



Orange County AgriLife Newsletter September 2020

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Family & Community Health
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Office 409-882-7010

4-H Pecan Fundraiser

**We are now accepting
pre-orders!**

**See page 4 for the flyer.
Thank you all for always
supporting
Orange County 4-H
Youth.**



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



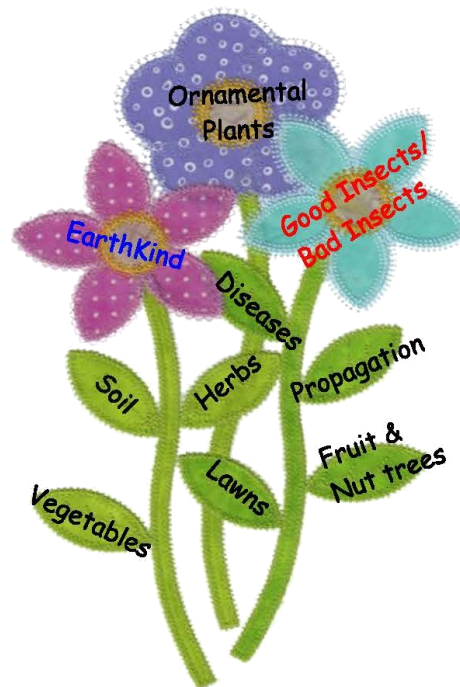
Texas A&M
AgriLife Extension
Orange County



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 9, 2020
During the Poultry and Rabbit Show

All entries will be on display
throughout the day
Saturday, October 10, 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



Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. Anyone needing special assistance at an Extension Program should contact the Texas AgriLife Extension Office at 409.882.7010 at least one week prior to the program or event.

Orange County 4-H Annual Pecan Fundraiser



PRE-ORDER DEADLINE
OCTOBER 9th Thanksgiving order & NOVEMBER 6th Christmas order



Plain Pecans Pieces OR Halves

- 1 lb. bag \$11
- 3 lb. box \$29
- 5 lb. box \$47

Samplers

- 1 lb. Pecan Sampler \$14**
White Chocolate, Chocolate, Cinnamon & Praline Halves
- 2 lb. Pecan Sampler \$25**
Chocolate, White Chocolate, Amaretto, Cinnamon, Pina Colada & Praline Frosted

Peanuts & Specialty Nuts

- 12 oz Chocolate Peanuts \$5
- 12 oz Honey Roasted Peanuts \$4.25
- 1 lb. Hot and Spicy Peanuts \$3.25
- 1 lb. Roasted and Salted Cashews \$9
- 1 lb. Walnuts \$8 1 lb. Raw Almonds \$8
- 1 lb. Roasted and Salted Pistachios \$9

Baskets

- 1 lb. Texas Wicker Basket \$21**
Chocolate & White Chocolate Mixed
- 3.5 lb. Round Wicker Gift Basket \$47**
1/2 lb. each of Milk Chocolate Pecans, White Chocolate Pecans, Praline Frosted Pecans, Texas Deluxe Mix and Hunter's Mix
- 3.94 lb. Big Tex Gift Basket \$63**
Texas shaped basket filled with 11 oz. Pecan Topping, 12 oz. each of Milk Chocolate Pecans, White Chocolate Pecans, Praline Frosted Pecans and 1 lb. Raw Pecan Halves.

Frosted or Flavored Pecans 12 oz. bag

- Chocolate Covered or White Chocolate or Chocolate Toffee Covered **\$8.50**
- Praline Frosted or Amaretto Frosted **\$8.50**
- Cinnamon Frosted or Honey Toasted Glazed **\$8.50**
- Sugar Free Chocolate (contains Malitol) \$9

