.
- ◆ Choose low-fat dairy products. They provide the same nutrients as the regular kind but with less fat and calories.
- ◆ Avoid trans fats and limit saturated fats to less than 10% of your daily calories. Replace butter with spreads made of monounsaturated fats (canola, olive, peanut, and sunflower) or polyunsaturated fats (corn, sunflower, and soybean). Mono- and polyunsaturated fats are liquid at room temperature and are ideal for daily cooking.
- ◆ Limit refined grains by making half of your grains made up of whole grains. Whole grains are good sources of dietary fiber and many nutrients.
- ◆ Include at least 8 ounces of seafood per week. Including seafood that are high in omega 3 fatty acids may protect your heart by reducing inflammation.
- ◆ Reduce sodium intake to less than 2300 mg per day. However, the ideal limit for most adults and those who are at risk for heart disease is no more than 1500 mg per day. Excess dietary sodium increases blood volume and may increase the risk for high blood pressure.
- ◆ Avoid excess calories from sugar sweetened beverages. The calories from added sugars should be less than 10% of your daily calories.
- ◆ Lastly, practicing portion control is key. Excess calories may lead to weight gain.

For more information on heart health, contact Orange County Extension Office at 409-882-7010.



## Agriculture/Natural Resources

### Should I Rake Leaves or Not?

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

That is a good question. There are several theories going around regarding the need to rake or not to rake the leaves which have fallen since winter arrived or at least what winter you could say we have had so far. At least the deciduous trees have dropped their leaves and they are all over your yard and you want to get out and clean them up to make your yard look better. I am going to present two different theories whether to rake or not to rake and let you make your own decision.

Trees lose their leaves in the fall/winter as a survival method, meaning the tree can conserve water and energy and make it thru the winter. Thus, going dormant.

#### Reasons why not to rake leaves:

Raking leaves and bagging them or even putting them in compost piles destroys the homes of many small creatures that rely on the cover of the leaves in the winter. By working with nature and the ecosystem, you are being a steward of the land, and also improving the lawn. You will have healthier beneficial insect and animal populations in the spring which will improve your gardens, woodlots, ponds, etc.

Some such critters that can be found in leaf litter in the winter are:

- Box Turtles
- Salamanders and other amphibians
- Snakes
- Spiders and other arachnids
- Snails and slugs
- Millipedes and centipedes
- Beetles and other insects
- Moths and butterfly pupae
- Worms and other soil aerators
- Soil-improving microorganisms
- Important fungus and healthy bacteria

Healthy insect populations that rely on leaf litter in winter will also feed birds and predatory insects. The no-rake method will act as a natural fertilizer, improving your soils and also suppressing weeds and saving you time, effort and the cost of bagging.

#### What to do instead of raking:

- Rake up leaves and move to the outskirts of your lawn where it does not bother you.
- Rake leaves and put them over your garden beds for protection

- Mulch leaves with your mower
- Rake leaves and put around trees as mulch

#### Reasons Why to Rake Leaves:

- There is a good reason behind raking leaves that has to do with lawn health besides giving your lawn a nice tidy look. You probably heard the flowing warnings in the past about allowing leaves not to stay on top of your grass:
  - The lawns, too, have to breathe.
  - The lawn will be smothered in a thick layer of un-shredded leaves if left on top of them all winter
    - That such a layer can invite pests and diseases and can cause serious problems like brown patch.
    - That such a layer forms a barrier that blocks water, nutrients and a healthy air flow from getting down to the root system of your grass.
    - If the leaves are matted down, they can keep new grass blades from emerging next spring.



So, when should I rake leaves? First, don't use your rake, use your lawn mower on the mulch setting. You should have already been doing some mulching mowing since fall but if you have not then go ahead and start now with your blades set high to lightly mulch

the leaves. Then in a couple of weeks, lower the blades some and mulch again. As you are doing this you are providing food for those little critters that I listed above. Most of all, please do not use a blower as you end up blowing the leaves, the critters, and also robs the soil of nature's greatest resource - rich, natural compost from decomposing leaf litter. In addition, you have the noise of the blower and fuel usage.

So, To Rake or Not to Rake is the Question? Basically, in my research, what I found was we should be mulching mowing the leaves and letting them go right back into the grass and soil for the critters to take advantage of. You don't want to let large leaves such as Maple, Oak, Sweetgum completely cover your grass as it could lead to potential problems, such as brown patch. I hope this helps you decide whether to rake or not, it has helped me.

