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



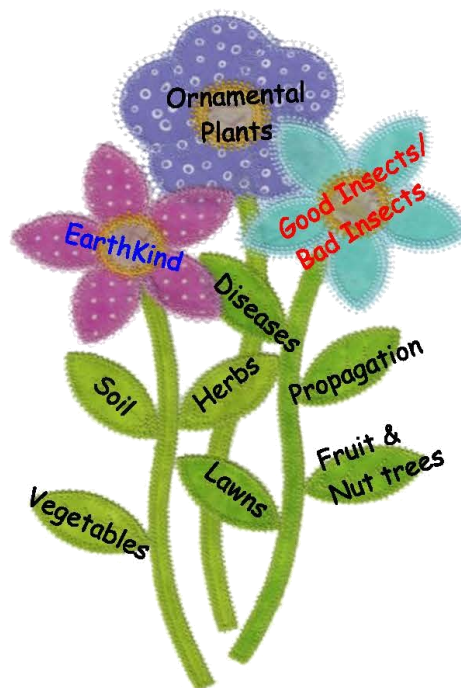
Texas A&M
AgriLife Extension
Orange County



Join the Orange County Master Gardeners for classes led by Texas AgriLife, 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.

The upcoming classes will be a combination of online and face-to-face classes for maximum flexibility for students, volunteers and speakers. Class starts Sept. 3 with orientation Aug 27. You must be registered to attend orientation.

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



***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.

Sponsored by Texas A&M AgriLife Extension Orange County in conjunction with
2020 Orange County Livestock Show Association



Judging
Friday, October 10, 2020
During the Poultry and Rabbit Show

All entries will be on display
throughout the day
Saturday, October 11, 2020

Overall Grand Prize winners will be announced at the beginning of the
Livestock Auction Saturday night

Contest are open to all Orange County Youth ages 8 - 18
Visit Orange.AgriLife.Org for a list of
Rules & Regulations and online entry
Online entry deadline Tuesday, October 6, 2020

Junior Division 3rd-5th grade



Intermediate Division 6th-8th grade



Senior Division 9th-12th grade



All entries will received a colored ribbon based on quality of their project. Blue-excellent, Red-Good, White-Fair
Class Winner Ribbon awarded to top project in each category by age division.
Division Winner Rosette given to Class Winners by age division.
Overall Grand Champion Buckle Cup will be chosen from Division Winners by age division.



Questions call the
AgriLife Office 409-882-7010



Three tips to pick out a sweet watermelon

By Mary-Leigh Meyer
Texas A&M AgriLife Extension Service

A good watermelon is a staple, healthy summer snack, so it is important to know how to pick one, regardless if you are at the grocery store or the local farmers market.

When it comes time to pick the perfect melon, people often make their selection based on three characteristics: presence of seeds or lack thereof, size and ripeness.

Determining ripeness requires some knowledge; how can you pick a ripe watermelon?

Sweetness is off the charts this summer

Typically, a producer measures the sweetness of a watermelon by their Brix count, a way to measure sweetness. On this scale, measurements of 10 are standard and measurements of 11 are considered very sweet.

According to Juan Anciso, Ph.D., a Texas A&M AgriLife Extension Service vegetable specialist in Weslaco and professor with the Texas A&M College of Agriculture and Life Sciences, this year's Brix count measures watermelon sweetness, especially those from the Rio Grande Valley, off the charts between 11 and 13.

However, just because this year's crop of watermelons is a higher quality, it does not mean the melon you pick will be the best of the bunch. The following three tips will teach you how to pick the best watermelon.

Tip 1: Find the yellow belly, or the field spot

Other than cutting open a watermelon to see the inside, the field spot is perhaps the best indicator of the ripeness. This spot on a melon shows where it was laying on the ground while attached to the vine.

If the watermelon is ripe, the field spot should be a large, yellow patch on one side of the melon. If it is ripe, the color should be a creamy, almost butter-like yellow. The bigger the yellow belly and the creamier the color means the more time the melon spent ripening on the vine. However, if the spot is smaller or looks more white than yellow, then the melon may not be as ripe.

Tip 2: Tap the underbelly and listen for a deep sound

Another way to find a ripe watermelon is to lightly knock the outside with your knuckles. A ripe melon will have a deeper sound, as opposed to an over-ripe one that will have a more hollow or flat sound. A duller, more hollow sound can mean the flesh is starting to go soft and spoil.

Tip 3: Look for a dull and heavy watermelon

Although it may not be the most photogenic nor the easiest to carry to your car, the best watermelons will be dull in appearance and heavier than the rest. A shiny melon indicates the insides are under ripe.

Also, the best melon of the bunch will most likely be heavier than the rest. On average, a watermelon is 92% water, which makes them so juicy. A heavier melon likely holds more water, which will make it juicier.

2020 is the year of the watermelon

This year's off-the-charts watermelon quality and sweetness may be the best news you will hear all day. Because watermelon season usually peaks during the summer months, do not miss out on this classic hydrating snack.

Remember you can call the Orange County Master Gardener Hot-Line Tuesday and Thursdays 10AM – 2PM and get your gardening questions answered at 409 882-7010. If after these times, please contact us thru our website <https://txmg.org/orange> Contact or on our Facebook page Orange County Texas Master Gardeners.





TEXAS A&M
AGRI LIFE
EXTENSION



WE NEED YOU!

Orange County 4-H needs your wisdom and life experiences to help guide our youth to greatness. Volunteer a portion of your time and your heart to inspire our younger generation to grow.

VOLUNTEER

Without volunteers like you, we do not have the ability to offer our youth these projects. Do you have a special talent in a 4-H project and would like to volunteer your time once a month to teach our youth at no expense to you?

Interested? Call the AgriLife office (409)882-7010



The 2020 #4HSTEMChallenge Kit is now available! New this year: choose from family-sized (up to 4 kids) or classroom-sized (up to 12 kids). For a limited time only, receive \$5 off each kit (limit 20 discounted kits per transaction) thanks to the generous support of the 4-H STEM Challenge national partner, TOYOTA. Order your Mars Base Camp kit and use code THANKS TOYOTA at checkout:

<https://bit.ly/2X2otGf>



Veterinary Science Certificate Program

If you are interested in a career as a veterinarian, start with your veterinary assistant certificate!

