

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



County Judge
John Gothia

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Theresa Beauchamp

Commissioner Precinct 3

Kirk Roccaforte

Commissioner Precinct 4

Robert Viator



We have pecans
available for purchase.
Thank you for
supporting
Orange County 4-H



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



Texas A&M
AgriLife Extension
Orange County

Fresh Start to a Healthier You

Everyone's welcome to attend our free program

We will be discussing how to
Saving money at the grocery store
Food Safety
Meal Planning

We will meet at the

Raymond Gould Community Center
385 Claiborne Street Vidor
Every Wednesday in January
(January 6, 13, 20 & 27)
10 am to 11 am

To register call
409-882-7010



Intro to Beekeeping

January 12, 26, & February 9

6:00 pm-8:00 pm

\$25 per person (paid prior)

or \$30 at the door

RSVP by January 8

Extension Office

11475 FM 1442

Orange, TX

409-882-7010

Taught by Len VanMarion

- Texas Apiary Inspection Service @ TAMU Certified Master Bee Keeper
- Texas Master Gardener
- Texas Bee Keeper Assoc Member

Topics:

- ♦ Equipment
- ♦ Personal Protective Gear
- ♦ Hive Products
- ♦ Basic Biology & Starting Concerns

TEXAS A&M
AGRI LIFE
EXTENSION

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.

Jam & Jelly Making Class



Saturday, February 27, 2021

10:00 am

\$20

Please pay by February 22nd

Texas A&M AgriLife Extension Office

11475 FM 1442, Orange

Limited space available

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



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TEXAS A&M
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EXTENSION

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating



3RD ANNUAL

Cary Hester Memorial Livestock Show

Pigs, Lambs & Goats

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

Show starts at 8:00 am

Pigs / Lambs / Goats shown by

Steers & Heifers

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

Steers shown by division and weight

Heifers shown by division and age

PRIZES

Buckles for Grand & Reserve Grand Champions for each species

Buckle cups for Steer & Heifer breed champions

Customized cups for Junior & Senior Showmanship Winners for each species

Saturday, January 9, 2021

Location

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

Entry Fee \$25 per head

JUDGE

Ricky Thompson

Show Information Contact :

Tammy Clawson (409) 474-2811

Sandy Byers (409) 201-8523

Curtis Mitchell (409) 454-0203

Franny Woods (409) 330-7024

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

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

Orange County Food Safety

Homemade Salted Caramel Eggnog

This SALTED CARAMEL EGGNOG recipe is my new holiday favorite! This is one easy eggnog recipe; I never knew it was so simple to make at home. Made on the stove in under 15 minutes and SO delicious!

Author: Becky Hardin - The Cookie Rookie

Prep: 5 minutes

Cook: 10 minutes

Total: 15 minutes

Ingredients

- 3 cups whole milk
- 1 cup heavy whipping cream
- 4 cinnamon sticks
- 3/4 tablespoon pure vanilla extract
- 1 teaspoon grated nutmeg
- 5 eggs
- 2/3 cup white sugar
- 3/4 cup good quality dark rum optional
- 2 egg whites for garnish optional***
- 1/2 cup caramel syrup plus more for garnish
- 1 tablespoon sea salt plus more for garnish



Directions

1. In a large saucepan, combine milk, cream, cinnamon, vanilla, and nutmeg. Bring to the boil over a medium heat. Be careful when bringing to a boil that the milk doesn't boil over the pan. As soon as you see it bubbling, remove from heat. Allow to sit for at least 5-10 minutes to steep. (you want to make sure the milk mixture isn't hot enough to cook the eggs once added. So allow to sit for a little bit off the heat before the next step) :)
2. In a large stand mixer, beat eggs and sugar on medium high/high until fully combined.
3. Pour egg mixture into the milk and whisk quickly until fully combined.
4. Add caramel, sea salt, and rum (if using). Continue whisking to fully combine.
5. When you're ready to serve, beat the egg whites on high until foamy peaks form. (this is optional).
6. Pour the eggnog into the glass leaving a bit of room at the top. Top with fluffy egg whites (optional)
7. Garnish with nutmeg and caramel sauce.

