

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

Franny Woods
4-H Program Assistant

Tommy Byers
Better Living for Texans
Program Associate
Nutrition Educator

Office 409-882-7010



Sunday, March 8, 2020



County Judge
John Gothia

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Theresa Beauchamp

Commissioner Precinct 3

Kirk Roccaforte

Commissioner Precinct 4

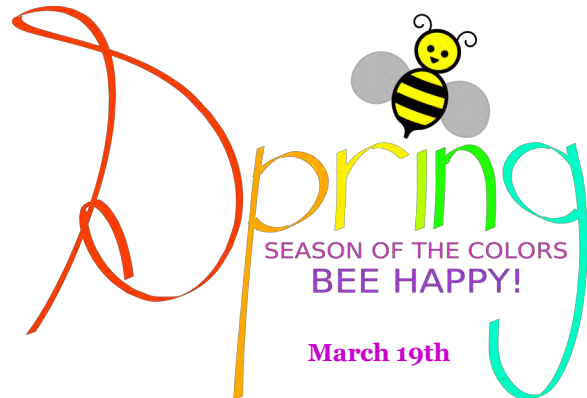
Robert Viator



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



Texas A&M
AgriLife Extension
Orange County



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

FREE 5 Class Series
**Do Well, Be Well
 with Diabetes**




Date & Time Changes ←

5:30 pm to 7:30 pm

→ **March 5th, 10th, 12th,
16th, & 19th**

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



**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

Cooking Class for Adults

with Rocky

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



8 Week Challenge - Every Tuesday
April 7th, 14th, 21st & 28th
May 5th, 12th, 19th & 26th
9 am - 10 am
Register & Sign in 8:45 am
Meet us at the
Raymond Gould Community Center Gazebo
385 Claiborne St. Vidor

Come walk & Talk with us...
Friendly competition, Improve your health, Establish the habit of regular physical activity, Increase fruit and vegetable intake, keep track of your weekly progress, free gifts.

Sign up by calling 409-882-7010





Selecting the Right Plant!

A Free Seminar

Do you wonder what plants grow best in Orange County?

Have you been concerned if you have overwatered your plants?

Asked if a plant is good for sun or shade?

Wondered what a Zone is?

Ever tried to figure out if your plant is an annual, perennial, or native?

**Join us
Saturday, March 7
from 9 – Noon at Cormier Park
8235 FM 1442, Orangefield**

To learn the answers to these and many more of your plant related questions. After the seminar, we will give you a tour of our greenhouse showing our preparation for our

Annual Bloomin' Crazy Plant Fair.

Sponsored by Orange County Master Gardeners Assn.

Please register at the link below

<https://txmg.org/orange/event/selecting-the-right-plant-seminar/>



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.

Orange County Master Gardeners

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

Agriculture/Natural Resources



**Field of Plenty
Donation Garden**

**Join us for Free Workshops
Saturday, March 21st**

**9 am
How to Plant a Vegetable
Garden**

**10 am
Nutrition Class with cooking
demonstration**

**11 am
Edible Landscaping
FREE**

**2120 Wickard Orange
Behind Orange Christian
Services on West Park
Avenue Orange**



**Pollinator Friendly
Plants Class**

**Taught by Debbie McHenry
Hosted by the Orange County Apiary Committee**

**March 28, 2020
5:00 PM**

**\$25 per person
Cottage Cuttings
1315 Bancroft Rd
Orange, TX 77632
Call 409-882-7010
to reserve your spot**

*Limited to
20 People*

*All Participants
will receive
a 4" plant.*

****Please bring a chair and depending on the weather you might need
to wear your rubber boots!**

TEXAS A&M
AGRI LIFE
EXTENSION

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Family & Community Health

4-H/Youth Development

**Summer'20
Youth
Programs**

Summer Youth
Cooking Camp
June 15th - 19th
10 am to 2 pm
\$50 per child
Limited to 60 youth ages 8 -
14
REGISTRATION ONLINE
OPENS
FRIDAY, MAY 1ST @ 9 AM
orange.agrilife.org
Click tab:
Youth Cooking Camp

5th Annual
Michael Hoke Memorial
Outdoor Awareness for Kids
June 5th
9 am to 2 pm
Claiborne West Park
Free for youth ages 8 - 14
REGISTRATION ONLINE
OPENS
MONDAY, JUNE 1ST @ 9 AM
orange.agrilife.org
Click tab: Outdoor Awareness

Mark your calendars!

Youth Beginners Sewing Camp
July 13th - 15th
9 am to 2 pm
\$20 per child
Limited to 20 youth ages
9 to 14
REGISTRATION ONLINE
OPENS
MONDAY, JUNE 1ST @ 9 AM
orange.agrilife.org
Click tab:
Youth Beginners Sewing Camp

Clover Kid's Day Camp Adventures
July 21st - 23rd
1 pm to 4 pm
\$25 per child
Limited to 60 youth ages 5 - 8
REGISTRATION ONLINE
OPENS
MONDAY JUNE 1ST @ 9 AM
orange.agrilife.org
Click tab:
Clover Kid's Camp

Family & Community Health

If you would like to be an Exhibitor at our Senior Rally Day, contact the AgriLife Office 409-882-7010.