Informational Meeting
Tuesday, August 11, 2020

6:00 p.m.

via Zoom

Must Pre-Register to Mrs. Tammy at tammy.goodman@ag.tamu.edu with your email address to receive the link and password to participate in the meeting.

- Age limit is (12-18)
- This meeting will cover all requirements and costs for the project. Meeting dates & times also.
- Project will begin in September

Do you love learning about & caring for animals? Are You Interested in learning More about the Veterinary Science Project?

Did you know that this program provides the training and experience needed to receive a veterinary assistant classification?

Join us, to learn more about how you can participate and earn your certificate! Tuesday, August 11, 2020 at 6:00 p.m. via Zoom.

Don't forget to Pre-Register!

Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact the Jefferson County Human Resources Director at (409) 859-2201 five working days prior to the meeting so appropriate arrangements can be made. Educational programs of Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, disability, national origin, age, genetic information, veterans status, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Orange County Food Safety

Fauci says nothing to fear so far from new G4 Swine flu virus

“Pandemic potential” or “pandemic-on-pandemic” are scary concepts these days and Chinese and British scientists are using those very terms to describe the threat from a new swine flu virus.

Not to worry, in one regard, because human-to-human transmission does not occur with the new swine flu virus.

That might be more comforting if other Chinese scientists had not said there was no human-to-human transmission of COVID-19 right up to when they said humans were infecting one another with the virus.

But, we probably don't need to stay awake nights worrying about the next pandemic.

Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, said the new G4 virus is “not an immediate threat” to public health in the near term. Fauci's remarks on the new virus came in testimony before the U.S. Senate.

The new swine virus, known as G4 EA H1N1 or simply G4, emerged recently in pigs and can infect humans who work with pigs.

Scientists say G4 is an H1N1 virus that can be compared to the 2009 swine flu virus and the 1918 Spanish flu, both viruses, both caused deadly worldwide outbreaks.

The Chinese-British scientists writing in the journal *Proceedings of the National Academy of Sciences* call for controlling the virus in pigs and careful monitoring of people employed in the swine industry.

As another new or novel virus, there'd be no immunity to G4 if it were to mutate and make the leap to human-to-human transmission.

One top expert, University of Washington's Carl Bergstrom, says that while pigs have carried G4/H1N1 since 2016, there no evidence it is circulating in humans. Bergstrom is a theoretical and evolutionary biologist.

“Every indication is that the G4 virus would have to undergo some evolutionary change to spread readily in people, and it may never do that,” Bergstrom said in a tweet. “If it does? We know how to make vaccines for influenza viruses. It could be

included in the seasonal vaccine; the only issue is timing. So that's the G4/H1N1 story. Worth watching for people in the field. No immediate threat to public health.”

Before COVID-19, the most recent novel influenza A (H1N1) outbreak occurred in the spring of 2009. “This new H1N1 virus contained a unique combination of influenza genes not previously identified in animals or people,” according to CDC. It was designated as the influenza A (H1N1)pdm09 virus.

From April 12, 2009, to April 10, 2010, CDC estimated there were 60.8 million cases (range: 43.3-89.3 million), 274,304 hospitalizations (range: 195,086-402,719), and 12,469 deaths (range: 8868-18,306) in the United States because of the (H1N1)pdm09 outbreak.

USDA's Swine Influenza Surveillance Program monitors influenza viruses in pigs. It says influenza is present at low levels in pigs throughout the world.



“Like human influenza viruses, there are different subtypes and strains of influenza viruses in pigs,” according to the USDA. “The main influenza viruses circulating in U.S. pigs in recent years are H1N1, H1N2, and H3N2. While H1N1 viruses have been known to circulate among pig populations since at least 1930, H3N2 and H1N2 influenza A viruses did not begin circulating among pigs in the United States until about 1998.”

USDA also adds that:

- While influenza viruses almost always remain infectious only within their host species, at times infections may spread to other species. Influenza viruses in pigs can occasionally infect people, and human influenza viruses can infect swine. Health organizations use the term “variant” to refer to viruses that are genetically different from what is usually isolated from humans.
- The description is written as a small “v” after the virus subtype, in this case, H3N2v. More information on these variant viruses is available from the U.S. Centers for Disease Control at <http://www.cdc.gov/flu/swineflu/>.
- In 2011, a new variant virus was detected that was an influenza A (H3N2) virus with genes from avian, swine, and human viruses.
- This virus has acquired the M gene from the 2009 H1N1 influenza virus. This 2009 H1N1 M gene may allow these H3N2 viruses in swine to be more transmissible from pigs to people and possibly from person to person. Most cases of H3N2v have happened after contact with pigs at fairs.

foodsafetynews.com



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



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Orange County

**Adult Leaders Association
&
County 4-H 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



Clay Busters Shooting Sports
Meetings—3rd Tuesday
6 pm 4-H Office
Tuesdays 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

Mighty Pirates 4-H
2nd Tuesday @ 7 pm,
Vidor Junior High Cafeteria
Tammy Glawson 409-474-2811
Sandy Mitchell 409-201-8523

Adult Leaders Association

We encourage all parents to be a part of the 4-H Adult Leaders Association (ALA). ALA provides learning situations for the development of leadership, responsibility, and effective citizenship; provide information and training in other 4-H activities as members' interest dictate, give adult support to County Council, 4-H Clubs, and AgriLife Agents.

County 4-H Council

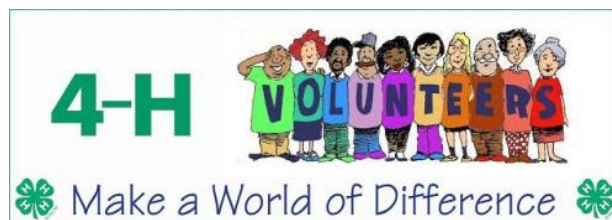
County 4-H Council identify needs, leadership, opportunities and idea exchange and mutual support to all 4-H clubs. They plan county-wide service projects and activities and receives guidance from ALA. All enrolled youth are encouraged to be a part of County Council, attend meetings to provide input and report back to your 4-H club.

4-H Projects



4-H has many projects to offer our youth!

- Agriculture & Livestock
- Family & Community Health
- Natural Resources
- Leadership & Citizenship
- Science, Technology, Engineering & Math.