Specialty Mixes

- Texas Deluxe Nut Mix \$9**
Pecans, Cashews, Almonds and Brazil Nuts
- Hunter's Mix \$6**
Cashews, Cocktail Peanuts, Sesame Sticks, Sesame Seeds, Natural Almonds, Fancy Pecan Halves, Peanut Oil and Salt
- California Mix \$6.50**
Almonds, Walnuts, Dried Apricots, Diced Dates, Banana Chips, Seedless Raisins, Coconut Chips, Cashews and Sunflower Seeds
- Trash Mix \$4.50**
Sesame Sticks, Jumbo Runner Peanuts, Pretzels, Hot and Spicy Peanuts, Peanut Oil and Salt
- Fiesta Mix \$4.50**
Bar-B-Que Corn Sticks, Taco Sesame Sticks, Nacho Cheese and Hot & Spicy Peanuts
- Cran-Slam Mix \$7**
Dried Cranberries, Raw Walnut Pieces, Roasted and Salted Sunflower Seeds, Roasted and Salted Pumpkin Seeds, Diced Pineapple and Black Raisin
- Mountain Mix \$6**
Roasted and Salted Cashews, Roasted and Salted Peanuts, Roasted and Salted Almonds, Raisins and M&M's

To place your order Call one of the numbers listed below or you can order through any Orange County 4-H Member

Clay Busters 4-H 409-767-6222 Dusty Trails 4-H 409-988-4873

Mighty Pirates 4-H 409-474-2811 or 409-201-8523

OC 4-H Judging Club 409-679-2441

Orange County 4-H Office 409-882-7010





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>

STRESS BUSTERS

STEADY BREATHING
Relaxation activities, such as meditation, guided imagery, or breathing exercises can help to calm anxiety or stress.

SOCIALIZE WITH LOVED ONES
Socializing with friends and loved ones can offer emotional support during stressful situations

REACH FOR NUTRITION
If stress has you craving crunchy foods, reach for lower calorie, healthful foods such as carrots, celery, or plain popcorn. Find healthy snack recipes on our website DinnerTonight.org

SEEK TREATMENT IF CHRONIC
Consider seeking professional help. Stress can be debilitating. Counselors and other health care providers can offer treatments to help combat stress.

Source: <https://www.eatright.org/health/wellness/preventing-illness/lifestyle-and-managing-stress>

Orange County Food Safety

Parasite striking Texas with both in-state and national outbreaks

Texas has two.

Texas is one of 28 states and New York City that is part of the “domestically-acquired” Cyclosporiasis outbreak being experienced nationally. And, according to Austin Public Health, the Lone Star State has another outbreak of Cyclosporiasis going in the Austin-Travis County area.

“While we may be in COVID-19 season, we cannot forget the other diseases and infections that are commonly present in our community,” said Janet Pichette, APH Chief Epidemiologist. “And as we have said time and time again, there are ways to prevent many of these diseases and infections, including Cyclosporiasis – thoroughly wash fresh produce, wash your hands after handling fruits and vegetables, and separate products from raw meat and seafood.”



For the Austin-Travis County outbreak, the local epidemiologic team reports 82 cases with the earliest symptom onset reported on June 1. For the national outbreak, the case count stands at 779, including 49 hospitalizations dating back to May 1.

All sickened are sickened by the Cyclospora, a parasite consisting of only one cell but able to cause the intestinal infection called cyclosporiasis. It spreads when people consume something contaminated by feces. The parasite needs a week or two after being passed by a bowel movement to become infectious in another person. That makes it unlikely that it is spread directly from one person to the next.

Typically, Cyclospora infections were thought to be acquired during travel in tropical areas, where it is known to reach endemic levels. In recent years, Cyclospora outbreaks in the U.S. have been traced back to mostly—but not exclusively—imported fresh produce. In 2018, Fresh Express supplied Cyclospora-laced salads grown in the U.S. to McDoanlds locations, causing an outbreak.

Cyclospora symptoms can include diarrhea, frequent bowel movements, loss of appetite, weight loss, stomach cramps, bloating, gas, nausea, and fatigue. Anyone who suspects an infected should seek medical attention – if not treated, the illness may last anywhere from a few days to more than a month.