Enjoy!

***As always, consuming raw eggs is at your own risk and totally up to each individual person.

Nutrition Information

Calories: 611kcal (31%)
 Carbohydrates: 65g (22%)
 Protein: 14g (28%)
 Fat: 33g (51%)
 Saturated Fat: 18g (113%)
 Cholesterol: 304mg (101%)
 Sodium: 2023mg (88%)

Potassium: 400mg (11%)
 Fiber: 2g (8%)
 Sugar: 43g (48%)
 Vitamin A: 1495IU (30%)
 Vitamin C: 0.3mg
 Calcium: 326mg (33%)
 Iron: 1.4mg (8%)

<https://www.thecookierookie.com>



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

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 Orange County

Roasted Brussel Sprouts Fettuccine Alfredo

Roasted Brussel Sprouts Fettuccine Alfredo is made with a combination of roasted garlic and creamy white sauce. It has the burnt as well smooth cheesy flavor. This vegan dish reflects the two opposite flavors making it interesting for taste buds in every bite. It's a healthy family meal and a great way to introduce the most talked about veggie to the kids

Ingredients

For Roasted Brussel Sprouts

- 1 1/2 cups Brussel Sprouts (edges trimmed and halved)
- 1 1/2 tablespoon olive oil
- 2 tablespoons dried/fresh minced garlic
- Salt as per taste

For Fettuccine Alfredo

- 1/4 cup raw cashew nuts (soaked in 1/4 cup warm water)
- 2 tablespoons nutritional yeast
- 1 tablespoon vegan butter (avocado oil based)
- 1 tablespoon whole wheat flour
- 1 1/2 cups unsweetened coconut milk (tetra pack)
- 1 1/2 cups cooked Fettuccine pasta
- Salt as per taste
- Crushed black pepper as per taste
- Crushed Chili flakes as per taste (for garnishing)

Instructions

1. Preheat oven at 425 degree Fahrenheit and prepare a baking sheet.
2. In a mixing bowl combine all the ingredients for Brussel sprouts and let it sit for 2 minutes.
3. Now, spoon the Brussel sprouts on the baking sheet and place it in the middle rack of the oven. (make sure to scoop all the seasoning as well). Let it bake for 20-25 minutes until brownish from the outside and soft from the inside.
4. In the meanwhile, combine water, cashew nuts and nutritional yeast in a blender and blend it into a smooth paste. Keep it aside.
5. In a nonstick frying pan melt butter and sauté the flour until you start getting its aroma.

6. Then pour coconut milk and keep stirring for few minutes on a medium flame until there are almost no lumps.
7. Then pour the blended cashew and whisk it nicely until smooth. Cook on a medium flame for 2 minutes.
8. Then toss in fettuccine pasta, salt and pepper.
9. Lastly, stir in roasted Brussel Sprouts and cook only for 1 minute (do not over cook since we do not want the sauce to be absorbed completely).
10. Serve immediately with crushed chili flakes.



Notes

* For Air Fryer version: Spoon the mixed Brussel sprouts in the basket and set the temperature to 400 degree and let it cook for 12 minutes. Pause it and take out the basket. Shake it once and if still not golden brown then cook for another 2 minutes.

* Then follow the rest of the steps as mentioned above.

* This recipe taste best when served immediately.

* Brussel Sprouts can be roasted ahead of time and refrigerated in an air tight container for about a week. However, reheat it the same way as you cooked.

* Do not microwave Brussel Sprouts as it may explode.

* You can adjust the ingredients for a non vegan recipe.

Nutrition

Calories 458, Carbohydrates 50g, Protein 111g, Fat 24g, Saturated Fat 41g, Sodium 89mg, Potassium 880mg, Fiber 9g, Sugar 7g.

Limiting Fats and Sweets for Children

PARENTS:

Did you know that you could help reduce your child's risk for obesity, cardiovascular disease, type 2 diabetes, and cancer? Yes, you can!