Without volunteers like you, we do not have the ability to offer our youth these projects. Do you have a special talent in a 4-H project and would like to volunteer your time once of month to teach our youth at no expense to you? Please contact Franny Woods, 4-H Program Assistant and she will be happy to get your Project group started.

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.

Old Bay Shrimp Burritos

For Old Bay Aioli

- 1/3 cup mayonnaise
- 1 1/2 tsp. Sriracha
- 3/4 tsp. fresh lime juice
- 1/2 tsp. Old Bay seasoning, plus more for serving
- Kosher salt (optional)

For Shrimp Filling

- 1 tbsp. extra-virgin olive oil
- 1/2 yellow onion, finely chopped
- 1 small green bell pepper, diced
- 2 cloves garlic, thinly sliced
- 1 lb. small shrimp, peeled and deveined, tails removed
- 1/4 tsp. ground cumin
- 1/4 tsp. paprika
- Kosher salt
- Freshly ground pepper

For Assembling Burrito

- 4 large flour tortillas, warmed
- 1 cup cooked long-grain white rice
- 1 cup cooked black beans, rinsed and drained
- 3/4 cup shredded Mexican cheese
- 1 cup shredded lettuce
- 1 cup pico de gallo, drained
- 1 avocado, thinly sliced
- 2 tbsp. chopped chives, plus more for serving

Make Aioli: Whisk together mayo, Sriracha, lime juice, Old Bay, and 1 teaspoon water. Season with salt, if desired.

2Make shrimp filling: in a large skillet over medium-high heat, add oil, onion, bell pepper, and garlic. Cook, stirring occasionally, until lightly golden, about 2 minutes. Stir in shrimp, cumin, and paprika. Season with salt and pepper. Cook, stirring occasionally, until opaque and just cooked through, about 4 minutes.

Assemble burritos: Lay a tortilla on a serving plate. Add 1/4 cup each of the rice and beans. Top with 1/4 each of the shrimp filling, cheese, lettuce, pico de gallo, and avocado slices. Sprinkle with chives and drizzle with aioli. Roll burrito tightly and repeat with remaining tortillas and ingredients.

Slice each burrito in half and serve with more aioli, Old Bay, and chives.

delish.com



no knead SKILLET Olive Bread

- 2 cups lukewarm water (105-degrees Fahrenheit)
- 1 package active dry yeast (2-1/4 teaspoons)
- 1/2 tablespoon salt
- 4-1/3 cups all-purpose flour, divided

- 1 cup Garlic and Basil Marinated Olives, drained, herbs and garlic reserved (you can either chop the olives or leave them whole)*
- 1 teaspoon garlic powder
- 2 tablespoons Olive Oil, divided
- coarse salt
- dried parsley

1. In a large mixing bowl, combine water and yeast.
2. Add 1 cup of flour and salt; stir with a wooden spoon until combined.
3. Stir in olives, herbs, garlic and garlic powder.
4. Add remaining flour, one cup at a time, stirring until thoroughly combined.
5. Cover with plastic wrap and set in a warm spot to rise for 1 hour.
6. Add a tablespoon of olive oil in an 8-inch cast iron skillet; using a napkin or your fingers, coat bottom and sides of skillet

with the olive oil.

7. Flour your hands; remove plastic wrap and using your hands, transfer dough to prepared skillet and shape into a disk. **
8. Cover with a kitchen towel and let stand for 30 minutes.
9. Preheat oven to 400 Fahrenheit.
10. Drizzle remaining olive oil over the top and sprinkle with salt and parsley.
11. Score the top of the loaf with a knife.
12. Bake for 30 to 35 minutes, or until top is nicely browned.
13. Remove from oven and turn the bread out onto a wire cooling rack. ***
14. Leave to cool.
15. Serve.

Notes:

- The olives sit in a liquid with garlic and herbs; when draining, please try to reserve as much of the herbs and garlic as possible. Alternatively, you can add in your own garlic and freeze-dried basil.
- If you do not have an iron skillet, you can use a stoneware baking dish, instead.
- It is important to remove bread from pan as soon as it comes out of the oven because bread left in the pan will get moist and soggy.

Nutrition Facts: 1 slice serving: Calories 81, Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 559mg, Potassium 27mg, Carbohydrates 13g, Fiber 0g, Sugar 0g, Protein 1g.

diethood.com

Explore Texas 4-H



Agriculture & Livestock

From stock shows to beef, dairy, goats, dogs and cats, learn responsibility with animals.



Family & Community Health

Be a star in the kitchen or a smart shopper - be a leader in your family with healthy

4-H 2020-2021 Year
September 1st - August 31st
Enrollment opens for the new year
August 15th

Youth ages 8 (and in the 3rd graded) to 18

4-H Connect Enrollment
New members/volunteers
please set up a family profile to enroll
Returning members/volunteers
go to your family profile and re-enroll



STEM

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



Explore A Project

You will participate in various hands-on activities, learn new skills, do community service, or even make speeches about your project.



Explore Events

Explore Texas 4-H Events and Activities! The primary types of 4-H events are: educational, informational, and competitive.



Join Texas 4-H Today!

From food science and robotics to fashion design and photography, there's a 4-H activity for everyone.

Early Bird Enrollment
August 15th - October 31st
\$25 enrollment fee per member
September 1st
\$30 enrollment fee per member

Clubs & Projects meet once a month
Have questions? Contact
Franny Woods, 4-H Program Assistant
frannywoods@agtamu.edu
409-882-7010

Tomato Hornworms - Your Tomato plants nightmare!

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

Almost every day for the past week or so when I go out to check my tomato plants, I see a new caterpillar munching away on my tomato plants. I thoroughly look them over the day before and don't see any and lo and behold the next morning there is this big green ugly thing that has stripped all the leaves and some of my tomato stems away. We all have had problems with our tomato plants looking fine one day and the next they are almost stripped bare. This is the work of the Tomato Hornworm. It is super destructive to our tomato plants and can hit other plants in the same family such as eggplants, peppers and potatoes. So far, my peppers and eggplants have not been hit affected yet. Being hard to spot as they blend with the foliage of the plant and feed constantly on the leaves and even the fruit. I have found both small ones and huge ones.



The Hornworms live above ground for a short period of time. In late spring, the adult female moth lays eggs on the underside of foliage and they will hatch in about a week. The

adult moths are easily recognizable as they are commonly called the sphinx or hummingbird moth.