If you have any questions, please contact our Hot Line at 409 882-7010 Tuesday and Thursday 10 - 2 or visit Facebook Orange County Texas Master Gardeners. Our website is <https://txmg.org/orange>. We meet the 2<sup>nd</sup> Thursday of each month 6PM at the Orange County EXPO Center, 11475 FM 1442, Orangefield. Everyone is invited. Our next Master Gardener Certification class starts April 2. Contact us thru Facebook or our website for more information.

# 4-H/Youth Development



**2020 4-H Beekeeping Essay**  
<https://texas4-h.tamu.edu/projects/entomology/>

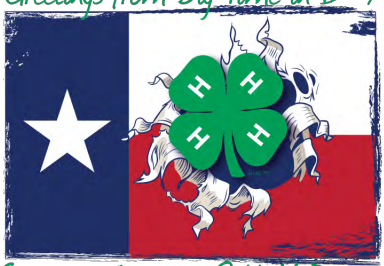
Essay Topic:  
Overwintering: Bee Survival through the Cold Season

Submission online through 4-H CONNECT  
Deadline : Sunday, March 1, 2020

TEXAS A&M AGRILIFE EXTENSION



*Greetings from Big Time in D-9*



*Setheast District 9 4-H Roundup*

**Thursday, April 30th**  
**Friday, May 1st**  
**Saturday, May 2nd**  
**Lone Star College in the Woodlands**

*Depending on the contest you are participating in to as what day you will need to be there.*

**If you plan on participating in Food & Nutrition or Fashion & Interior Design at D9 Roundup it is mandatory that you attend the February class for your project.**

- **Fallon Foster, Family & Community Health Agent will be at the February Project classes to discuss Roundup.**
- **Food & Nutrition Project contest: Food Show which is an individual contest or Food Challenge with a team of 3-5.**
- **Fashion & Interior Design Project Contest: Fashion Show, Storyboard and Duds to Dazzle.**

## Agriculture/Natural Resources



### Master Gardener Certification Class Starts April 2nd Orange County Convention & Expo Center

#### How Can I Become a Master Gardener?

For those of you who are interested in attending the next Orange County Master Gardener training class, we will have a class in 2020. Our 2020 class will run in 2 semesters starting April 2 and ran thru May 28 and will resume September 3 running every Thursday thru November 12 for the second semester. We will meet each Thursday evening from 6:00 PM – 8:30 PM at the Orange County EXPO Center 11475 FM 1442 in Orangefield (Exit 869 S off IH10). There will be some Saturday classes and field trips.

Applications can be downloaded and printed at Orange County Master Gardeners Application for our 2020 class: <https://txmg-wpengine.netdna-ssl.com/orange/files/2018/05/Orange-County-Master-Gardeners-Application.pdf>

If you are interested, please send your application to:  
Orange County Master Gardeners Association  
11475A FM 1442  
Orange, Texas 77630

A background check is required of all Extension volunteers, including Master Gardeners. Therefore, as a matter of policy, criminal background checks will be run on all persons applying for the Master Gardener training program and is repeated every couple of years. [https://txmg-wpengine.netdna-ssl.com/orange/files/2018/05/Volunteer\\_Background\\_Check.pdf](https://txmg-wpengine.netdna-ssl.com/orange/files/2018/05/Volunteer_Background_Check.pdf)

A tentative class schedule will be posted once finalized.

visit <https://txmg.org/orange>



*The Orange County Master Gardener HOTLINE  
has a volunteer Master Gardener available  
Tuesday & Thursday 10 AM – 2 PM.*

*Call 409-882-7010 or stop by the AgriLife Office with your questions.*



### *Public welcomed to attend monthly meeting.*

**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.**

# Family & Community Health

## THE HEALTH BENEFITS OF —PROBIOTICS—



### BOOST IMMUNE SYSTEM

The good bacteria in Probiotics support the detoxification of the colon and strengthen the immune system.



### KEEPS YOUR HEART HEALTHY

Studies have shown that probiotics are helpful in lowering cholesterol and blood pressure.



### IMPROVES DIGESTION

Probiotics improve gut flora and aid in better digestion, which also relieves stomach cramping or stomach issues.



### LOWER CHOLESTEROL

Probiotics not only lower LDL (“Bad”) Cholesterol but have been shown to increase HDL (“Good”) Cholesterol.



### BALANCES GOOD BACTERIA

Probiotics restore the natural balance of healthy gut bacteria, which can become imbalanced due to diet, illness, or medication.



### FIGHTS ALLERGIES AND ECZEMA

Probiotics have been studied to help seasonal allergies, certain food allergies, and eczema.