Providing your child with healthy food choices can significantly lower their risk for these diseases.

You can start by simply limiting the amount of fat in their diet. It is true that some fats are beneficial and provide essential nutrients for your child. These fats are called oils because they are liquid at room temperature. Sources of oils include olive oil, canola oil, seeds, nuts, and fish. Fats that should be limited are solid fats and are solid at room temperature. They include butter, animal fats, shortening, hydrogenated oils and trans fats. Solid fats are found in baked desserts and pastries, beef or pork with visible fat, chicken with skin, cheese, dairy products and fried foods. Trans fats are found in many snack cakes, crackers, and cookies. Remember, it is not that you should completely eliminate these fats from your child's diet, just limit them.

The second thing you can do is become aware of

added sugars and limit the amount of sweets your child eats. Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. They do not include naturally occurring sugars that are found in fruits and milk. Common sources of added sugars include soft drinks, sports drinks, fruit drinks, desserts, pastries, donuts, and ice cream.

Tips on Reducing Fat and Sugar

- Increase fruits, vegetables and whole grains
- Choose lean meats and fish
- Use oils instead of solid fats when cooking
- Broil, grill, or roast your meats
- Pack school lunches and cook more meals at home
- Beware of reduced fat and low fat food items, they tend to have added sugar
- Limit sugary foods and beverages
- Serve smaller portions when sweets are offered
- Offer 100% juice or fat free milk instead of soda
- Try baked apples or pears, fruit salad or

frozen juice bars for dessert

- Set a good example through your own food choices

Tips for healthy snacking

- Keep sliced vegetables in the refrigerator and use dips like hummus or low fat dressing
- Create your own trail mixes using favorite dried fruits and unsalted nuts or popcorn
- Make smoothies using fat free yogurt, 100% fruit juice, and favorite frozen fruits
- Replace snack bars, cakes, and sweetened cereals with whole oat cereals
- Wrap a slice of deli ham or turkey around an apple

Visit
www.choosemyplate.gov
for more nutritional information.



Healthy Meals That Won't Break the Bank



Day 1

Breakfast

Banana pancakes

- 2 eggs (\$0.21)
- 1/2 banana (\$0.24)
- 1/2 cup frozen berries, thawed, micro-waved, & mashed (\$0.99)
- 1 teaspoon vanilla extract (optional)
- Sugar-free syrup (optional)

Meal Total: \$1.44

Lunch:

Tortilla Wrap

- 1 whole wheat tortilla wrap (\$0.16)
- 1 garlic herb laughing cow cheese wedge, spread on tortilla (\$0.31)
- 4 slices of turkey breast (\$0.77)
- 1 slice of pepper jack cheese (\$0.24)
- 1/2 avocado (\$0.34)
- 1/2 red bell pepper, sliced (\$0.64)

Meal Total: \$2.46

Dinner:

Healthy Taco Salad

- 4 oz ground turkey (\$0.50)
- Taco seasoning (\$0.44)
- 1/2 cup brown rice (\$0.17)
- 1/2 cup frozen corn (\$0.33)
- 1/2 cup black beans (\$0.19)
- 1/2 shredded cheese (\$0.25)
- 1/4 cup shredded cheese (\$0.50)
- 1/4 cup tomatoes, diced (\$0.30)
- 1 tablespoon plain Greek yogurt (in place of sour cream) (\$0.06)

Meal Total: \$2.74

Day 2

Breakfast

Berry Oatmeal

- 1 cup oatmeal (\$1.04)
- 1/2 cup frozen berries, thawed (\$0.99)
- 2 boiled eggs (\$0.21)

Meal Total: \$2.24

Lunch:

Tuna Salad

- 1 packet of flavored tuna (\$0.98)
- 1/2 cup cucumber, diced (\$0.14)
- 1/2 cup tomato, diced (\$0.30)
- 1/4 avocado (\$0.17)
- 1 tablespoon plain non-fat Greek yogurt (\$0.06)
- Multigrain crackers (\$0.13)

Meal Total: \$1.78

Dinner:

Egg Burrito

- 1 whole wheat tortilla wrap (\$0.16)
- 2 fried eggs (cooked in canola oil spray) (\$0.06)
- 1 slice of pepper jack cheese (\$0.24)
- 1/4 avocado (\$0.17)

Meal Total: \$0.78

Daily Total: \$6.64

Daily Total: \$4.80

Orange County Food Safety

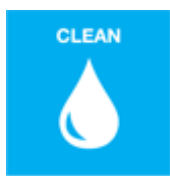
Four Easy New Year's Resolutions to be Food Safe

At the New Year many of us think about changes to make our lives happier and healthier and resolve to carry them out. Sometimes the changes are big and difficult, like losing 40 pounds or training for a marathon, and they turn out to be so difficult in the press of work, family responsibilities, etc., that we forget them. But resolving to take the small, simple steps to be food safe in the New Year is neither big nor difficult and can have a significant pay-off.

Maybe you don't take food poisoning, also called foodborne illness, very seriously but the Federal government estimates that there are about 48 million cases of foodborne illness annually – the equivalent of sickening 1 in 6 Americans each year. And each year these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths. And while foodborne illness can be severe, even life-threatening, for anyone, it's especially dangerous for those most at risk – older adults, infants and young children, pregnant women, and people with HIV/AIDS, cancer, diabetes, or any condition that weakens their immune systems.

Threats to food safety constantly evolve. New disease-causing organisms emerge and known pathogens become more virulent. In addition, consumers increasingly want food that is less processed. Despite all that government and the food industry do to help protect us, it's clear that individuals need to take every practical step they can to prevent foodborne illness.

So, here are a few suggestions for resolutions to help:



Clean: Resolve to wash your hands before, during and after handling food. According to the Centers for Disease Control and Prevention, handwashing has the potential to save more lives than any single vaccine or medical intervention. To do it effectively, wet your hands with clean running water (warm or cold) and apply soap. Rub your hands together to make lather and scrub them well for at least 20 seconds. Air dry or use a clean paper towel.



Separate: If you only have one cutting board, resolve to get another to help avoid pathogens from one food migrating to another, called cross-contamination. Use one for foods that will be cooked, such as meat, poultry, and seafood, and the other for foods like fruits and vegetables that will be eaten raw. That way the raw foods won't be contaminated by the juices from the ones to be cooked. If you do get a new cutting board, get one that's dishwasher-safe. The very hot water and strong detergent typically used in dishwashers can eliminate a lot of bacteria.



Cook: Only by using a food thermometer can you be sure that meat, poultry, fish and casseroles are cooked to a safe internal temperature—hot enough to kill any pathogens that may be present: 145°F for whole meats (allowing the meat to rest for 3 minutes before carving or consuming), 160°F for ground meats, 165°F for all poultry, and 165°F for casseroles and leftovers.



Chill: Similarly, resolve to get an appliance thermometer to be sure your refrigerator is at or below 40°F. Between 40°F and 140°F is the Danger Zone where bacteria multiply rapidly. The more bacteria, the more likely someone will get sick. Most refrigerators have just a colder/warmer adjustment, so the only way to know the temperature is to put a thermometer inside. And it's a good idea to put one in the freezer to be sure the temperature is 0°F or below.

<https://www.foodsafety.gov>



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

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Orange County

Dusty Trails 4-H & Clover Kids Club

1st Tuesday
6pm 4-H Office
Club Manager
Casey Trahan 409-988-4873



CCS Lions 4-H Club
1st Wednesday 3:30 pm
Community Church Orange
Club Manager
David Beck
409-474-9631

All homeschool youth are welcomed to join the CCS Lions club

Mighty Pirates 4-H

2nd Tuesday 7 pm,
Vidor Junior High Cafeteria
Club Manager
Tammy Glawson 409-474-2811
Co-Manager
Sandy Mitchell 409-201-8523

Clay Busters Shooting Sports

Meetings 3rd Tuesday
6 pm 4-H Office
Practice Tuesdays 6 pm
Orange County Gun Club
Club Manager
Robert Caffey 409-767-6222