The caterpillar larvae will hatch in late spring and feed for 4-6 weeks before creating a cocoon and overwintering in their pupal state in the soil. If the weather is warm enough the larvae may only burrow for as little as 2-3 weeks.

Moths will emerge in spring and then lay eggs starting the cycle all over again. In warm climates, like ours, it is possible to have two generations in a year.

Hornworms can get up to 5 inches long. The ones on my plants are about 3 inches long and that is more than enough for me. The larval stage or what we consider the caterpillar stage is when they do the most damage to our plants. They are pale green with white and black markings, plus they have a horn-like protrusion stemming from their rear. They also have 8 "V" shaped stripes along its green body. Don't worry, they do not sting or bite so they are not dangerous to humans only plants.

What to look for:

- They start their feeding at the top of the plant, so each day, look for chewed or missing leaves. If you spot any, start looking for the culprit.
- Look on the top of your tomato leaves for dark green or black droppings, if you see any, start looking for this little creature.
- If any leaves or stems are wilted or hanging down, you may find white cocoons and

their nests nearby.

- If you see holes in leaves and severe defoliation, devoured flowers, and/or scarring on fruit surfaces, look for these green scary creatures.

Control & Prevention

- Handpicking is the best elimination for these critters. Yes, I know they are yucky so put on gloves and crush them unless you are squeamish then drop them in a bucket of soapy water. Better yet, if you have chickens, feed them to the chicks, they will love you for it.
- If the population of hornworms is very large or you have a large garden, then you might opt for insecticides such as Bt, (*Bacillus thuringiensis*). It is a stomach poison to the Hornworm once ingested. And it is organic!
- Insecticidal soaps will also kill Hornworms but the pest needs to come in direct contact with the product.
- Till your soil at the beginning and end of each gardening season to destroy any overwintering larvae, this should get about 90% of the larvae.
- There are beneficial insects which feed on Hornworms which act as a biological control. Parasitic wasps will lay their eggs on the back of the Hornworm and when they hatch, they feed on the Hornworm thus killing it. So if you see something that looks like little grains of rice on the back of a Hornworm, do not destroy it, move it safely far away and let the little baby wasps do their thing. (see picture)
- Try interplanting dill, basil or marigolds as companion plants with your tomatoes. Hopefully, this will help keep them away. I have dill, marigolds and basil by my tomatoes but I am still getting these little monsters.



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 or Facebook page Orange County Texas Mas-

Orange County Food Safety

Your Chicken Is No Longer Pink. That Doesn't Mean it's Safe to Eat.

Next time you cook chicken, don't rely on the color of the meat to tell you if it's cooked enough to avoid food poisoning.

As we wait out this pandemic, chances are you're at home, cooking. Perhaps you've baked a million loaves of bread and your sourdough starter is overflowing. If Google Trends is any indication of what comes next, after "banana bread" and "pancakes," people are seeking "chicken recipes."

Chicken is America's most popular meat. But undercooked chicken, when contaminated, is also a leading source of food-borne illness. So how do you avoid giving yourself and your isolation-mates food poisoning?

Many people, including Solveig Langsrud, a scientist at the Norwegian Institute of Food, Fisheries and Aquaculture Research, assume chicken follows a simple rule-of-thumb: Pink chicken turned white means "done." It's similar to how we cook other meats.

"Consumers can see that if you have a hamburger, and it turns from red to brown, it's approximately around the temperature where the meat becomes safe," said Dr. Langsrud.

But was this true? Did it line up with temperature recommendations?

As scientific literature offered no clear answer to her questions, Dr. Langsrud and her colleagues have identified common problems with recommendations and practices for cooking chicken safely at home. In a study published Wednesday in *PLOS ONE*, they showed that home cooks often follow intuition and color, disregarding temperature recommendations. Intuition and color sometimes aren't enough to ensure safety. These can be alleviated with a few expert tips.

To study how cooks at home follow safety recommendations, researchers filmed 75 households in five European countries. From a random but nonrepresentative sample, they also conducted an online survey of nearly 4,000 households in the same countries that say they cook chicken.

Worried that chicken would dry out, most home cooks determined doneness by color

and texture inside the meat, they found. Few bothered with thermometers, claiming they took too much time, were too complicated to use, didn't fit in the chicken or weren't necessary (although easy-to-use thermometers are inexpensive and widely available).

In additional lab experiments, the scientists injected raw chicken breast fillets with a cocktail of campylobacter and salmonella. These bacteria are common contaminants of chicken, and cause millions of sicknesses, thousands of hospitalizations and hundreds of deaths each year in the United States. They cooked the breasts on a commercial grill plate until they reached core temperatures ranging from 122 to 158 Fahrenheit (the World Health Organization's minimum temperature for safe chicken), and they discovered something surprising.

At 158 degrees, but not lower, bacteria inside the chickens' cores was reduced to safe levels, and when cut open its flesh appeared dull and fibrous, not glossy like raw chicken. But meat began changing from pink to white far below this threshold, and most color change occurred below 131 degrees Fahrenheit. Sometimes, the chicken's core would be safely cooked, but unsafe levels of bacteria still lingered on surfaces that hadn't touched the grill.

Many people think chicken is safe before it is, Dr. Langsrud said. Her advice?

You can check the core for fading pinkness, dulling glossiness and more apparent fibers, all signs of degrading proteins and cooking meat. But those alone won't bring you safety.

You're really better off buying a thermometer. Ask a salesperson how it works and where to measure temperature, said Bruno Goussault, a scientist and chef specializing in precise-temperature cooking at the Culinary Research and Education Academy in Paris and Washington, D.C. Dr. Goussault was not involved in the study.

Use it to "follow the temperature," he said, by measuring often. Temperature

still increases in the meat's core after it is removed from a heat source. Depending on thickness, a chicken breast's core temperature, for example, may increase 41 degrees Fahrenheit in the 10 minutes after it is removed from heat.

The United States Department of Agriculture's Food Safety and Inspection Service's guidelines for cooking chicken at home suggest a minimum core temperature of 165 degrees Fahrenheit. But using the same recommended temperature for legs and breasts can result in Thanksgiving turkey effect — dry breast and juicy drumsticks — because white meat cooks at lower temperatures than dark.