Limited space available.

Rally Day is a completely free day to all Senior Citizens and Exhibitors will be promoting only.

Women's Recognition Day on June 1st

Free Day!

Texas A&M AgriLife Extension Orange County and Committee on Aging invite all Senior Citizens to our

51ST ANNUAL SENIOR CITIZEN RALLY DAY
"VOTE FOR HEALTHY LIVING"
TUESDAY, MAY 12, 2020
9 AM TO 1 PM
ORANGE COUNTY CONVENTION & EXPO CENTER
11475 FM 1442 ORANGE

Free Lunch

Chair Exercise By Silver Workz
 Anne Roberts, Instructor
 Body Workz

Health Exhibitors & Door prizes

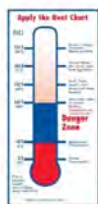
Music Entertainment by Britt Godwin

Bingo 10 am

For additional information contact AgriLife office 409-882-7010

TEXAS A&M AGRILIFE EXTENSION

FREE FOOD SAFETY CONFERENCE



August 4, 2020
9 am - 3 pm
Orange County Convention & Expo Center
11475 FM 1442
Orange, TX
409-882-7010



Speakers
 Continental Breakfast
 Lunch
 Door Prizes
 Vendors

- Hand's On Activities
- Round Table Talk
- Active Shooter Scenarios
- Grease Trap Cleaning
- Rodent Control
- Vent-a-hood Maintenance

Food Handlers Course offered for \$20 from 3:00 pm-5:00 pm

Deadline to register July 17, 2020

To register go to: orange.agrilife.org and click on the Food Safety Registration tab.



CALLING ALL VENDORS!

COME SET-UP A BOOTH FOR FREE
DOOR PRIZES ARE APPRECIATED

ORANGE COUNTY FOOD SAFETY CONFERENCE

RSVP to James Scales at jscases@co.orange.tx.us by July 6, 2020

Agriculture/Natural Resources

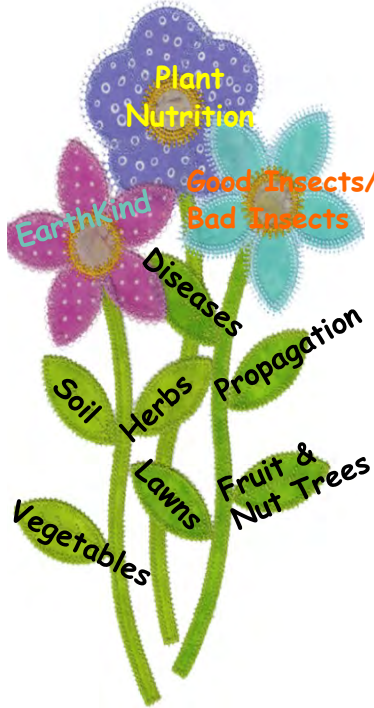
The Orange County Master Gardeners Presents...

Master Gardener Certification Training Course 2020

Join the Orange County Master Gardeners for classes led by local horticultural specialists and Master Gardeners to become a Certified Texas Master Gardener. Classes are \$150, which includes all training material, speaker fees, and supplies.

Classes will be held on Thursdays in 2 semesters:
 Spring – April 2 thru May 28 and
 Fall – Sept. 3 thru Nov. 12
 Some Saturday classes/field trips will be scheduled.

RSVP required 409-882-7010
<https://txmg.org/orange/>
 Email: sheribethard@yahoo.com



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The Orange County Master Gardener HOTLINE

A Master Gardener Volunteer is available to answer your questions.

*Tuesday & Thursday 10 AM – 2 PM.
Call 409-882-7010 or stop by the AgriLife Office with your questions.*



Orange County Master Gardeners hold their monthly meeting on the 2nd Thursdays of each month.

Social & meal begins at 6 pm

6:30 pm Business meeting followed by a special presentation

The public is welcome to visit any of the meeting.

Meetings are held at Orange County Convention & 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.

Orange County Food Safety

Preparing for a Natural Disaster: Foods to Stock + Foods to Toss

If your home gets hit by a hurricane, flood, earthquake, blizzard, or other natural disaster, are you ready with safe food and water to get you through it?

If not—or if you want to be certain you’re in good shape—take a few minutes now and check out our “must-dos” below to help you weather the storm.

MUST-DO #1: STOCK SAFE FOODS

Food safety is ALWAYS important. But, during and after a natural disaster, it’s even MORE important given that food products can be exposed to lots of contamination from storm water and other sources. So, it’s vital to have the right nonperishable food products on hand. Following are foods you should stock up on—they’re easy to store and consume and safe to eat without any refrigerating/cooking:

- Ready-to-eat canned foods including tuna, chicken, vegetables, and fruits (and be sure to have a can opener handy)
- Protein and fruit bars
- Peanut butter
- Crackers
- Beef jerky
- Nut and trail mixes
- Instant soup mixes
- Dry cereal and powdered milk
- Canned juices / juice boxes
- Granola
- Hard candies

Our recommendation is to have in reserve enough of these foods to get you through three to four days. Be sure to consider those with special diets like babies and pets, and try to avoid salty/spicy foods that

increase the need for drinking water, as an abundance of water may not be readily available.