OC 4-H Judging Club

Thursday's
7 pm 4-H Office
Club Manager
Melissa Pyatt 409-679-2441

**Adult Leaders Association (ALA)**

1st Monday 6 pm
4-H Office
All enrolled Adult Volunteers are welcomed to be a part of ALA

County 4-H Council

All enrolled 4-H youth are welcome to be a part of County Council
1st Monday 6 pm
4-H Office

**4-H Projects**

The 4-H office orders supplies for all 4-H Projects prior to the meeting dates. Participants of all Projects must call the 4-H office 10 working days prior to the Project date to let them know you will be attending.

If the office does not receive a response on attendance then the project is cancelled for that month.

Equine**Riders & Non-Riders**

3rd Monday 6pm
Tin Top 2 (T2) Arena
Old Peveto Road
Orange
Leader
Sharon Dowden
Co-Leader
Martha Weaver

Food & Nutrition

3rd Tuesday 6pm
4-H Office
Leaders
Casey Trahan
Tonya Wright

Robotics

4th Monday
4-H Office
NEW TIMES
*Youth 5-8
6 pm-7 pm
Youth 9-18
6 pm to 8 pm*
Leader
Cindy Childress

Fashion & Interior Design

4th Tuesday 6pm
4-H Office
Leader
Darla Dempsey
Co-Leader
Martha Weaver

It's January and the time to start thinking about spring planting

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

Well, Christmas and New Years are now behind us and we are starting to look towards spring planting time. As most of you know our last frost day is normally around the end of February, but it can sometimes show up in March. If you haven't already started your seeds for your spring garden, now is the time to get them going. Remember to use clean pots. If you use last year's pots make sure they have been sterilized in 1-part bleach to 10 parts water or you can use a disinfectant cleaner like Mr. Clean which kills 99% of bacteria. In addition, use a good seed starting mix as you do not want to use potting or garden soil as it weights down the seeds and the roots. You need something light that will let air and water pass thru easily. You can make your own by sifting sphagnum peat and adding it to vermiculite at a ratio of about 2 to 1. Be sure to wet your media before planting your seeds so the seeds will not wash out of place and always water from the bottom, so you won't cause any of the fine roots to come loose. Once your seeds are planted, sprinkle with fine sand or grit to help keep the gnat flies away along with lightly sprinkling with cinnamon powder. Most seeds like a 70-degree germination temperature and light. Check our website listed below under "Resources" for Light Requirements

Now, on the nice days it is time to get out and start working in the garden getting it ready for spring. Look it over and see what needs to be done. Does it need to be cleaned out of old plants left over from last season, weeds that might have grown in, need more soil? Or did you have some winter producing vegetables that are not producing anymore? If so, cut them off at ground level leaving the roots to rot in the soil for the next crop to benefit from. If you do decide to add soil, be sure to include feeding the microbes in your soil with a good organic fertilizer. The chemical fertilizers do not have the important microbes the soil needs to help move the nutrients to your plants.



If you still would like to plant some winter type veggies now, these can be planted and still enjoyed. Swiss chard, lettuce, mustard, turnips, spinach, radish, cabbage, carrots, cauliflower, potatoes. Be sure you plant something you and your family will enjoy eating. Then there are some flowers which can still be planted now, they are pansy, viola, snapdragon, dianthus, ornamental kale and cabbage, daises, sweet alyssum.

January is the time to plant trees. It is so much less stress on them planting them while they are dormant than when they are in the growing stage. Just remember when picking your tree what the final result will be in 10, 20, 30 years when you place your tree. It will need room to spread. If it will have a height of 30 feet and 30 feet canopy, then make sure where you plant it is at least 30 feet from any building, power lines, pool, or any other type of structure. Also, check for underground utilities as you do not want to plant it on top of them. My previously published articles on "How to plant a tree" and "Selecting the Right Plant" can be found on our website <https://txmg.org/orange> under Resources, News articles or on our Facebook page "Orange County Texas Master Gardeners" under the Files section.