Americans still should respect these guidelines, says Dr. Goussault, but that doesn't mean we must settle for dry chicken. He prefers a sous-vide method that involves vacuum sealing and cooking in a water bath at exact temperatures to consistently arrive at beautiful, juicy and pathogen-free chicken. But you don't need to be a sous-vide master.

Try buying and cooking breasts and legs separately, Dr. Goussault said. Bring the breast's core to 165 degrees Fahrenheit, he said, and the leg to between 168.8 and 172.4 Fahrenheit.

And remember: Chicken surfaces need love too. Unless the inside of a chicken was contaminated during processing, the outside is where you'll find most bacteria. Boiling it, or searing it uniformly, will ensure heat kills all surface bacteria.

If you really want to safely gauge temperature for a whole chicken, insert a pop-up thermometer into the thickest part of the thigh before roasting it, Dr. Goussault suggests. By the time the probe pops, the breasts will have long cooked. They will likely be dry and far from his standards of culinary perfection. But you'll be sure to, as Dr. Goussault says in French, "dormir sur ses deux oreilles," or, figuratively, "sleep peacefully."

[nytimes.com/science](https://www.nytimes.com/science)



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TEXAS A&M
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Comparison of similar bugs – Assassin Bug, Leaf-footed Bug & Milkweed Bug

Good Bugs



Assassin Bug Nymph



Adult Assassin Bug

Bad Bugs



Leaf-footed Bug Nymph



Adult Milkweed bug



Leaf-footed Bug



Large Milkweed Bug Nymphs of Various stages of growth

Frozen Breakfast Quesadillas

Serving 3

3 eggs

1/2 cup canned black beans, rinsed and drained

1/2 cup canned corn, rinsed and drained

1/4 cup red onion, minced

2 tbsp. cilantro, chopped

3/4 cup reduced fat shredded cheddar cheese

1/2 tbsp. taco seasoning

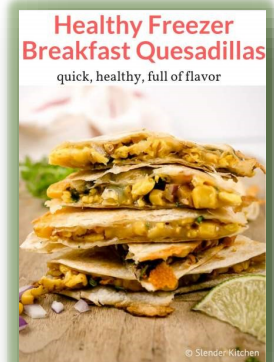
3 low carb tortillas

1. Whisk the eggs. Scramble in a skillet coated with cooking spray and set aside.
2. In a large bowl combine the black beans, corn, scrambled eggs, onion, cilantro, shredded cheese, and taco seasoning. Let cool completely (if freezing).
3. Place 1/3 of the mixture in each tortilla and fold over. For best results, place on a baking sheet and place in freezer for 1-2 hours. This helps remove any excess moisture.
4. Wrap individually in plastic wrap and store in the freezer for up to 3 months.

To reheat, take out the quesadilla and microwave 2-3 minutes until cheese is melted. To reheat in a skillet, first microwave for 1 minute to defrost and then warm in a skillet to get the outside nice and crispy. You can also heat it right in a skillet, just start on medium heat so the egg mixture can fully defrost.

Creating Different Flavor Combinations

- Cooked spinach, white beans, and cheddar cheese
- Diced bell peppers, tomatoes, and onions with pepper jack
- Refried beans, shredded zucchini, and mozzarella cheese
- Pinto beans, diced broccoli, and cheese
- Drained pico de gallo, black beans, and corn
- Fresh jalapenos, sundried tomatoes, and Mexican cheese



Nutrition Facts: 1 quesadilla

Calories 275, Total Fat 10.1g, Saturated Fat 4.1g, Cholesterol 82mg, Sodium 659mg,
Total Carbohydrate 26.8g, Dietary Fiber 9.8g, Sugars 2.9g, Protein 19.8g

SlenderKitchen

TIPS FOR A HEALTHY BREAKFAST

- **Choose a breakfast that includes:**

- Whole grains
- Protein
- Fruit or vegetables

This will keep you satisfied, energized, and focused throughout the day.

- **Plan it out!** - Planning is key! Create a menu of breakfast options for the week.

- **Prepare the night before**- Saves time and reduces chance of choosing unhealthy options

- **Visit our Dinner Tonight website** at dinnertontight.tamu.edu for a list of healthy breakfast options



TEXAS A&M
AGRI
LIFE
EXTENSION



FAMILY AND
COMMUNITY HEALTH
TEXAS A&M AGRILIFE EXTENSION

TEXAS A&M
AGRI
LIFE
EXTENSION
DISTRICT 10

Homemade Butter

Kid's Activity #6

Ingredients:

- 2 cups heavy cream
- ¼ tsp. salt

Directions:

Pour cream into food processor and process for about 10 minutes. Look for the butter to separate from the liquid and solidify. The leftover liquid is buttermilk. Add salt to taste.

Alternatively, you can make butter in a mason jar. Fill jar half way full with heavy cream. Shake, shake, shake and shake some more. After just a few minutes, you'll have whipping cream. Keep shaking until you hear the solid butter form. Pour the butter into a colander and rinse cold water over your butter. Then squeeze with your hands to form into a ball. You can even press it into a mold for a prettier butter.

Written and Submitted by Gretchen L. Sanders

Quinoa Breakfast Bowl

Servings: 4 Bowls

- * 4 large eggs
- * 2 teaspoon apple cider vinegar
- * 1/2 large ripe avocado
- * Juice of a half lemon
- * 2 cups cooked quinoa



- * 1/3 cup crumbled feta cheese fat free
- * 1/2 teaspoon chili flakes
- * 1/4 teaspoon sea salt
- * 1/4 teaspoon black pepper

Poach an Egg

To poach an egg, fill a pan with approximately two inches of water, add 2 teaspoons of vinegar and simmer over medium heat. While the water is heating, crack cold eggs into a small ramekin or boil and have them ready to pour into the pan. Once the water is simmering, use a utensil to stir the water to create rotation. Stop stirring and carefully drop the egg into the center of the whirlpool. Turn off the heat, cover the pan and let the egg poach for 5 minutes. Once time is up, remove the egg with a slotted spoon. Tip: poaching works best with no more than two eggs in the pan at a time.

Quinoa Bowl

Mash avocado and squeeze in fresh lemon juice. Add salt and pepper.

Prepare your breakfast bowl with cooked quinoa following the cooking instructions on the package.