MUST-DO #2: THROW OUT DAMAGED FOODS

A natural disaster can take a big toll on food so, if you get hit with one, be sure to THROW AWAY the following:

- Food that has come in contact with storm water
- All food and beverages that have been packaged in plastic, paper, cardboard, cloth, or similar containers that have been damaged by storm water
- All food and beverage containers with screw caps, twist caps, snap lids, flip tops, and home canned foods that have come in contact with storm water
- All perishable foods that haven’t been refrigerated properly due to power outages. Freezers, if left unopened and full during a power outage, will keep food safe for 48 hours (24 hours if half full)
- Any food with an unusual color, odor, or texture

Commercially prepared cans and retort pouches can still be used if safety measures are taken. Click here for more.

And remember: **WHEN IN DOUBT, THROW IT OUT.**

Never take chances because food may be contaminated with harmful pathogens even if it looks, smells, or tastes normal.

MUST-DO #3: STOCK + DRINK SAFE WATER ONLY

After a severe storm, hurricane, or other natural disaster, your tap water may not be

safe to drink. Follow these steps to make sure you’re prepared:

- Do NOT drink or use ANY water that’s come in contact with, and has been contaminated by, storm water
- If your tap water has been affected, the ONLY safe water for drinking, cooking, or personal hygiene is bottled, boiled, or treated water (check with your state/local health department to determine this and receive specific recommendations for boiling/treating water in your area)
- Stock plenty of bottled water; keep at least one gallon of water per person per day for at least three days, including pets
- If bottled water has been exposed to storm waters, **THROW IT OUT**—you’ll need to boil tap water to make it safe to drink (assuming it has been affected); the U.S. Food and Drug Administration recommends boiling water for three minutes



Start small if that’s easier for you, but be sure to build up your emergency stockpile with safe food and water now. Natural disasters affect millions of people each year and one could come your way anytime.

stopfoodborneillness.org



Agrilcuture/Natural Resources

Container Gardening

If your vegetable gardening is limited by insufficient space or an unsuitable area, consider raising fresh, nutritious, homegrown vegetables in containers. A window sill, a patio, a balcony or a doorstep will provide sufficient space for a productive mini-garden. Problems with soilborne diseases, nematodes or poor soil conditions can be easily overcome by switching to a container garden. Ready access to containers means that pest management is easier. Container vegetable gardening is a sure way to introduce children to the joys and rewards of vegetable gardening.

Vegetable Selection

Almost any vegetable that will grow in a typical backyard garden will also do well as a container-grown plant. Vegetables that are ideally suited for growing in containers include tomatoes, peppers, eggplant, green onions, beans, lettuce, squash, radishes and parsley. Pole beans and cucumbers also do well in this type of garden, but they do require considerably more space because of their vining growth habit.

Variety selection is extremely important. Most varieties that will do well when planted in a yard garden will also do well in containers. Some varieties of selected vegetables which are ideally suited for these mini-gardens are indicated below.

Suggested Container Grown Vegetables

*Name (Container Size, Number of Plants) – *Varieties*

Broccoli (2 gallons, 1 plant) – *Packman, Bonanza, others*

Carrot (1 gallon, 2-3 plants. Use pots 2 inch deeper than the carrot length) – *Scarlet Nantes, Gold Nugget, Little Finger, Baby Spike, Thumbelina*

Cucumber (1 gallon, 1 plant) – *Burpless, Liberty, Early Pik, Crispy, Salty*

Eggplant (5 gallons, 1 plant) – *Florida Market, Black Beauty, Long Tom*

Green Bean (2 gallons minimum, space plants 3 inches apart) – *Topcrop, Greencrop, Contender, (Pole) Blue Lake, Kentucky Wonder*

Green Onion (1 gallon, 3-5 plants) – *Beltsville Bunching, Crisal Wax, Evergreen Bunching*

Leaf Lettuce (1 gallon, 2 plants) – *Buttercrunch, Salad Bowl, Romaine, Dark Green Boston, Ruby, Bibb*

Parsley (1 gallon, 3 plants) – *Evergreen, Moss Curled*

Pepper (5 gallons, 1-2 plants) – *Yolo Wonder, Keystone Resistant Giant, Canape, Red Cherry (Hot), Jalapeno*

Radish (1 gallon, 3 plants) – *Cherry Belle, Scarlet Globe, (White) Icicle*

Spinach (1 gallon, 2 plants) – *Any cultivar*

Squash (5 gallons, 1 plant) – *Dixie, Gold Neck, Early Prolific Straightneck, Zucco (Green), Diplomat, Senator*

Tomato (5 gallons, 1 plant) – *Patio, Pixie, Tiny Tim, Saladette, Toy Boy, Spring Giant, Tumbling Tom, Small Fry*

Turnip (2 gallons, 2 plants) – *Any cultivar*

VEGETABLE GARDENING IN Containers

Vegetable gardening in containers is perfect for those with limited space.

Crop Selection

Vegetables that are ideally suited for growing in containers include, tomatoes, peppers, eggplant, green onions, beans, lettuce, squash, radishes & parsley.