Cyclosporiasis infection can be prevented by following safe fruit and vegetable handling guidelines:

- **Wash:** Wash hands with soap and warm water before and after handling or preparing fruits and vegetables. Also wash cutting boards, dishes, utensils, and countertops with soap and hot water between the preparation of raw meat products and the preparation of fruits and vegetables.
- **Prepare:** Wash all fruits and vegetables thoroughly under running water before eating, cutting, or cooking. Scrub firm fruits and vegetables, such as melons and cucumbers, with a clean produce brush. Cutaway any damaged or bruised areas on fruits and vegetables before preparing and eating.
- **Store:** Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within two hours. Separate fruits and vegetables from raw meat and seafood.

Nationally, the Centers for Disease Control and Prevention (CDC) and the U.S. Food and Drug Administration (FDA) are also investigating a multistate outbreak of Cyclosporiasis infections related to bagged salad mix.

foodsafetynews.com



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

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

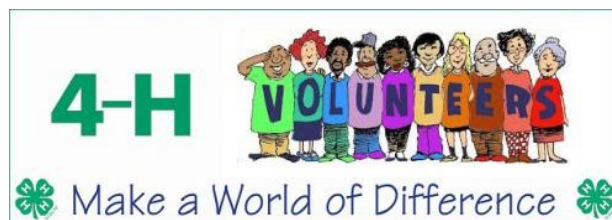
County 4-H Council identify needs, leadership, opportunities and idea exchange and mutual support to all 4-H clubs. They plan county-wide service projects and activities and receives guidance from ALA. All enrolled youth are encouraged to be a part of County Council, attend meetings to provide input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



Join us Thursdays in
October and November
(OCT 1, 8, 15, 22, 29. NOV 5, 12, 19)

Beginning at 5:30 PM

Orange County Event and
Expo Center
11475 FM 1442 Orange, TX
77630

For Questions or to R.S.V.P
Call: 409-882-7010

Discussion Topics:

- Exercise Tips
- Beneficial Food
- A Healthier Body & Much More



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

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

YMBL South Texas State Fair

- ⇒ \$25 entry fee per animal.
- ⇒ 4-H office entry deadline for Steers & F-1 Heifers: Tuesday, September 15, 2020
- ⇒ Fair dates: March 25 - April 4, 2021

October Heifer Validation for Spring Shows

- ⇒ Heifers remain eligible (and do not need to be revalidated) for the remainder of their show career unless they change breed or ownership.
- ⇒ Single ownership by the owner must be by November 1, 2020.
- ⇒ 4-H office deadline to order UIN tags: Tuesday, September 15, 2020.
- ⇒ Heifers will be charged per heifer uploaded in the system at \$15 per head. You are not charged for the number of UINs you order.

2021 Major Show Swine Tag orders and information

- ⇒ NEW: All gilts showing in the 2021 Houston Livestock Show and Rodeo Junior Purebred Gilt Show must be validated which includes tagging and uploading of registration papers per the guideline of the Houston Livestock Show and Rodeo.
- ⇒ All registered (purebred) gilts showing in the 2021 HLSR Junior Purebred Gilt Show must be validated. In addition to being tagged, Registration papers must be uploaded. Gilts must be registered in the Herd Book of their Association in only the name of the junior owner (exhibitor) on or before December 1, 2020. They will not accept a family validated or family-registered gilt of any kind as a valid entry.
- ⇒ Major Swine Tags \$15 per hog validated.
- ⇒ 4-H office deadline to order tags: Friday, September 25, 2020.

4H Paper Clover Campaign Fall 10/7 - 10/28

Each Spring and Fall, Tractor Supply will help raise money for 4-H programs with the Paper Clover Campaign, a national in-store fundraiser that benefits 4-H programming.

As things change very rapidly right now, it's too early to say if it will be possible for 4-H clubs to be in store. But regardless that will be state/community level decision. There is no pressure for kids to be in store.

We still want to have a 4-H presence even if we can't physically be there. Be thinking of contactless ways you can promote in your local store, things like creating a display board. A list of ideas is being compiled and will be shared soon.