Layer your bowl with quinoa, avocado, a poached egg, cheese and seasoning.

Optional: Cook a couple of low sodium bacon strips until crispy, crumble over breakfast bowls.*

Nutrition Facts: Calories 230, Total Fat 10g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 185mg, Sodium 220mg, Total Carbohydrate 23g, Dietary Fiber 4g, Total Sugars 1g, Protein 13g.

*Adding bacon will change the nutritional value of the Quinoa Breakfast Bowls & nutrition facts label.

How can I help my child **SUCCEED** in school?



Stay involved and feel free to contact your child's teacher with any questions or concerns.

Ask your children about school and encourage them to talk about their day.

Do not talk negatively about your child's teacher or school.

Read with your child every night.

Make sure your child is getting plenty of sleep and is ready for school each day.

Help your child with his/her homework every night.

Teach your children to be responsible for their actions and their schoolwork.

fun-in-first.blogspot.com

SOCIAL DISTANCING GREETINGS

ELBOW BUMP

FOOT BUMP

WAVE TO EACH OTHER

HIP BUMP

SPIRIT FINGERS

**TELL ME
AND I FORGET
TEACH ME
AND I REMEMBER
INVOLVE ME
AND I LEARN**

BENJAMIN FRANKLIN

» — you are — «

BRAVER
than you believe

STRONGER
than you seem

SMARTER
than you think

AND LOVED
more than you know

Did you know there are 11 different ways to cook an egg?

Making hard-boiled eggs might seem easy. However, there is a proper way of making the perfect boiled egg. Follow these easy steps and check out our video on making the perfect boiled egg every time.

1. Place eggs in a medium pot.
2. Fill the pot halfway with water.
3. Boil over medium-high heat for 8-10 minutes.
4. Drain, then add ice to cool eggs and stop continued cooking.
5. Peel, season, and enjoy in your favorite recipe or on top of a salad with dinner tonight.

Special Note: Remember food safety when boiling eggs. It is not recommended to pierce the egg with a needle before boiling. This can introduce bacteria into the egg before and during cooking. Also, never microwave eggs in the shell, the egg will explode in the microwave oven.

How to Poach an Egg

Poaching allows you to prepare a delicate yolk, which is perfect for breakfast foods, without adding calories from fat like many other cooking methods!



1. Heat the water: Add enough water to come 1 inch up the side of a narrow, deep 2-quart saucier. Add 1 teaspoon kosher salt and 2 teaspoons white vinegar and bring to a simmer over medium heat. Meanwhile, crack 1 very fresh cold large egg into a custard cup or small ramekin. Use the handle of a spatula or spoon to quickly stir the water in one direction until it's all smoothly spinning around.
2. TIP: Use this whirlpool method when poaching a single serving (one or two eggs). For bigger batches, heat the water, salt, and vinegar in a 12-inch nonstick skillet and do not stir.
3. Add the egg: Carefully drop the egg into the center of the whirlpool. The swirling water will help prevent the white from "feathering," or spreading out in the pan.
4. Let it poach: Turn off the heat, cover the pan, and set your timer for 5 minutes. Don't peek, poke, stir or accost the egg in any way.
5. Lift it out: Remove the egg with a slotted spoon and serve immediately. Alternatively, move the egg to an ice bath and refrigerate up to 8 hours. Reheat in warm water just before serving.

How to Freeze Eggs for Later Use

Freezing is a great way to preserve excess eggs and reduce the amount of food we waste. Here is a safe, quality tested way to do it from the National Center for Home Food Preservation:

Preparation – Select fresh eggs and break each separately into a clean saucer. Examine each for freshness and remove any pieces of shell before mixing with other eggs.

WHOLE EGGS – Thoroughly mix yolks and whites. Do not whip in air. To prevent graininess of the yolks, add 1-½ tablespoons sugar, 1-½ tablespoons corn syrup OR ½ teaspoon salt per cup whole eggs, depending on intended use. Strain through a sieve or colander to improve uniformity. Package, allowing ½-inch headspace. Seal and freeze.

Another method of freezing a whole-egg mixture is to use ice trays. Measure 3 tablespoons of egg mixture into each compartment of an ice tray. Freeze until solid. Remove frozen cubes, and package in moisture-vapor resistant containers. Seal and freeze. Three tablespoons of the egg mixture (one cube) equal one whole egg.

EGG YOLKS – Separate eggs. Stir yolks gently. To prevent graininess, add 1-½ tablespoons sugar, 1-½ tablespoons corn syrup OR ½ teaspoon salt per cup of egg yolks, depending on intended use. Strain through a sieve. Package, allowing ½-inch headspace. Seal and freeze. One tablespoon of the yolk mixture equals one egg yolk.

EGG WHITES – Gently mix whites; do not whip. Strain through a sieve. No sugar or salt is needed. Package, leaving ½-inch headspace. Seal and freeze. Two tablespoons of the egg-white mixture equal one egg white. No matter which method of freezing you use, be sure to date the container with the date you made them.



DINNER TONIGHT INGREDIENT OF THE WEEK Eggs



VARIETY

White and brown eggs do not differ in nutrition or quality



HEALTH FACT

Contain 13 essential vitamins & minerals



STORAGE

Store below 45 F. Can be safely frozen with proper methods.



Backyard Eggs: Tips for cleaning and storing eggs

Stay safe and get the most out of your hen's eggs.

It's a good time to talk about food safety, e.g. handling and storage now that your backyard flock is laying eggs or getting close to laying, said Texas A&M AgriLife Extension expert.

Craig Coufal, Ph.D., AgriLife Extension poultry specialist, College Station, said handling, cleaning and storing eggs safely is important to prevent foodborne illnesses related to poultry.

"These are our best recommendations on handling eggs from the nest to storage," he said. "They're meant to prevent cross contamination and preserve egg quality until they're used."

Coufal also produced a webinar series that provides a full range of information regarding backyard flocks, egg production and recommendation egg handling.

Collection clean eggs

Coufal said clean eggs start in the coop. Remove chicken waste, sanitize roosts and nest boxes, and replace nesting litter regularly.

It's a good idea to prevent hens from roosting in the nest boxes at night, Coufal said, to reduce waste accumulation. Clean out nest boxes regularly to reduce egg contamination.