Containers Almost any type of container can be used.

Seeding & Transplanting

Vegetables that can be easily transplanted are best suited for container culture.

Fertilization Choose time-release or water soluble.

Watering

One watering per day is usually adequate. Be sure to have good drainage.

Light Nearly all vegetable plants will grow better in full sunlight.

Harvesting

Harvest the vegetables at their peak of maturity.



Diseases & Insects

Vegetables grown in containers are susceptible to the same insects & diseases that are in any garden.

AgriLifeExtension.tamu.edu

TEXAS A&M
AGRI LIFE
EXTENSION

Family & Community Health

Natural Compound in Vegetables Helps Fight Fatty Liver Disease

New research shows how indole can reduce inflammation, fatty deposits

A new study led by Texas A&M AgriLife Research scientists shows how a natural compound found in many well-known and widely consumed vegetables can also be used to fight fatty liver disease.

The study demonstrates how non-alcoholic fatty liver disease, or NAFLD, can be controlled by indole, a natural compound found in gut bacteria – and in cruciferous vegetables such as cabbage, kale, cauliflower and Brussels sprouts. It also addresses how this natural compound may lead to new treatments or preventive measures for NAFLD.

The study was recently published in *Hepatology* and can be found on PubMed.gov.

“Based on this research, we believe healthy foods with high capacity for indole production are essential for preventing NAFLD and are beneficial for improving the health of those with it,” said Chaodong Wu, M.D., Ph.D., a Texas A&M AgriLife Research Faculty Fellow and principal investigator for the study. “This is another example where altering the diet can help prevent or treat disease and improve the well-being of the individual.”

About NAFLD and indole

NAFLD occurs when the liver becomes “marbled” with fat, sometimes due to unhealthy nutrition, such as excessive intake of saturated fats. If not properly addressed, this condition can lead to life-threatening liver disease, including cirrhosis or liver cancer.

Many diverse factors contribute to NAFLD. Fatty liver is seven to 10 times more common in people with obesity than in the general population. In addition, obesity causes inflammation in the body. Driving this inflammation are macrophages, types of white blood cells that normally battle infection. This inflammation exacerbates liver damage in those with liver disease.

Gut bacteria can also have an effect – either positive or negative — on the progression of fatty liver disease. These bacteria produce many different compounds, one of which is indole. This product of the amino acid tryptophan has been identified by clinical nutritionists and nutrition scientists as likely having preventive and therapeutic benefits to people with NAFLD.

The National Cancer Institute also notes the benefits of indole-3-carbinol found in cruciferous vegetables, including their anti-inflammatory and cancer-fighting properties.

A comprehensive and multi-level study on fatty liver disease

The present study examined the effect of indole concentrations on people, animal models and individual cells to help determine indole’s effect on liver inflammation and its potential benefits to people with NAFLD. It investigated the extent to which indole alleviates non-alcoholic fatty liver disease, incorporating previous findings on gut bacteria, intestinal inflammation and liver inflammation. It also incorporated investigation into how indole improves fatty liver in animal models.

For the study, researchers investigated the effects of indole on individuals with fatty livers. As research collaborator Qifu Li, M.D., was also a physician at Chongqing Medical University in China, the team decided he should lead the clinical research using Chinese participants.

In 137 subjects, the research team discovered people with a higher body mass index tended to have lower levels of indole in their blood. Additionally, the indole levels in those who were clinically obese were significantly lower than those who were considered lean. And in those with lower indole levels, there was also a higher amount of fat deposition in the liver.

This result will likely extend to other ethnicities, Li noted, though ethnic background may have some influence on gut bacteria populations and the exact levels of metabolites.

To further determine the impact of indole, the research team used animal models fed a low-fat diet as a control and high-fat diet

to simulate the effects of NAFLD.

“The comparisons of animal models fed a low-fat diet and high-fat diet gave us a better understanding of how indole is relevant to NAFLD,” said Gianfranco Alpini, M.D., a study collaborator and former distinguished professor of Texas A&M Health Science Center, now the director of the Indiana Center for Liver Research.

Alpini said treatment of NAFLD-mimicking animal models with indole significantly decreased fat accumulation and inflammation in the liver.

The research team also studied how indole affected individual cells.

Shannon Glaser, Ph.D., a professor of Texas A&M Health Science Center, said that in addition to reducing the amount of fat in liver cells, indole also acts on cells in the intestine, which send out molecular signals that dampen inflammation.

“The link between the gut and the liver adds another layer of complexity to studies on non-alcoholic fatty liver disease, and future studies are very much needed to fully understand the role of indole,” Glaser said.

Additional nutrition research needed

“Foods with a high capacity of indole production or medicines that mimic its effects may be new therapies for treatment of NAFLD,” Wu said, adding prevention is another important aspect to consider.

“Preventing NAFLD’s development and progression may depend on nutritional approaches to ensure that gut microbes allow indole and other metabolites to function effectively,” he said. “Future research is needed to investigate how certain diets may be able to achieve this.”

Wu said in future research he hopes to collaborate with food scientists and clinical nutritionists to examine what healthy foods can alter gut microbiota and increase indole production.