### MAY IMPROVE MENTAL HEALTH

Since our Gut is connected to our Brain, Probiotics have been stated to help anxiety and depression.



### HELPS MANAGE WEIGHT

Probiotics can help you feel fuller for longer and store less fat.



- F**ace drooping
- A**rm weakness
- S**peech difficulty
- T**ime to call 911

[baylorhealth.com](http://baylorhealth.com)

#StrokeAwareness



## NATIONAL HEART MONTH

### HEALTHY HEART TIP

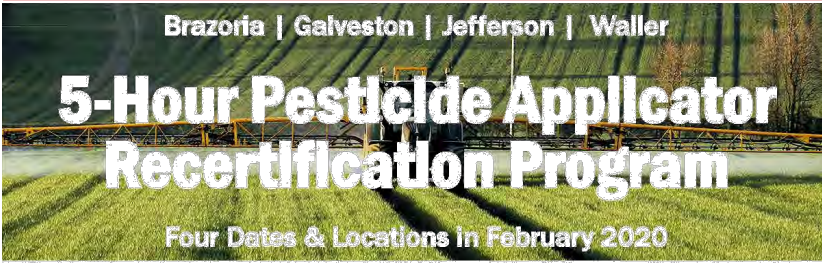
Get regular, moderate physical activity! It helps lower blood pressure and helps your body control stress and weight. Start by doing what you can, even 10 minutes can make an impact on your heart.



| BLOOD PRESSURE CATEGORY                                      | SYSTOLIC mm Hg (upper number) |        | DIASTOLIC mm Hg (lower number) |
|--|-------------------------------|--------|--------------------------------|
| NORMAL   | LESS THAN 120                 | and    | LESS THAN 80                   |
| ELEVATED   | 120 – 129                     | and    | LESS THAN 80                   |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1                   | 130 – 139                     | or     | 80 – 89                        |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2                   | 140 OR HIGHER                 | or     | 90 OR HIGHER                   |
| <u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately) | HIGHER THAN 180               | and/or | HIGHER THAN 120                |



# Agriculture/Natural Resources



Brazoria | Galveston | Jefferson | Waller

## 5-Hour Pesticide Applicator Recertification Program

Four Dates & Locations in February 2020

|  |
|--|
| <b>Feb. 19</b>   |
| <i>Register by Feb. 14</i>   |
| Pattison VFD<br>2950 FM 359<br>Pattison, TX 77423<br>Contact: Staci Villarreal<br>979-826-7651<br>stacie.villarreal@ag.tamu.edu                          |
| <b>Feb. 21</b>   |
| <i>Register by Feb. 18</i>   |
| Brazoria County Extension Office<br>21017 CR 171<br>Angleton, TX 77515<br>Contact: Jean Godwin<br>979-864-1558<br>jean.godwin@ag.tamu.edu                |
| <b>Feb. 25</b>   |
| <i>Register by Feb. 20</i>   |
| Beaumont Experiment Station<br>1509 Aggie Dr.<br>Beaumont, TX 77713<br>Contact: Jennifer Coleman<br>409-835-8461<br>jennifer.coleman@ag.tamu.edu         |
| <b>Feb. 26</b>   |
| <i>Register by Feb. 21</i>   |
| Galveston County Extension Office<br>4102-B Main St.<br>La Marque, TX 77568<br>Contact: Reese Daily<br>281-309-5068<br>charissa.daily@co.galveston.tx.us |

**Schedule**  
Registration @ 8:30 a.m.  
Program from 9:00 a.m. - 3:30 p.m.

**Topics & Speakers**  
**Feral Hog Management**  
Tyler Fitzgerald, CEA-ANR, Jefferson  
**Home Pests**  
Jessica Chase, CEA ANR, Brazoria  
**Integrated Pest Management**  
Stacie Villarreal, CEA-ANR, Waller  
**Lawn & Ornamental Pests**  
Phoenix Rogers, CEA ANR, Galveston  
**Laws & Regulations**  
Megan Carter, CEA-ANR, Chambers

Orange County has the registration form that can be picked up in our office or emailed to you.

**5 CEU'S** (pending approval)  
1 Law/Regulations, 1 IPM, 3 General

**\$35/person**  
Includes lunch (\$40 after deadline, on-site registration available)

**Registration**  
Register with County Extension Office per program date & location



If you need special accommodations, please contact the Extension Office no later than seven days before the program so we can consider your request. Texas A&M AgriLife Extension is its program and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

### Preventing Aquatic Vegetation

- **Deepen edges** – 2.5 to 3 feet
  - Increasing by 1 foot in depth for every 2 feet out into the pond.
- **Fertilization** – Use a fertilizer high in phosphorus to prevent rooted plants from establishing by shading bottom & creates strong food chain.
- **Dyes** – shades like fertilization, but no food chain enhancement.