- Well-maintained nests also reduce egg breakage
- Collect eggs as soon and often as possible.
- Prompt collection of eggs reduces the likelihood they will be broken or become dirty

"Collecting eggs twice a day or once a day at minimum will translate into cleaner, fresher eggs," he said. "The quicker you get those eggs cleaned and stored in the refrigerator the better."

Cleaning eggs

Eggs are porous and have active bacteria on the outside, so they should not be dipped or soaked in soapy water, Coufal said.

- Wash-water must be warmer than the egg
- Avoid using dish soap or scented cleaning solutions
- Rinse eggs with clean water that is slightly warmer than the wash-water
- Eggs should be allowed to air dry and then stored

Storing eggs

- Refrigerate as soon as possible
- Eggs should be stored at or below 45 degrees.

There is a lot of discussion about room-temperature versus refrigeration," he said. "Eggs naturally degrade more rapidly at room temperature. An egg stored at room temperature might be edible for only three weeks compared to 15 weeks if it's refrigerated."

AgriLifeToday



New Texas Superstar brochure updates highlighted plants

Go-to source for gardeners, industry professionals alike



The new Texas Superstar guide to strong and stunning plants for Texans, created by Texas A&M AgriLife Research, the Texas A&M AgriLife Extension Service and the Texas Department of Agriculture, is now being distributed throughout the state.

The 2020 Texas Superstar brochure is available online. Hard copies are being sent to AgriLife Extension offices around the state, through regional and county Master Gardener programs, and they are available by request.

To be designated a Texas Superstar, a plant must be beautiful and perform well for consumers and growers throughout the state. Superstars must be easy to propagate, which should ensure the plants are not only widely available throughout Texas but also reasonably priced.

A nine-person board chooses plants for Texas Superstar marketing campaigns. The Texas Superstar Executive Board is made up of a variety of AgriLife Research, AgriLife Extension and Texas Tech University experts specializing in fields of horticulture, plant physiology and other disciplines.

Input from board members, county horticulturists, arboretum and botanical garden personnel, horticultural writers and landscape designers is considered during the selection process.

Brent Pemberton, Ph.D., AgriLife Research horticulturist in Overton, said the new brochure represents a collective effort between the state agencies and the landscape and nursery industry to provide information to help industry professionals and the gardening public make sound, science-based decisions about the products.

“It’s become an important educational tool for industry folks and the public and for our Master Gardeners around the state who go out there and provide informational programs,” he said.

The Texas Superstar program began as a regional program in the early 1980s and became a statewide effort in 1989. The name Texas Superstar was coined in 1997. The designation was applied to all the statewide promotions and has been used ever since.

The newest brochure features dozens of Texas Superstar selections and provides recommendations for gardeners to create the best environment for those plants to perform.

Brochure is go-to source

Scott Sroufe, the Texas Department of Agriculture’s Go Texan marketing coordinator, Austin, said the Texas Superstar program continues to be an incredibly successful way to promote ornamental varieties that perform best in the Lone Star State. The Texas Superstar brochure itself has become the go-to source for growers, amateur gardeners, nurseries and retailers and is an incredibly valuable reference for landscape industry professionals.

Sroufe said landscape companies use the brochure to help homeowners, especially those who have moved to Texas from other regions of the U.S., identify plant varieties that perform best here.

“Landscape companies have customers who want to plant varieties they planted in California and Florida or Wisconsin and were

not having success,” he said. “They hand them the brochure, and that gives the homeowners a wide range of ornamental plants to pick from that they can rely on and enjoy.”

The brochure is typically updated every two to four years, Sroufe said. The department distributed more than 40,000 copies of the 18-page 2016 version of the Texas Superstar brochure over its four-year run. The brochure continues to be funded by a U.S. Department of Agriculture Specialty Crop Block Grant.

The 2020 printing includes 40 pages featuring just under 80 ornamental plant varieties designated as Texas Superstars, he said.

“We send copies to nurseries and retailers interested in distributing the brochure and typically hand out thousands of them at landscape and gardening expos around the state,” he said. “COVID-19 is a challenge, but we want to do everything we can to make sure the updated brochure gets into the hands of professionals and amateurs who want and need them.”

Texas Superstars set the standard

Amy Graham, Texas Nursery and Landscape Association president, Austin, said industry growers, landscapers and ultimately the public rely on the efforts of AgriLife Research and AgriLife Extension to determine how plants will perform around the state and in what conditions they perform best.

“We know these plants are Texas tough as a result of what AgriLife Research and AgriLife Extension provide the industry,” Graham said. “Industry professionals know they can rely on a plant when they see the Texas Superstar label.”

She said years of rigorous plant trials that certify plants as a Texas Superstar helps set a standard and differentiate new plants and reintroduce previously overlooked selections. The program gives direction for growers and a marketing tool for growers with highlighted plants.

Graham said partnerships with AgriLife Research, AgriLife Extension, Texas Tech University and the Texas Department of Agriculture make the industry stronger, and the success of the Texas Superstar program highlights that cooperation.

“We want to see the science behind products we take positions on,” she said. “Our industry and ultimately our customers rely on experts, and when ornamental and landscape plants test well across the state, we take notice.”

Pemberton said the program has evolved and flourished because of these cooperative efforts.

“It’s a program that I think everyone is very proud of, and one that we all can see the positive impact it makes for growers, the nurseries and the consumers,” he said.

Texas Superstar is a registered trademark owned by AgriLife Research, a state agency that is part of the Texas A&M University System. A list of wholesalers and retailers who stock Texas Superstar plants and labels is also available online.

AgriLife Today

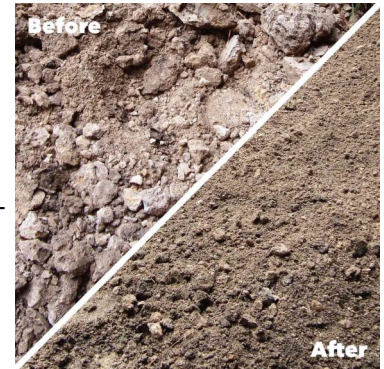
Visit the website below to view or download the 2020 Texas Superstars.
<https://texassuperstar.com/plants/>

Quoted by Reader's Digest, a Texas A&M AgriLife Extension Service horticulturist explains what to do when clay soil is mushy when wet and hard as concrete when dry.