Broccoli is one of the cruciferous vegetables containing indole, a natural compound the team’s research has shown can help prevent or treat non-alcoholic fatty liver disease. (Texas A&M AgriLife photo)

Agriculture/Natural Resources

What is a Hugelkultur Garden?

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

Several weeks ago, five OCMG'ers attended a seminar at Arbor Gate Nursery in Tomball to learn more about spring vegetable gardening. During the talk, our speaker introduced us to Hugelkultur Gardens. This was new to all of us.

So, what is a Hugelkultur Garden? It is a German-style raised garden bed. Hugelkultur is basically making your raised garden beds using wood logs as the base. The word hügelkultur roughly means "hill culture". Soil is added around and will start to break down the wood and add nutrients to the soil. The wood is composted under the soil, retaining water and nitrogen. After it has started compacting, it is ready to go so you can plant, harvest and enjoy the fruits of your labor. You can start building anytime, I would suggest in the early fall to give it time to be ready for spring and if you need to add to you had time to do so.

Hugelkultur Gardens can be used just about anywhere from desert (arid) areas to your own backyard. You utilize rotting wood, twigs, branches and even whole trees (cut in smaller pieces) all that would end up burned or in the dump. You are doing your small part in saving the world from global warming by doing carbon sequestration in your own backyard. You don't have to start with a big bed, start small then add to it later, although bigger is better. Hugelkultur Gardens are best when made in raised beds.

Now, let's make a Hugelkultur Garden. First you need to gather your wood. There are good woods to use and bad woods you should not use. Known excellent woods are: alders; apple; cottonwood; poplar; willow (dried); birch; hardwoods such as oak and maple. The more rotted, the better.

Woods not to use are: cedar (takes a long time to breakdown and is loaded with natural pesticides/herbicides/anti-fungals/anti-microbials); black locust (won't rot); Black Walnut (toxic to most plants); cherry (toxic to animals); Pine and fir (have tanins if newly cut).



Now, to build the garden, pick a spot that will get full sun or at least 8 hours of sun daily. After you have set up your raised bed walls, you can start loading it with your wood. Stack the wood, twigs, branches, etc. loosely in the garden. You can also add leaves if you so desire. If you use newly cut wood, you can "seed" the wood with any type of fungus such as shitake mushrooms.

The decomposing of the wood will initially rob the surrounding soil of nitrogen so you will need to add a nitrogen-rich material and make sure it gets into all the gaps between the woody biomass. Some of these nitrogen-rich materials are: coffee grounds and filters, nut shells, egg shells, stale bread and grain products, corn cobs, cut wilted flowers, fruit rinds and cores, tea and bags, vegetables (raw or cooked), grass clippings (spread out), aged manure (six months or older).

As you put in your materials, filling the crevices with smallest branches, sticks and nitrogen-rich material add water. You should pile the materials to at least 2 1/2 - 3 feet high as the wood decomposes the pile will shrink. If you really want to get a good size going, the pile should be about 6-7 feet tall. Of course, it will shrink but you will not have to add to it for a couple of years. The wood base will act like a sponge for moisture deep within, which will require little irrigation. After adding the above materials, add a good garden soil to the top of the pile covering all the wood. Then you can add a layer of mulch to help keep the soil in place. Use a mulch of finely shredded wood, mixed with compost. Do not use colored mulch, it is bad for your soil. (I will have an article on this in a few weeks). Water again to allow things to settle in.

After the first year, watering and fertilizing is unnecessary as the wood decomposes it is releasing nitrogen into your raised bed. Your growing season will be extended as the decomposing matter at the base will warm the soil a few degrees higher than the surrounding soils. This means you will be able to start planting a little earlier and growing plants longer. And it has been said the flavor of your vegetables and fruits is much better. Each year you will have to add to the bed about one foot high to continue the process of the wood decomposing and providing nitrogen.

The Orange County Master Gardeners meet the 2nd Thursday of each month at the County EXPO Center on FM 1442 from 6-8PM, with a pot-luck supper at 6, business meeting at 6:30 and most meetings a speaker at 7. Our next Certification Class will start Thursday, April 2 at 6PM. For more information check our website <https://txmg.org/orange> or Orange County Texas Master Gardeners on Facebook. Our Hotline is open Tuesday and Thursday 10 - 2 at 882-7010.

Our annual Bloomin' Crazy Plant Fair will be held, Saturday, March 14, 8-1 at Cormier Park, 8235 FM 1442, Orangefield. Check our website or Facebook page for more information.