Another thing to check out this month is your gardening tools. When you put them up in the fall, did you clean them before you stored them? You might want to get them out and give them a good once over. Look at them, decide if they have seen better days and do they need to be replaced. If so, now is the time to get a replacement rather than while you are in the middle of doing something and it breaks down on you. If they are still in good condition, then give them a good cleaning, oil them if needed, clean off the rust. To help keep rust abated, fill a bucket with sand and add some old oil to the sand and mix. Store your shovels, trowels, etc. in the bucket. Occasionally dip your clippers in the sand to keep them free of grime. You will be surprised how nice and clean all your tools will stay by doing this and rust free.

If you have any questions, you can reach us thru our Contact page on our website listed above or post a question on our Facebook page or contact our Hot Line which is manned Tuesday and Thursday from 10 – 2 at 409 882-7010. Or you can attend any of our monthly meetings starting at 6PM with a potluck supper, then 6:30PM business meeting and 7PM we have speaker. Meetings are held at the Orange County EXPO Center, 11475 FM 1442, Orangefield the 2nd Thursday of each month.

January 2021 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2
3	4 ALA 6 pm County Council 6pm OCLSA 7pm	5 Dusty Trails 6 pm	6 CCS Lions 3:30 pm	7 Orange 4-H Judg- ing 7 pm	8	9 Cary Hester Memorial Livestock Show
10	11	12 Mighty Pirates 7 pm	13	14 Orange 4-H Judg- ing 7 pm	15	16
17	18 Equine Project 6 pm 	19 Food & Nutrition Project 6 pm Clay Busters 6 pm	20	21 Orange 4-H Judg- ing 7 pm	22	23
24	25 Robotics Project 6 pm to 8 pm	26 Fashion & Interior Design Project 6 pm	27	28 Orange 4-H Judg- ing 7 pm	29	30
31						

Due to COVID restrictions per District 9 at the moment we are unable to have any face to face interaction.

Please be sure to contact your club manager, project leader or the 4-H office to make sure the meeting or activity is being held.

Congratulations to all our Orange County 4-H Youth who participated in the Orange County Livestock Show

**Thank You
Miranda Edwards Kellum
for sharing the pictures.**



Orange County Livestock Show

**Thank You
Miranda Edwards Kellum
for sharing the pictures.**



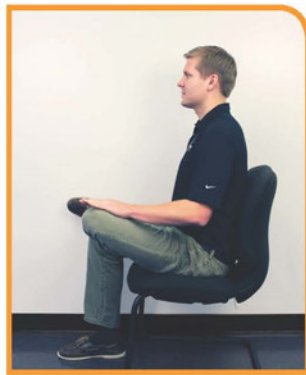
HEALTH AT YOUR DESK

MOVING BEYOND GOOD POSTURE

MOBILITY & STRETCHING

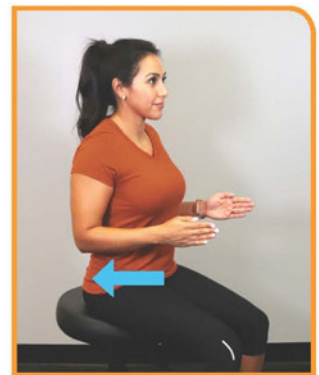
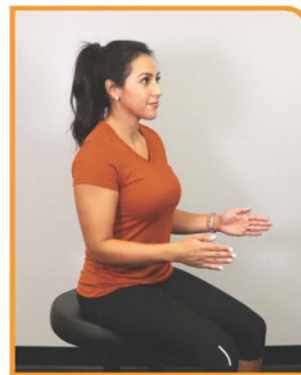
Executive Stretch

- Sit on chair or bench with ankles positioned below the knees.
- Cross lower leg over thigh of opposite leg.
- Slowly lean forward, lowering torso toward thighs.
- Hold stretch for 30 seconds.
- Repeat with opposite leg.