## PASTURE MANAGEMENT PROGRAM

HOSTED BY: CHAMBERS, JEFFERSON AND LIBERTY COUNTIES AGRILIFE EXTENSION OFFICES

### Program Includes:

POND & AQUATIC WEED MANAGEMENT  
INVASIVE & BRUSH SPECIES MANAGEMENT WITH IPM  
ID AND MANAGEMENT STRATEGIES FOR SMUTGRASS  
LAWS & REGULATIONS  
FORAGE MANAGEMENT

## 5 CEU Credits

February 4th | Registration: 8:30am  
White's Park Community Building  
\$40 per person  
Please RSVP by Feb 3rd to Chambers County Office - (409) 374-2123

## Five Tips for Winter Cow Feeding

with Dr. Tryon Wickersham, Associate Professor, Animal Nutrition

#### Supplementation

Cows coming into winter with a lower BCS need to gain weight in preparation for spring calving. This is most effectively done by enhancing the forage available or by supplementing the forage resource.

#### Cost-Revenue Ratio

Supplementation means added cost. To avoid a loss of revenue, producers should calculate the cost of supplementation on a per cow basis to achieve their goals.

#### Seasonal Energy Requirements

"Energy requirements are highest during calving and early lactation, fall off during mid-lactation and then begin to rise again after the cow is bred and moves into their first trimester," said Wickersham.

#### Identify Forage Quality

When supplementing protein it's best to be as close to requirements as possible. The way to determine that is through a forage test and estimating how much cows will eat and require.

#### Calculate Forage Quantity

It is important for producers to track how much forage is available and how much cattle are willing to consume.

Since low-quality forages are common during the winter months, supplementing protein as appropriate "will allow for utilization of the forage resources available, give the greatest intake available, and overall result in the greatest intake of forage utilization," said Wickersham.

5 Tips for winter cow feeding by B. Lynn Gordon Jan 6, 2020 for BEEF Magazine (<https://www.beefmagazine.com/nutrition/5-tips-winter-cow-feeding/>)

## 4-H/Youth Development

### ORANGE COUNTY 4-H CLUBS

#### Adult Leaders Association & County Council

**1st** Monday @ 6 pm  
4-H Office

#### Dusty Trails 4-H & Clover Kids Club

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

#### 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  
Gabrielle Barfield

#### 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

**\*\*Fashion & Interior Design**  
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)

*My 4H project*

\*\*See D9 Roundup information on Page 6 for February class.

**4-H Member You MUST RSVP for all Project classes!**

**Project Class on a Monday, must RSVP before 5 pm the Friday before.**

**Project Class on a Tuesday, must RSVP before 5 pm the Monday before.**

**If there are no RSVP's for the class, the class will not be held.**

**This does not apply to Livestock Judging.**

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

*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

**PROJECT CLASSES—You MUST RSVP for Class. See explanation on page 10 of this newsletter.**

# February 2020 4-H Calendar

| Sun | Mon  | Tue  | Wed | Thu                                       | Fri   | Sat |
|-----|--|--|-----|---|---|-----|
|     |  |  |     |   |   | 1   |
| 2   | 3 <i>Office Deadline-YMBL<br/>Open/Jr Beef/Rabbit/<br/>Open Braham<br/>ALA/Council 6 pm<br/>OCLSA 7 pm</i> | 4<br><i>Dusty Trails<br/>6 pm</i>                            | 5   | 6<br><i>Livestock<br/>Judging 6:30 pm</i> | 7   | 8   |
| 9   | 10   | 11 <i>Mighty<br/>Pirates 7 pm</i>                            | 12  | 13 <i>Livestock<br/>Judging 6:30 pm</i>   | 14 <i>Broiler pick-up @<br/>YMBL 4pm - 6 pm</i> | 15  |
| 16  | 17 <i>All Heart 1 pm<br/>Boots &amp; Bridle 6pm<br/></i>   | 18 <i>Clay Busters 6pm<br/>Food &amp; Nutrition<br/>6 pm</i> | 19  | 20 <i>Livestock<br/>Judging 6:30 pm</i>   | 21  | 22  |
| 23  | 24 <i>Robotics 6 pm</i>  | 25 <i>Fashion &amp;<br/>Interior Design<br/>6 pm</i>         | 26  | 27 <i>Livestock<br/>Judging 6:30 pm</i>   | 28  | 29  |