Family & Community Health

Lemon Pudding Cakes for Two

Yield: 2 single servings cakes

- 1 egg, separated
- 1/3 cup buttermilk
- 1 tablespoon lemon juice
- 1 tablespoon lemon zest
- 2 tablespoons white whole wheat flour
- 1/4 cup granulated sugar, plus more for dusting
- 1/8 teaspoon salt
- berries, optional



1. Preheat the oven to 325°F (162°C) and butter and lightly sugar two 1-cup ramekins.
2. In a small mixing bowl with a hand mixer, beat the egg white until you have stiff peaks. Set this aside.
3. In a medium bowl using the same beaters, beat together the egg yolk, buttermilk, lemon juice, and lemon zest until thoroughly combined.
4. Using a rubber spatula, fold in the flour, sugar and salt.
5. Gently fold the egg whites into the liquid mixture a little at a time.
6. Divide the batter between the two greased ramekins.
7. Place the ramekins in a small roasting tray and fill the tray with water, just halfway up the sides of the ramekins.
8. Bake for 25-30 minutes or until the tops of the cakes spring back when lightly pressed.
9. Remove the cakes from the oven, cool for 5 minutes on a cooling rack, and then carefully invert the cakes onto their serving plates.
10. Serve immediately or let them cool completely, refrigerate and serve cold. These keep well refrigerated for up to 3 days.
11. Right before serving, garnish with berries, if desired.

texanerin.com



4-H/Youth Development



Good Luck
to all 4-H Members!

Participating at
**Houston Livestock Show &
South Texas State Fair**



HOUSTON Livestock Show and Rodeo
March 3 - March 22, 2020

See page 13 4-H Calendar for Livestock Show Dates



March 26 - April 5, 2020

See page 13 4-H Calendar for Livestock Show Dates

4-H/Youth Development



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
Casey Trahan 409-988-4873

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



OC 4-H Judging Club

Thursdays @ 6:30 pm
4-H Office
Melissa Pyatt 409-679-2441

Greetings from Big Time in D-9



Southeast District 9 4-H Roundup

4-H Projects are held at the 4-H Office 6 pm - 8pm

Food & Nutrition
3rd Tuesday

Robotics
4th Monday

Fashion & Interior Design
4th Tuesday



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

March 2020 4-H Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Office Closed Texas Independence Day	3 Dusty Trails 6 pm Houston Rodeo	4	5 OC 4-H Judging 6:30 pm	6	7
8	9	10 Mighty Pirates 7 pm Houston Rodeo	11	12 OC 4-H Judging 6:30 pm	13 D9 Roundup registration open on Connect	14
15	16 All Heart 1 pm Boots & Bridle 6pm	17 Clay Busters 6pm Food & Nutrition 6 pm Houston Rodeo	18	19 OC 4-H Judging 6:30 pm	20	21
22 Houston Ends	23 Robotics 6 pm	24 Fashion & Interior Design 6 pm	25 Roundup & Photography Deadline	26 Lambs & Goats 	Poultry 	28 Rabbits & Open Braham Heifers
29 F-I Heifers & Swine 	30 	31  Steer				

April 2020 4-H Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Auction Poultry & Rabbits 	2 Auction Lamb, Goats, Swine, F-I & Steers 	3 	4  Livestock Judging
5  Ends	6 Adult Leaders & County Council 6 pm OCLSA 7 pm	7 Dusty Trails 6 pm	8	9 OC 4-H Judging 6:30 pm	10	11
12 Easter Sunday 	13 All Heart 1 pm Boots & Bridle 6pm	14	15	16 OC 4-H Judging 6:30 pm	17	18
19	20 Robotics 6 pm	21 Clay Busters 6pm Food & Nutrition 6 pm	22	23 OC 4-H Judging 6:30 pm	24	25 D9 Livestock Judging Contest College Station
26	27	28 Fashion & Interior Design 6 pm	29	30 D9 Roundup Livestock Judging - The Woodlands Lone Star College		

Orange County Food Safety

Few things are as sure a bet as handwashing; restaurants should act now

Lost in the clutter of Millennial trend tracking and menu minutia is the reality of restaurant risk related to poor handwashing. This is a no-fault failure as there are no operational standards, no rewards or discipline, no behavior changing help from the Model Food Code, and no supporting research.

There is very little relevant data other than the headcount at hospital emergency rooms and precipitous drops in market value for the relatively few major outbreaks.

Meaningful foodservice handwashing research is rare. The conclusions create a list of top ten truisms;

Handwashing...

1. compliance is low
2. is about process, not products
3. shortfalls are the industry standard
4. shortfalls are not disciplined – poor service is
5. is trumped by almost all employee training topics
6. training has no measurable goal
7. competes and loses to measured productivity factors
8. deficiencies are the No. 1 cited contributing factor in outbreak investigations
9. accountability has no ownership in foodservice
10. more research is needed



Healthcare research filled this void in 2019 with studies that clinically prove that handwashing performance monitoring not only increases frequency but more importantly reduces customer illness – patient infections – more commonly measured and reported as HAIs, Hospital Acquired Infections. RAIs, Restaurant Acquired Infections, are not published.

These studies are awakening some industry leaders that there is now a financial reason to protect their brand values with sustainable and affordable handwashing data. This is a game changer for the restaurant industry. It makes added customer safety an option, a very attractive option for those looking for more transparency.

Operators are slowly taking notice. Crushed Red, a salad concept based in St. Louis, now incorporates voice recognition in every store they open. Their goal is customer safety, achieved by rewarding staff for handwashing compliance. This is a key component in their customer loyalty program.