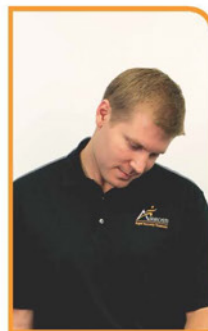
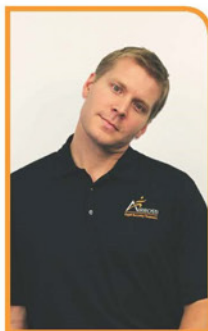
Seated Row

- While sitting in a chair bend arms to 90 degrees, and squeeze shoulder blades back and down and pull elbows back (a row motion) while keeping arms close by the side.
- While squeezing the shoulder blades together, use slow and controlled motion to return to starting position.



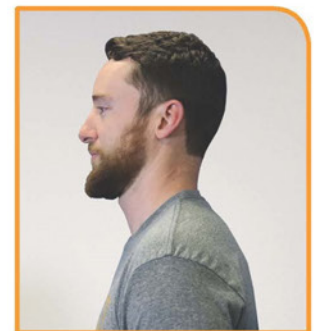
Seated Neck Stretch

- Start seated in a neutral position with shoulders relaxed.
- Place right palm on right thigh and loop left hand under the seat of the chair.
- Tilt head to right, allowing right ear to move to right shoulder. Hold for 15 seconds.
- Slowly tilt head while lowering the chin towards the shoulder. Hold for 15 seconds.
- Release and repeat on other side.



Chin Tucks

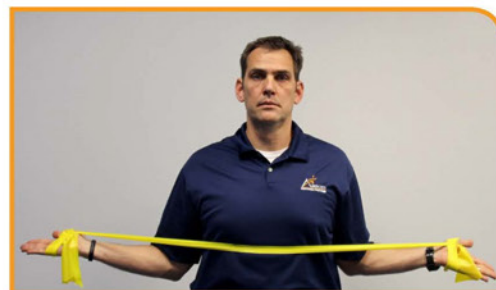
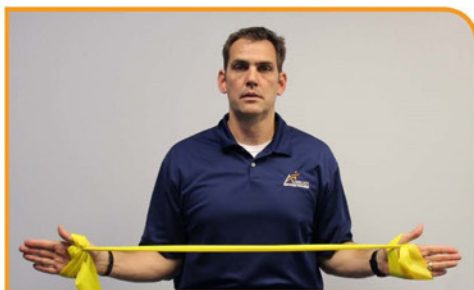
- Start seated in a neutral position with shoulders relaxed.
- Continue to look forward, eyes set on the horizon.
- Slowly press head directly back, as if pressing against a wall.
- Do NOT let the chin move up or down while sliding head back.
- Hold for 2 seconds, repeat 10 times.



MOBILITY & STRETCHING

Brugger Exercise

- Wrap resistance band on each hand with palm open.
- Keeping shoulders down, extend arms out to the side.
- While keeping palms facing the same direction, extend arms fully out to side.
- While squeezing and contracting the shoulder blades, return slowly to position 2.
- Return to position 1 and repeat 10 times.



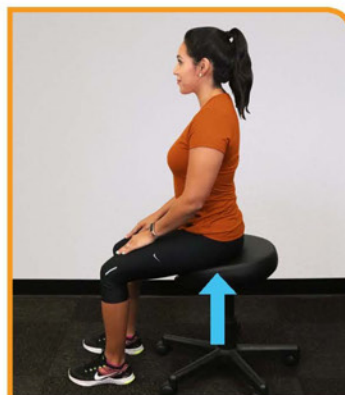
Hip Flexor Stretch

- Begin in a lunge position with the knee of the side to be stretched on the ground.
- Actively engage your core and glute on the side being stretched to prevent your pelvis from tilting forward.
- Throughout this stretch, apply downward pressure into the knee that is on the floor as if driving the knee backwards.
- Allow the same side hip to lower deeper into the stretch by sinking downward and forward.
- To finish the stretch, take the arm of the same side being stretched, and arch it up and over your head until you feel additional stretching from the abdomen to the front of the thigh.
- Hold this stretch for 30 seconds.