Contribute during our 2020 fundraisers by

Donating online at checkout when making a purchase on tractorsupply.com. (Donations will be assigned to states based on the shipping location).

Donating by phone when you call TSC Customer Solutions at 877-718-6750



Orange County Food Safety

New Orleans Beignets

By Micah A Leal

On my first visit to New Orleans, I popped over to the historic Café du Monde to grab a paper bag of beignets and a takeaway cup of coffee. I walked to the water's edge to watch the sky at dusk over the Mississippi River, a couple buskers singing a few yards away. Like an first-timer, I made the mistake of inhaling as I bit into the beignet, coughing powdered sugar all over myself. But it was worth it. The warm yeasted dough must've been fried minutes beforehand, and the sweet crispy outside gave way to an airy interior that smelled and tasted like heaven. Beignets are cut into squares, which mean the corners becomes slightly crispier than the rest of the pastry—those fried corners alone make beignets a legitimate rival to any circular doughnut. Year later, I tried this easy beignets recipes and was transported back to that May evening on the Mississippi. Made from a simple yeast mixture, evaporated milk, shortening, eggs, and flour, the dough only takes a few minutes to throw together, but the secret is letting the dough sit in the refrigerator overnight. This time in the fridge allows the yeast to develop slowly, making a particularly fluffy and flavorful beignet.

Beignets

- 1 1/4oz. Envelope active dry yeast
- 1 1/2 cups warm water (105° to 115°), divided
- 8 tablespoons granulated sugar
- 1 cup evaporated milk
- 2 eggs, lightly beaten
- 1 teaspoon salt
- 4 tablespoons vegetable shortening
- 7 cups bread flour
- Vegetable oil

**Step 1**

Yeast Mixture: In stand mixer bowl, mix together 1 packet of yeast with 1/2 cup warm water. Add granulated sugar, stir, and let sit for 5 minutes until foamy. Add eggs, salt, evaporated milk, and sugar.

Step 2

Dough: In a separate bowl, mix together shortening and hot water until melted. Add shortening mixture to yeast mixture along with 4 cups bread flour. Using hook attachment, mix until smooth. Gradually add 3 cups more bread flour, and beat until a sticky dough forms. Transfer to a lightly greased bowl, turning dough to grease entire surface. Once complete, cover and refrigerate for 4 to 24 hours.

Step 3

Beignets: fill Dutch oven with 2 to 3 inches of vegetable oil. Heat to 350°F to 360°F. Roll dough to 1/4 inch thickness, cut into 2 1/2 inch squares, and fry in oil until browned and puffy (2 minutes each side). Drain on paper towels. Immediately dust with powder sugar.

southernliving.com



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

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County Extension Agent
Family & Community Health
Orange County

Orange County 4-H Invites ALL

Orange County youth

Ages 8-18 to join our 4-H !



Come by our office

Located inside the

Orange County Convention & Expo Center

On FM 1442 Orange

Starting Monday September 14th

The first 15 youth ages 8-18 who are enrolled in school, public, private or homeschool that come by the Information booth located in our office foyer will receive their very own craft bag to build a sprout house.

Office Hours

Monday-Friday

8 am to 12 noon

1 pm to 5 pm



Questions, Call the
AgriLife Office
409-882-7010



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Orange County Food Safety

Four steps to safer food at home, at school,, at work and at play

September is Food Safety Education Month: Each week we will post educational material about food safety. Some is for consumers, some is for educators, all is targeted on reducing foodborne illness.

This month take an active role in preventing foodborne illness, also known as “food poisoning.” The federal government estimates that there are about 48 million cases of foodborne illness annually – that’s about 1 in 6 Americans each year. Each year, these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths. Following simple food safety tips can help lower your chance of getting sick.

National Food Safety Education Month Resources

FDA has resources to help encourage you and your community to put food safety first.