Larger chains are now testing a variety of technologies. The beginning of this new decade will see a mayor shift to handwashing monitoring in health care and a level of foodservice testing and introductions that will further define industry leadership.

foodsafetynews.com



TEXAS A&M
AGRI
LIFE
EXTENSION

James Scales, Health Inspector
Deputy Director
Orange County Environmental
Health and Code Compliance

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

Agriculture/Natural Resources

Equinox

An equinox is commonly regarded as the instant of time when the plane (extended indefinitely in all directions) of Earth's equator passes through the center of the Sun.^{[3][4]} This occurs twice each year, around 20 March and 23 September. In other words, it is the moment at which the center of the visible Sun is directly above the equator.

The word is derived from the Latin *aequinoc-tium*, from *aequus* (equal) and *nox* (genitive *noctis*) (night). On the day of an equinox, daytime and nighttime are of approximately equal duration all over the planet. They are not exactly equal, however, due to the angular size of the Sun, atmospheric refraction, and the rapidly changing duration of the length of day that occurs at most latitudes around the equinoxes. Long before conceiving this equality, primitive equatorial cultures noted the day when the Sun rises due east and sets due west, and indeed this happens on the day closest to the astronomically defined event.

In the Northern Hemisphere, the March equinox is called the vernal or spring equinox while the September equinox is called the autumnal or fall equinox. In the Southern Hemisphere, the reverse is true. The dates slightly vary due to leap years and other factors.^[5]

Since the Moon (and to a lesser extent the planets) causes Earth's orbit to slightly vary from a perfect ellipse, the equinox is officially defined by the Sun's more regular ecliptic longitude rather than by its declination. The instants of the equinoxes are currently defined to be when the apparent geocentric longitude of the Sun is 0° and 180°.^[6]

Wikipedia

SPRING TO-DO list

- 

CLEAN OUT YOUR CLOSET


- 

GO ON A BIKE RIDE


- 

BUY FRESH FLOWERS FOR YOUR ROOM


- 

TAKE A DAY TRIP


- 

GET RAIN GEAR THAT YOU LIKE


- 

GO TO A BASEBALL GAME


- 

EAT BRUNCH WITH FRIENDS OUTSIDE


- 

PLAN A SUMMER VACATION


- 

SPEND A DAY AT THE BEACH OR THE PARK


- 

CELEBRATE CINCO DE MAYO WITH FRIENDS



www.prepinyourstep.com



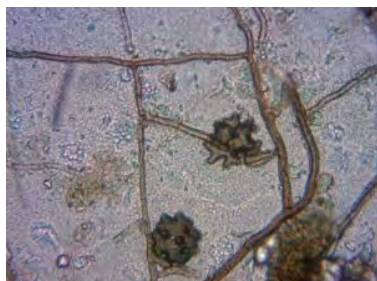
Agriculture/Natural Resources

If You Have Grass, Read This !

If you've been noticing brown patches in your lawn lately, it's most likely infected by the pathogen commonly known as Take All Patch. Take All Patch is caused by the soil-borne fungus *Gaeumannomyces graminis var. graminis*, or as we like to call it here in the lab, "Ggg". The season of Ggg is upon us and we have been receiving lots of grass samples in the lab that are positive for this pesky fungus. Ggg could be considered the arch-nemesis of homeowners and golf course managers alike. It attacks the root systems of St. Augustinegrass and bermudagrass, and causes dead patches in the turf that may continue to grow if uncontrolled. Ggg thrives in moist climates with moderate temperatures, and is most active during the fall, winter, and spring (Duble). All of the rain we've been getting lately has created the perfect breeding grounds for the fungus.



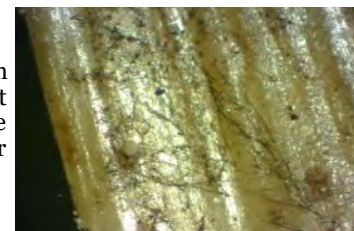
Grass affected by Take-All



Ggg hyphae and hyphopodia as seen under the compound microscope

The first visible symptoms of Ggg are yellowing and wilting of leaf blades in circular or irregular patterns and darkening of the roots ("Take all Patch"). As the disease progresses, the grass thins and the patches become bare as the plants die. These patches can be anywhere from one to twenty feet in diameter. Due to thinning of the roots, the stolons of seriously infected turf can easily be pulled up from the ground. Ggg is often mistaken for another disease known as brown patch, but the leaves of Ggg infected grass cannot be easily separated from the plant (Duble). Under a dissecting microscope, you can see the dark strands of Ggg's runner hyphae along the roots and stolons. Using a compound microscope, Ggg is easily identified by its dark, flower-like infection structures known as hyphopodia (Vann).

Ggg overwinters as mycelium on both living and dead infected plant material ("Take all Patch"). When climate conditions are cool and moist, during the fall, the fungus will grow along the surface of the plant then penetrate and infect the root system. Symptoms become more evident around summertime as the hot, dry weather stresses the host plants. Ggg is transported mechanically on lawn mowers and other equipment that pick up pieces of infected plant tissue.