**PROJECT CLASSES—You MUST RSVP for Class. See explanation on page 10 of this newsletter.**

# March 2020 4-H Calendar

| Sun  | Mon   | Tue  | Wed   | Thu  | Fri  | Sat   |
|--|---|--|---|--|--|---|
| 1  | 2 <i>ALA/Council 6 pm<br/>OCLSA 7 pm</i>            | 3 <i>Dusty Trails<br/>6 pm</i>   | 4   | 5 <i>Livestock<br/>Judging 6:30 pm</i>                         | 6  | 7   |
| Houston Rodeo <span style="float: right;">→</span> |   |  |   |  |  |   |
| 8  | 9   | 10 <i>Mighty<br/>Pirates 7 pm</i>                                      | 11  | 12 <i>Livestock<br/>Judging 6:30 pm</i>                        | 13 <i>D9 Roundup<br/>registration<br/>opens on connect</i> | 14  |
| Houston Rodeo <span style="float: right;">→</span> |   |  |   |  |  |   |
| 15   | 16 <i>All Heart 1 pm<br/>Boots &amp; Bridle 6pm</i> | 17 <i>Clay Busters<br/>6pm<br/>Food &amp; Nutri-<br/>tion<br/>6 pm</i> | 18  | 19 <i>Livestock<br/>Judging 6:30 pm</i>                        | 20   | 21  |
| Houston Rodeo <span style="float: right;">→</span> |   |  |   |  |  |   |
| 22<br><b>Ends</b>                                  | 23 <i>Robotics 6 pm</i>                             | 24 <i>Fashion &amp;<br/>Interior Design<br/>6 pm</i>                   | 25 <i>Round-<br/>up &amp; Photog-<br/>raphy Dead-<br/>line @ D9</i> | 26<br><b>YMBL FAIR<br/>Lamb &amp;<br/>Goat</b>                 | 27<br><b>YMBL FAIR<br/>Poultry</b>                         | 28<br><b>Rabbit<br/>Open<br/>Brahman<br/>Heifer</b> |
| 29<br><b>F-1 Heifer<br/>Swine</b>                  | 30<br><b>YMBL FAIR</b>                              | 31<br><b>Steer</b>   | 1<br><b>Auction<br/>Poultry<br/>Rabbit</b>                          | 2<br><b>Auction<br/>Lamb, Goat,<br/>Swine, F-1,<br/>Steers</b> | 3  | 4<br><b>Livestock<br/>Judging</b>                   |

YMBL Fair ends Sunday, April 5th

## Family & Community Health

### 7 Supposedly ‘Healthy’ Foods That Can Ruin Your Diet

*Avoid unintentional weight gain*

Even when you think you’re eating healthy, you may want to think again. There are some foods pretending to be healthier than they really are. Or they may be healthy only if you don’t overdo them.

Here, dietitian Laura Jeffers, MEd, RD, LD, points out seven foods that could be undermining your attempts to lose weight.

#### Smoothies

There are few foods – calorie for calorie – as nutritionally packed as vegetables and fruits. But you have to be careful what ingredients you put in your smoothie. If you load it up with fruit, juice and protein, it can contain up to 1,500 calories! (Not what you were intending, right?) Try this instead: Add fruit for flavor. But focus on veggies. Add some leafy greens in the mix, which are über-low in calories but health benefit superheroes. A few pineapple chunks can help make the baby spinach or kale in a smoothie easier to enjoy.

#### Granola and trail mix

Granola has healthy properties – whole oats and grains – but it’s often prepared with a lot of butter and oil. If it is sticky and clumped, that’s an indicator of an unhealthy recipe. There are also healthy granola recipes, but a serving is a very small amount. Granola averages a whopping 400 calories per cup. The same is true for calorie-dense nuts and dried fruit. A single cup of almonds contains more than 500 calories. A little bit goes a long way.

#### Bagels

Most bagels contain three or four servings of carbohydrates. And if you add cream cheese, it can have more than 400 calories and contain a whopping 25% of the daily allowance of sodium. If you compare a plain bagel and a simple glazed donut, they have about the same number of calories. (That’s 215 and 229 respectively.) Donuts are hardly a health food and certainly contain more sugar than bagels. But bagels sometimes fly under the radar as a good, regular breakfast option.