- **Safe Food Handling** – Follow these four key steps to food safety.
- **Food Safety in Your Kitchen** – Get tips for food safe shopping, storage, and meal prep.
- **People at Risk of Foodborne Illness** – Learn what groups are more at risk for foodborne illnesses.
- **Food Safety for Pregnant Women** – Find food safety information for before, during, and after pregnancy.
- **Everyday Food Safety for Young Adults** – Learn about food safety whether you’re cooking at home, dining out, or eating ready-made meals on the go.
- **Education Resource Library** – Find printable educational materials, videos, and more!
- **Continuing Medical Education Program** – Learn how to identify, treat, and report foodborne illness.
- **Science and Our Food Supply** – Bring food science into your middle and high school classrooms.
- **Consumer Food Safety Educator Evaluation Toolbox and Guide** – Get tips, tools, and examples to plan, develop, and evaluate food safety programs and activities.

Social Media Resources

Help us to spread the word about the importance of food safety. Use these Twitter and Facebook messages to show your support for Food Safety Education Month and to encourage your community to keep food safe.

Sample Tweets

Learning the do’s and don’ts of food-safe meal prep can help avoid foodborne illness. Start in the kitchen, putting **#foodsafety** into practice to protect you and your family. <http://go.usa.gov/xV2YK> **#NFSEM**

#CLEAN – Rinse fruits and veggies under running water. Slicing or dicing? Scrub ‘em anyway– germs can jump from rinds to the insides during cutting and peel-

ing. <https://go.usa.gov/xVT3t> **#NFSEM**
#COOK – When you’re cooking you can’t tell if it done just by looking. Use a food thermometer to make sure it’s safe to eat. <https://go.usa.gov/xVT3d> **#NFSEM**

#SEPARATE – No yolking around! Storing eggs on the fridge door can expose them to uneven temperatures. Here’s where you should store them instead: <https://go.usa.gov/xVT3G> **#NFSEM** **#FoodSafety**

#CHILL – Keep your cool – especially when it comes to grocery, leftovers, & food delivery items. Your fridge should be 40 degrees F or less, the freezer zero degrees F or less. <https://go.usa.gov/xVT3A> **#NFSEM**

Sample Facebook Posts

Think food poisoning is just a little upset tummy and will pass? Not always. Sometimes foodborne illness is serious & even life threatening. We’ve got short video stories from 3 people that speak from experience! <https://go.usa.gov/xV2ry> National Food Safety Education Month

Looking for free food safety information? Whether a consumer, teacher of middle & high school students, or a food service worker, you’ve come to the right place! Check out our resource library to find free education materials, printable posters, and videos. <https://go.usa.gov/xPCJENational> Food Safety Education Month

Remember and follow these 4 key steps from @FDAfood to follow and keep your family safer from food poisoning

- Clean
- Separate
- Cook
- Chill

<http://go.usa.gov/xV2YK> **#NFSEM**

You wash apples, tomatoes and strawberries before you eat them, but what about cantaloupes, avocados and kiwi? <https://go.usa.gov/xVT3t> Hint: the answer is YES. **#NFSEM**

No yolking around! Storing eggs on the fridge door can expose them to uneven temperatures. Here’s where you should store them instead: <https://go.usa.gov/xVT3G> **#NFSEM** **#FoodSafety**

When you’re cooking you can’t tell if it done just by looking. Use a food thermometer to make sure it’s safe to eat. <https://go.usa.gov/xVT3d> **#NFSEM**

Keep your cool – especially when it comes to grocery, leftovers, & food delivery items. Your fridge should be 40°F or less, the freezer 0°F or less. <https://go.usa.gov/xVT3A> **#NFSEM**

Resources

Looking for **#foodsafety** information? Whether a consumer, teacher of middle and high school students, or a food service worker, you’ve come to the right place! Check out @FDAfood’s resource library to find free printable materials and videos. <https://go.usa.gov/xPCJE> **#NFSEM**

foodsafetynews.com



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A great recipe to add to your Labor Day meal

Old Settler Baked Beans

1 lb. hamburger meat, season well
 1/2 lb. bacon diced
 1 medium onion
 1/3 cup sugar
 1/3 cup packed brown sugar
 1/4 cup ketchup
 1/4 barbeque sauce
 1 T. mustard
 1/2 tsp. chili powder
 1 16 oz. pork and beans, undrained
 1 16 oz. kidney beans, drained and rinsed
 1 16 oz. northern beans, drained and rinsed



Cook seasoned beef and onions, drain. Cook bacon and add to beef. Combine all ingredients except beans. Add to meat mixture and mix well then stir in beans. Place in grease casserole dish and bake covered at 350 for 1 hour.