Ggg hyphae seen under the dissecting microscope



Grass symptomatic of Take-All Patch

How can you help prevent your lawn from developing unsightly dead patches? Unfortunately, there are no varieties of St. Augustine or Bermuda that can resist Ggg infection. So, control of this pathogen focuses on cultural and chemical practices. For starters, avoid thatch buildup as it can easily spread the disease across an entire lawn. Make sure you are properly fertilizing to keep your turf healthy and strong. Fungicides, if you choose to use them, should be applied in the early fall as a preventative measure (Vann). Finally, the most important thing you can do to avoid a breakout of Take All Patch is PROPERLY IRRIGATE! Make sure that your soil has good drainage and don't over water your lawn. Too much water creates the perfect environment for Ggg to grow. The best practice is to water infrequently and deeply only when the grass needs it ("Take all Patch").

plantclinic.tamu.edu



Family & Community Health

Fresh Shrimp Spring Roll Bowls

Peanut Dressing:

- 1/2 cup Hot water
- 2 tbsp Sugar
- 1/4 teaspoon salt
- 1 tbsp Fresh Lime Juice
- 1.5 tsp White Vinegar
- 1.5 tsp Fish Sauce omit for vegan version
- 1 large Garlic Clove minced
- 1 tsp Fresh Ginger
- 1/4 cup finely chopped roasted peanuts

Spring Roll Salad:

- 4 oz. Rice noodles I used brown rice noodles
- 1 Head Romaine Lettuce roughly chopped
- 1 cup Bean Sprouts
- 1 cup Shredded Carrots
- 1/4 cup Fresh Mint roughly chopped
- 1/4 cup Fresh Basil roughly chopped
- 1 Cucumber skin peeled & quartered
- 1 lb. Cooked Shrimp (omit for vegan/vegetarian version)
- 1/2 cup finely chopped roasted peanuts



Peanut Dressing

1. Combine hot water and sugar in a small bowl. Let cool completely.
2. Once cooled, add remaining ingredients and stir to combine. Set aside.

Spring Roll Salad

1. Cook rice noodles according to package directions. Rinse with cold water until cool to the touch, drain and set aside.
2. Combine remaining salad ingredients in a large serving bowl. Cut rice noodles in half and add to bowl. Toss to evenly combine ingredients.
3. Serve with dressing and extra crushed peanuts if desired.

winealittlecookalot.com

Mini Key Lime Pies (Vegan + Gluten Free)

Crust:

- 2 1/4 cups gluten free graham crackers
- 1/2 cup organic palm shortening

Filling:

- 1 cup raw cashews, soaked for 4–6 hours or up to overnight and drained
- 1/2 cup full-fat unsweetened coconut milk
- 1/2 cup fresh lime juice, from about 4 large limes
- 1/4 cup pure maple syrup
- 1/4 cup coconut oil
- 1 Tablespoon grated lime zest + more zest for sprinkling on top
- 1/8 teaspoon sea salt



1. Preheat oven to 375 degrees F.
2. Line a standard sized muffin tin with 12 paper liners.
3. Pulse graham crackers and palm shortening in a food processor until the graham crackers are finely ground and the palm shortening is fully incorporated into the mixture.
4. Evenly distribute the crust mixture into the bottom of the muffin liners and press down firmly to flatten the crust.
5. Bake the crusts for 8 minutes until golden brown.
6. Once baked, remove the crusts from the oven and set aside to cool completely before adding the filling.
7. Add all filling ingredients to a blender and blend, starting on low and increasing to high until smooth and creamy. This will take about 90 seconds.
8. Evenly pour the filling into the muffin liners to cover the crust.
9. Pop any air bubbles that surface in the filling carefully with a wooden toothpick.
10. Sprinkle the tops of each mini pie with a pinch of lime zest.
11. Freeze the mini pies in the muffin tin for 2-4 hours or until firm.
12. Remove from the freezer and immediately remove the paper liners while frozen and arrange the pies as you'd like them on a serving platter.
13. Allow the pies to sit at room temperature for 15 minutes before serving from frozen or transfer the serving plate to the refrigerator if not serving right away. Enjoy!

These Mini Key Lime Pies will keep once frozen for up to 2 weeks if covered.

finishedwithsalt.com

SAVE
THE
DATE

March 5th, 10th, 12th, 16th & 19th
Free Do Well Be Well with Diabetes Classes

March 9th, 11th, 13th, 23rd, 25th, 27th and
April 6th, 8th, 20th, 22nd, 24th & 27th
Step Up to Scale Down

March 7th, Saturday
Selecting the Right Plant

March 14th, Saturday
Orange County Master Gardener Plant Sale

March 21st, Saturday
Field of Plenty Donation Garden Workshops

March 28th, Saturday
Cooking Class for Adults with Rocky

March 28th, Saturday
Pollinator Friends Plant Class

April 7th, 14th, 21st & 28th and
May 5th, 12th, 19th & 26th, Tuesday

Wak-N-Talk

April 2nd - May 28th, 1st Semester
September 3rd - November 12th, 2nd Semester
Orange County Master Gardener Certification Training Course

May 12th, Tuesday
51st Annual Senior Citizen Rally Day

June 5th
5th Annual Michael Hoke Memorial Outdoor Awareness for Kids

June 15th - 19th, Monday - Friday
Youth Cooking Camp

July 13th - 15th, Monday - Wednesday
Youth Beginners Sewing Class

July 21st - 23rd, Tuesday - Thursday
Clover Kids Camp

August 4th, Tuesday
Orange County Food Safety Conference