#### Soup and salad

Soup and salad can make a healthy meal. But the devil is in the details: Cream-based soups can be quite high in fat. And when it comes to a salad, it can stop being a low-calorie meal once you add croutons, cured meats and high-fat dressing. The other, less obvious issue with soups at restaurants is that they’re notoriously high in sodium. Too much salt doesn’t just raise blood pressure. It also increases your risk of stroke, heart failure, osteoporosis, stomach cancer and kidney disease.

#### Fat-free foods

Some fat-free foods really *are* healthier, like cheese and other dairy products made with skim rather than whole milk. But usually, manufacturers of fat-free foods add sugar or high-fructose corn syrup to help the foods stay shelf-stable. This adds empty calories. People tend to have a phobia of fat, but healthy fats are essential to our diet — as long you eat fats in moderation. Choose monounsaturated fats, like those in nuts or fish.

#### Meatless ‘burgers’

If you’re eating a processed meatless “burger” or “hot dog,” consider what’s been used as a protein source. Sometimes these products have a lot of added chemicals. People can actually gain weight on a meatless diet from eating the wrong types of proteins. What should you look for? A smaller ingredient list. The more ingredients you actually recognize, the better that food is.

#### 100-calorie snack packs

Single-serving snack packs are helpful for people who have trouble with portion control. But these snacks aren’t a good source of calories. DIY is way better! Choose a banana or a container of Greek yogurt instead. Or make your own serving-sized baggies of nuts. You’ll avoid the blood sugar spike (and drop) that you’d get from eating a 100-calorie pack of packaged mini cookies.

#### Tip: Eat healthy foods 75% of the time

The key to healthy eating isn’t just the choice of foods themselves. It’s also moderation. Remember: It’s OK to indulge once in a while if you generally eat right. Try to eat healthy foods 75% of the time, rather than it being all or nothing.

[clevelandclinic.org](http://clevelandclinic.org)

## Family & Community Health

### Carrot Pineapple Bread

- 1 tsp oil or cooking spray
- 3/4 cup sugar
- 1/3 cup unsweetened applesauce
- 3 eggs
- 1 cup carrot grated
- 1 cup crushed pineapple un-drained
- 2 tsps vanilla
- 3 cups all purpose flour
- 1 tsp baking soda
- 1½ tsp ground cinnamon



1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Preheat oven to 350°F.
4. Grease 2 loaf pans or about 18 muffins cups or use paper liners on muffin tin.

5. Combine sugar, applesauce, and eggs in a large mixing bowls.
6. Add carrot, pineapple and vanilla.
7. In a separate mixing bowl, mix flour, baking soda and cinnamon.
8. Add the flour mixture to the carrot mixture and mix well.
9. Pour into loaf pans or muffin cups and fill to about 2/3 full.
10. Bake loaves for 1 hours. Muffins for 20 minutes.
11. Cool and serve.

Nutrition Facts Servings: 18, Serv. size: 1 muffin or ½ “ slice, Amount per serving: Calories 130, Total Fat 1g (1% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, Cholest. 25mg (8% DV), Sodium 85g (4% DV), Total Carb. 27g (10% DV), Fiber 1g (4% DV), Total Sugars 12g (Incl. 8g Added Sugars, 16% DV), Protein 3g, Vit. D (0% DV), Calcium (0% DV), Iron (6% DV), Potas. (2% DV).

<https://efnep.tamu.edu/recipe/carrot-pineapple-bread/>



### Spaghetti Squash Meatball Casserole

- 1 medium spaghetti squash (about 4 pounds)
- 1/2 teaspoon salt, divided
- 1/2 teaspoon fennel seed
- 1/4 teaspoon ground coriander
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1 pound lean ground beef (90% lean)
- 2 teaspoons olive oil
- 1 medium onion, chopped
- 1 garlic clove, minced
- 2 cups chopped collard greens
- 1 cup chopped fresh spinach
- 1 cup reduced-fat ricotta cheese
- 2 plum tomatoes, chopped
- 1 cup pasta sauce
- 1 cup shredded part-skim mozzarella cheese

2. Preheat oven to 350°. Mix 1/4 teaspoon salt with remaining seasonings; add to beef, mixing lightly but thoroughly. Shape into 1-1/2-in. balls. In a large skillet, brown meatballs over medium heat; remove from pan.
3. In same pan, heat oil over medium heat; sauté onion until tender, 3-4 minutes. Add garlic; cook and stir 1 minute. Stir in collard greens, spinach, ricotta cheese and remaining salt; remove from heat.
4. Using a fork, separate strands of spaghetti squash; stir into greens mixture. Transfer to a greased 13x9-in. baking dish. Top with tomatoes, meatballs, sauce and cheese. Bake, uncovered, until meatballs are cooked through, 30-35 minutes.