Zucchini Garlic Bites

5 3 bites per serving



1 cup zucchini grated and well drained
 1 egg
 1/3 cup breadcrumbs
 1/2 cup reduced-fat parmesan cheese grated fine
 1 clove garlic grated fine
 2 tablespoons fresh chives chopped
 1 tablespoon fresh parsley chopped
 1 teaspoon fresh basil chopped
 1 teaspoon fresh oregano chopped
 1/4 teaspoon cumin powder
 1/2 teaspoon onion powder
 1/4 teaspoon salt
 1/4 teaspoon pepper

Preheat oven to 400 degrees and lightly grease a baking sheet, Grate or shred zucchini into fine pieces. Pat dry zucchini with a paper towel or ring moisture out in a cheesecloth.

Combine all the ingredients in a medium bowl and mix well, Form a tablespoon of the mixture into small round balls and place on the baking sheet. Bake for 15-18 minutes.

Nutrition facts:

5 servings per container, Servings size 3 pieces, Calories 80, Total Fat 3g, Saturated Fat 1.5g, Cholesterol 45mg, Sodium 330mg, Total Carbohydrate 7g, Dietary Fiber 1g, Total Sugars 1g, Protein 5g,

Seasoning Ideas by Vegetable

Some herbs and spices are “no brain-er” companions to certain vegetables. Think: pumpkin and cinnamon! On this list, you'll find tried-and-true seasonings + veg combos, plus some ideas as you likely haven't tried.

This vegetable seasoning guide stems from my many years of experience experimenting in the kitchen, as well as from one of my favorite books, *The Flavor Matrix*. If you love to cook, it's a must-read! (Thank you to my in-laws for gifting it to me!)

Acorn Squash

Pairs well with: sage, cinnamon, nutmeg, vanilla, and mint

Recipe to try: Acorn Squash Egg-in-a-Hole with Sage Brown Butter

Arugula

Pairs well with: garlic, basil, mint, dill

Recipe to try: Quinoa Arugula Salad with Pineapple

Asparagus

Pairs well with: ginger, dill, fennel seeds, mint, tarragon

Recipe to try: Shaved Asparagus Salad with Mint Tarragon Dressing

Beets

Pairs well with: ginger, cardamom, cinnamon, rosemary, chives, thyme

Recipe to try: Spiralized Golden Beet Salad with Rosemary Honey Dressing

Bell Peppers

Pairs well with: parsley, garlic, cilantro, basil, thyme, turmeric, oregano

Recipe to try: Italian Stuffed Bell Peppers

Broccoli

Pairs well with: dill, garlic, coriander seed, ginger, chili pepper

Recipe to try: Chili Sesame Sautéed Broccolini

Brussels Sprouts

Pairs well with: garlic, cayenne pepper, cinnamon, smoked paprika, chili powder

Recipe to try: Sautéed Honey Sriracha Brussels Sprouts

Butternut Squash

Pairs well with: cinnamon, nutmeg, cloves, allspice, sage, rosemary, vanilla

Recipe to try: Whipped Butternut Squash Goat Cheese Dip

Cabbage

Pairs well with: garlic, smoked paprika,

ka, cayenne pepper, celery salt, dill, tarragon

Recipe to try: Greek Yogurt Coleslaw with Radishes

Carrots

Pairs well with: dill, ginger, garlic, rosemary, parsley, tarragon, cumin, curry, nutmeg, turmeric, cinnamon, fennel seeds, cilantro, mint