“Gumbo” soil won’t drain

Problem: “Our clay soil is mush when wet and like concrete when dry, and nothing will grow in it.”

Reader solution: “We’re in the process of amending our soil with expanded shale. It’s a gravel-size rock that’s pumped full of air. It aerates heavy clay soil, which makes it easier to work [with] and helps it drain better. I’ve already noticed that the part of the garden we’ve done drained much better than the rest of the garden during the last rain.” — Sue Blackburn



Expert input

Sue has definitely done her research. According to Steve George, a horticulturist at the Texas Cooperative Extension service, your clay soil can benefit from expanded shale if it’s heavy and sticky when wet “and gets deep cracks when it’s dry in the summer.” Plants don’t grow well in clay soil because they don’t get enough oxygen. Expanded shale creates cavities in the soil to hold both air and water. George recommends adding three inches of 1/4-inch to 3/8-inch shale, along with three inches of compost, and tilling them into your soil six to eight inches deep. Then cover your garden bed with a three-inch layer of mulch.

The good news about expanded shale is that unlike other amendments such as compost or fertilizer, you only need to add the shale to your garden beds once. After that, you’ll never need to add compost or commercial fertilizer again. The bad news is that expanded shale costs more than compost (about \$10 for a 40-lb. bag; slightly less if you buy it in bulk). But according to George, it’s worth it. “Using expanded shale is just so much better. It makes it fun to garden in clay.”

To read the full article on 17 Lawns Mysteries Explained (and How to Fix Them) visit <https://www.rd.com/list/lawn-mysteries-explained>



Program is FREE unless CEU credit is requested. If CEU credit is needed, cost is \$10.
Program will be presented on-line via Microsoft Teams.
To Register, please email Chris Lambert at christopher.lambert@ag.tamu.edu

For CEU credit, please make check or money order payable to 'Bexar County Ag and Natural Resources Committee' and mail to 3355 Cherry Ridge, Ste 212, San Antonio, TX 78230

Managing Hay and Pasture Insect Pests



Tuesday, August 18th, 2020

12:00 PM – 1:00 PM

Sponsored by Bexar Co. Agriculture & Natural Resources Committee

1 Hour of IPM CEU

Topics Included

- ❖ Welcome and Introductions
Sam Womble - County Extension Agent Ag/NR, Bexar County
- ❖ Managing Hay and Pasture Insect Pests
Vanessa Corriher-Olson, Ph.D. - Associate Professor & Forage Extension Specialist, Texas A&M AgriLife Extension
Soil & Crop Sciences Department

BE PREPARED

Emergency Preparedness Checklist



The next time disaster strikes, you may not have much time to act. Prepare now for a sudden emergency.

Learn how to protect yourself and cope with disaster by planning ahead. This

checklist will help you get started. Discuss these ideas with your family, then prepare an emergency plan. Post the plan where everyone will see it—on the refrigerator or bulletin board.

For additional information about how to prepare for hazards in your community, contact your local emergency management office at **409-882-7895**

Local Emergency Information

County Judge John Gothia
409-882-7070

Emergency Management Office
409-882-7895

Orange County Sheriff's Office
409-883-2612

Police Departments
409-883-1026 (Orange)
409-769-4561 (Vidor)
409-735-5028 (Bridge City)
409-883-0059 (West Orange)
409-886-2221 (Pinehurst)

Precinct Barns:
409-746-2593 (Pct. 1)
409-745-2223 (Pct. 2)
409-882-5308 (Pct. 3)
409-769-6724 (Pct. 4)

Orange County Public Health
409-745-9746

Orange County Floodplain
409-745-1463

Orange County Disaster Rebuild
409-745-9719

Emergency Checklist

- Photo/video the inside, outside and contents of your home pre-storm
- Photo/video the inside, outside and contents of your home post-storm (if sustained damage)
- Fill your gas tank(s)
- Wash all clothes and towels
- Grab some cash
- Keep photocopies of IMPORTANT DOCUMENTS in a sealing, water-tight bag:**
 - Birth Certificates
 - Driver's License
 - Social Security Cards
 - Health Insurance Docs
 - Home/Car Insurance Docs with your agent's contact information
 - Shot Records
 - Power of Attorney Docs
 - Marriage/Adoption Paperwork
 - Proof of Current Address
 - Recent Utility Bill
 - Other Important Records
- Secure outside items that could become flying debris
- Save ALL RECEIPTS
- Keep family records in a water and fire-proof container.

Prepare a Disaster Supplies Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffle bag.

Include:

- A supply of water - 1 gal. per person per day
- A supply of non-perishable packaged or canned food and a non-electric can opener
- A change of clothing, rain gear and sturdy shoes
- Blankets or sleeping bags
- A first aid kit and prescription medications
- An extra pair of glasses
- A battery-powered radio, flashlight and plenty of extra batteries
- Credit cards
- Plastic Tarps, Rope, Bungee Cords, Duct Tape
- A list of family physicians
- A list of important family information; the style and serial number of medical devices such as pacemakers
- Special items for infants, elderly or disabled family members
- Pet Supplies

Tip #1



Make an Emergency Plan

Hurricane Preparedness Tip #2



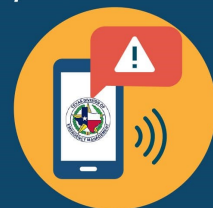
Gather supplies for a go-kit

Hurricane Preparedness Tip #4



Know your Evacuation Zone

Hurricane Preparedness Tip #3



Sign up for Alerts and Warnings

Non-Profit Org.
 US Postage
 PAID
 Orange, TX
 Permit #12

Return Service Requested

DOCUMENT THE OUTSIDE, INSIDE, CONTENTS

Your photos can save you THOUSANDS of dollars!



Remember: Pics = Proof!
Photos Are Essential!

OUTSIDE

- Street view of front of house
- ALL sides of house with foundation
- Waterline mark clearly defining height

INSIDE

- All walls EACH ROOM
- Ceiling and floor EACH ROOM
- Waterline mark EACH ROOM

CONTENTS (As many as needed)

- Every piece of personal property you are throwing away
- Inside cabinets + drawers
- Front & back of all appliances & electronic items WITH model and serial numbers

IF SAFE, keep SAMPLES of the following:

- Carpet + floor coverings
- Base trim, crown trim, chair-rail trim
- ANY custom, unusual, or high-end materials