#### Nutrition Facts

1 serving: 362 calories, 16g fat (6g saturated fat), 69mg cholesterol, 618mg sodium, 32g carbohydrate (7g sugars, 7g fiber), 26g protein.  
**Diabetic Exchanges:** 3 lean meat, 2 starch, 1 fat.

<https://www.tasteofhome.com/recipes/spaghetti-squash-meatball-casserole/>

1. Cut squash lengthwise in half; discard seeds. Place halves on a microwave-safe plate, cut side down. Microwave, uncovered, on high until tender, 15-20 minutes. Cool slightly.

# Agriculture/Natural Resources

## It's Seed Starting Time!!!

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

If you haven't already started your seeds for your spring garden, now is the time to do so. According to the Farmer's Almanac, the last frost date for Orange, 77630, is March 10. But, as we all know the way the weather has been lately it could be the end of February or the end of March.. So, to get a jump start on your spring planting season, most avid gardeners start their seeds indoors or in a greenhouse if you are lucky to have one.

For you first timers, I am going to give you some suggestions for starting your seeds inside so when the temperature starts stabilizing towards the warm side you will be able to plant your seedlings in your garden.

You will need small pots of some kind. You can use old garden pots as long as you have cleaned them in a 1-part bleach/9 parts water solution after removing any old soil or using a cleaner product that kills germs and bacteria. If you don't have small garden pots, you can use old egg cartons, small cups, toilet paper and paper towel rolls or you can purchase the peat pots or the seeding trays from one of the local garden centers.

For your soil you should use a mix specially made for starting seeds. It is light, holds moisture and lets air go thru the media. If you want to make your own, you can sift peat and mix with vermiculite at a 50/50 ratio. Before filling your containers, wet the media until you can squeeze it together, forms a ball but water does not run out.

Now, you are ready for planting your seeds. Most all the seed packages say to cover the seeds with at least 1/4 inch of soil/media. Following these instructions, you have found in the past your seeds haven't come up. It is very possible; your seeds should not have been covered up. Most seeds need light to germinate so covering with soil/media will stop germination. There are some seeds that do need the dark for germination.

In addition to the proper light or dark for various seeds, most need at least 70 degrees F. to germinate. So, if you are doing this indoors, on top of your refrigerator or freezer might be a good spot as they might get some bottom heat from the top of the unit. Or you could purchase a plant heating mat to handle the heat for you. Most heating mats run from about \$20 on up and will raise the temperature about 10 degrees above what it is around the mat. Thermostats can be added to control the temperatures at an added cost. Be sure to keep the media moist by watering from the bottom.

Below is a list of some common seeds with their light and temperature requirements. For a more complete list you can check our website at <https://txmg.org/orange/seed-germination-chart/>

| PLANT   | # Wks B-4 last frost date to start indoors | # days for germination | Temp F | Light/Dark requirement | Additional Information                |
|---|--|------------------------|--------|------------------------|---------------------------------------|
| Basil   | 6-8  | 7-10                   | 60     | L                      | cover 1/4" soil                       |
| Coleus  | 8  | 5-10                   | 65     | L                      |                                       |
| Eggplant  | 8  | 5-10                   | 70     | Either                 |                                       |
| Four O'clock  | 6-8  | 5-10                   | 70-85  | L                      | cover 1/4" soil                       |
| Gaillardia  | 6-8  | 14-21                  | 70-85  | L                      |                                       |
| Gazania   | 4-6  | 8-14                   | 68     | L                      | surface sow, press into soil          |
| Marigold  | 6  | 5-10                   | 70     | L                      |                                       |
| Moon Flower (Ipomoea)   | 3-4  | 10-20                  | 65-70  | Dark                   | Cover 1/2-1/2" soil                   |
| Ornamental Pepper   | 6-8  | 21-15                  | 68-80  | L                      | cover lightly with fine soil          |
| Parsley   | 6-8  | 14-21                  | 65-70  | Dark                   | Cover 1/8-1/4" soil                   |
| Pepper  | 8  | 5-10                   | 80     | Either                 |                                       |
| Sage  | 6-8  | 21                     | 70     | L                      | surface sow                           |
| Salvia  | 6-8  | 21                     | 70     | L                      | surface sow                           |
| Thyme (Creeping)  | 8-9  | 14-28                  | 65     | L                      |                                       |
| Tomato  | 6  | 5-10                   | 80     | Either                 |                                       |
| Verbena   | 10   | 15-20                  | 65     | Dark                   |                                       |
| Watermelon  | 4 or less                                  | 5-10                   | 85     | Either                 |                                       |
| Yarrow  | 7-8  | 10-14                  | 60-65  | L                      |                                       |
| Zinnia  | 6  | 5-10                   | 70     | Either                 |                                       |
| <b>Seeds that do not transplant well - Best if started in peat pots</b> |  |                        |        |                        |                                       |
| Lupine  | 2-68                                       | 14-60                  | 65-70  | L                      | Scarf then soak, cover 1/4" soil      |
| Dill  | 2-4  | 14                     | 70     | L                      | cover 1/4" soil                       |
| Fennel  | 3-4  | 8-12                   | 70     | L                      | direct sow in garden, cover 1/4" soil |
| Cucumber  | 4 or less                                  | 5-10                   | 85     | Either                 |                                       |
| Nasturtium  | 3  | 10-14                  | 70     | Dark                   | Cover seed                            |