Recipe to try: Dill and Maple Roasted Carrots

Cauliflower

Pairs well with: garlic, cumin, chili powder, rosemary, parsley, mint, turmeric

Recipe to try: Cauliflower Al Pastor Bowls

Collard Greens

Pairs well with: smoked paprika, cayenne pepper, ginger, garlic



Recipe to try: Quick Braised Collard Greens

Delicata Squash

Pairs well with: sage, rosemary, thyme, garlic, cinnamon

Recipe to try: Pistachio Crusted Delicata Squash

Eggplant

Pairs well with: thyme, fennel seeds, cilantro, basil, garlic, oregano

Recipe to try: Farmers Market One Pan Ratatouille

Green Beans

Pairs well with: oregano, parsley, dill, basil, thyme, garlic, chives

Recipe to try: Italian Marinated Green Bean Salad

Mushrooms

Pairs well with: garlic, thyme, rosemary, parsley, basil, dill, oregano

Recipe to try: Garlic Thyme Roasted Mushrooms

Onions

Pairs well with: thyme, parsley, basil, rosemary, cumin, curry, turmeric, chili powder, cilantro

Recipe to try: Caramelized Onion White Bean Dip

Pumpkin

Pairs well with: cinnamon, nutmeg, cloves, allspice, sage, rosemary, vanilla, oregano

Recipe to try: One Pot Pumpkin Tomato Pasta

Spaghetti Squash

Pairs well with: ginger, garlic, oregano, basil, parsley, paprika, curry

Recipe to try: Spaghetti Squash Pad Thai

Spinach

Pairs well with: garlic, mint, basil, thyme, parsley, dill, tarragon, ginger, chili powder, oregano

Recipe to try: Spinach Artichoke Pasta Salad

Sweet Potatoes

Pairs well with: cinnamon, allspice, nutmeg, cloves, ginger, garlic, rosemary, basil, parsley, cilantro

Recipe to try: Hasselback Purple Sweet Potato with Ghee and Parsley

Tomatoes

Pairs well with: basil, oregano, parsley, thyme, garlic, chili powder, chives, cayenne pepper

Recipe to try: Fresh Tomato Tortellini Soup

Turnips

Pairs well with: thyme, rosemary, parsley, basil, garlic, paprika, cinnamon, nutmeg, cayenne pepper

Recipe to try: Turnip and Beet Gratin with Gruyere

Zucchini

Pairs well with: basil, oregano, garlic, paprika, cayenne pepper, chili powder, turmeric, cumin, dill, tarragon

Recipe to try: Easy Italian Zucchini Kabobs.

For a complete article and additional seasoning/pairing ideas visit: [The Ultimate Vegetable Seasoning Guide \[ttsavegworldafterall.com\]\(http://ttsavegworldafterall.com\).](http://TheUltimateVegetableSeasoningGuide.ttsavegworldafterall.com)

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Return Service Requested

All citizens that have sustained damage to home or business due to Hurricane Laura are urged to submit damages to the following survey by visiting

<https://arcg.is/uOrOb>.

This survey will aid the Office of Emergency Management and partnering agencies as they assess and identify damages and needs within the community. Accurately reporting your location of damages will allow emergency management to prioritize recovery efforts in the most affected areas. These numbers are very important for our Federal Aid for our numbers of uninsured property damage.

Reporting your damages on this survey is a voluntary activity, is not a substitute for reporting damages to your insurance agency, and does not guarantee disaster relief assistance.

If you or someone you know is not able to fill out the survey online, please call the Crisis Center at 844-965-1386.



Are you volunteering or have volunteered with the recovery of Hurricane Laura in Orange County?

Examples of volunteering: cooking meals to bring to those in need, clearing debris for your neighbor/friends/family, church groups, youth groups and any other groups that have volunteered to serve food or clear debris

Please go to the link below and complete the volunteer survey.

<https://tdem.texas.gov/home/volunteer/>

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.