If you need any additional information, please call our Hotline Tuesday or Thursday 10AM – 2PM AT 409 882-7010, thru our Facebook page Orange County Texas Master Gardeners or our website <https://txmg.org/orange>

Our Annual Bloomin' Crazy Plant Fair will be held Saturday, March 14, 8AM – 1PM at Cormier Park, 8235 FM 1442 or drop by our monthly meeting held the second Thursday of the month at the Orange County EXPO Center starting at 6PM with a potluck supper and a business meeting at 6:30PM, most months with a speaker. Our next Master Gardener certification class starts April 2, 6PM for more information check our website.



## Family & Community Health

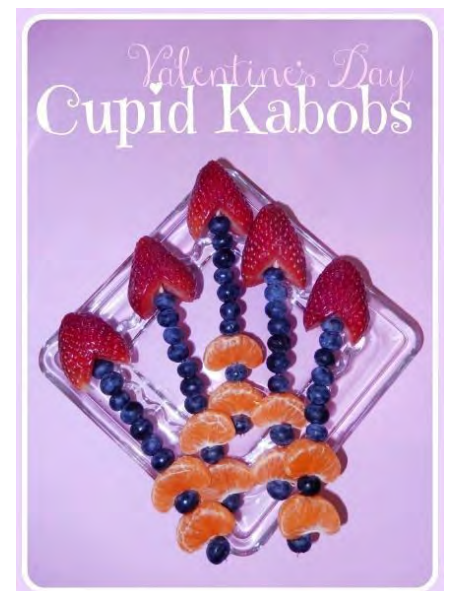
### Seafood Salad

- 8 ounces imitation crab meat flaked style or sticks cut into slices
  - 8 ounces raw shrimp I use 51-60 count for this recipe
  - 1 lemon quartered
  - 1/2 cup celery finely diced
  - 3 tablespoons red onion minced
  - 1/2 teaspoon Old Bay seasoning
  - 2 teaspoons lemon juice
  - salt and pepper to taste
  - 1/2 cup mayonnaise
  - 1 1/2 tablespoons fresh dill chopped, plus more for garnish
1. Bring a pot of salted water to a boil. Add the quartered lemon.
  2. Add the shrimp to the pot and cook for 1-2 minutes or until pink and opaque.
  3. Transfer the shrimp to a bowl of ice water to stop the cooking process.
  4. Drain the shrimp then pat dry.
  5. Place the shrimp, imitation crab, celery, red onion, Old Bay seasoning, lemon juice, salt, pepper, mayonnaise and dill in a bowl. Toss gently to coat.
  6. Garnish with additional fresh dill and serve, or cover and refrigerate for up to 2 day.



Calories: 317kcal | Carbohydrates: 14g | Protein: 15g | Fat: 18g | Saturated Fat: 3g | Cholesterol: 160mg | Sodium: 648mg | Potassium: 126mg | Fiber: 1g | Sugar: 3g | Vitamin A: 75IU | Vitamin C: 18.6mg | Calcium: 94mg | Iron: 1.5mg

<https://www.dinneratthezoo.com/seafood-salad/>



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**What's Coming Up?**  
**View our calendar**  
**to join in the fun!**

**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 27th, Thursday**

Jam & Jelly Making Class

**March 3rd, 10th, 17th Tuesday**

Free Do Well Be Well with Diabetes Classes

**March 6, 11, 12, 23, 25, 27 and April 6, 8, 20, 22, 24 & 27**

Step Up to Scale Down

**March 28th, Saturday**

Cooking Class for Adults with Rocky

*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. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.*