Seated Press Up with Glute Squeeze

- Sit at the edge of chair with feet flat on the floor.
- Flex the glutes as hard as possible to raise self up in the chair, as though doing a push-up with glutes.
- Repeat the contraction 10-15 times.



Always consult with your doctor before starting any exercise program. Stop immediately if you experience any pain, tingling, or difficulties performing this exercise.

JANUARY

EAT SEASONAL
WITH A HEALTHY LIFE FOR ME.COM

BRUSSELS SPROUTS
GRAPEFRUIT
KALE
LEEKs
LEMON
ORANGES
PARSNIPS
POTATOES
SWEET POTATOES
TANGELOS
SUNCHOKE
TANGERINE
TURNIP
WINTER SQUASH



HEALTHY LIFE

**"NOBODY CAN
GO BACK AND
START A NEW
BEGINNING, BUT
ANYONE CAN
START TODAY
AND MAKE A
NEW ENDING."**

Maria Robinson

January Purge Checklist

Bedroom

- _outgrown clothing
- _outdated shoes
- _torn clothing
- _old hats
- _shoe boxes
- _old blankets
- _clutter in drawers

Bathrooms

- _old bath toys
- _empty bottles
- _old brushes
- _trash
- _ripped towels
- _bath mats/replace
- _expired medicine
- _old hair ties/bows
- _expired sunscreen

Playroom

- _outgrown toys
- _incomplete games
- _toys w/o a match
- _outgrown furniture
- _broken electronics
- _outgrown costumes
- _organize/rotate

Kitchen

- _no lid tupperware
- _cracked plates
- _chipped glasses
- _mismatched sets
- _expired canned foods
- _stale pantry food
- _expired fridge foods
- _combine cleaning liquids
- _unused appliances
- _scratched pans
- _bottles w/o lids
- _unneeded cookbooks

Garage

- _broken equipment
- _dirty/ripped rags
- _expired chemicals
- _combine cleaning liquids
- _trash
- _dried out paint cans
- _unneeded paint cans
- _unwanted holiday decor
- _old items/car seats
- _empty boxes
- _broken tools

Office

- _shred documents
- _old keys
- _dried out pens
- _old chords/adapters
- _old business cards

The Typical Mom

Tips on Feeding Your Christmas Cactus

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

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

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



How to Feed a Christmas Cactus

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



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

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

Fertilizers to Use for Christmas Cactus

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

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

For any of your horticultural questions contact our Hot-Line Tuesday and Thursdays 10-2 at 409 882-7070 or thru our website <https://txmq.org/orange> Contact and we will get back with you. Orange County Master Gardeners meet the second Thursday of each month at the Orange County EXPO Center, 11475 FM 1442, Orange (Exit 869 off IH10) from 6 – 8PM.



Adapted from Garden Lover's Club website.
www.gardenloversclub.com

Garlic Butter Chicken with Spinach and Bacon

Yields 6 servings

- 6 chicken thighs, boneless and skin off (or chicken breast)
- 2 teaspoons olive oil
- 2 tablespoons butter
- 6 cloves garlic, finely diced
- 1 small yellow onion, diced
- 1/3 cup chicken broth
- 1/2 cup crispy bacon, chopped
- 1 2/3 cups half and half
- 3 cups baby spinach leaves
- Salt and fresh cracked pepper
- 1 teaspoon Italian seasoning
- 1/2 cup fresh grated Parmesan cheese
- Crushed chili pepper flakes, optional
- 1 teaspoon cornstarch mixed with 1 tablespoon of water (optional, if you like a thicker sauce)



1. To make the garlic butter chicken thighs with creamy spinach and bacon: Heat the oil in a large skillet over medium heat. Season the chicken thighs on both sides with salt and pepper, and sear in the pan for 5-9 minutes on each side, or until cooked through. Once cooked, remove chicken from the pan and set aside.
2. Melt the butter in the remaining cooking juices leftover in the pan. Add in the onion and garlic and fry until fragrant (about one minute). Pour in the chicken stock, and allow to reduce down slightly. Add the crispy bacon and fry for 1-2 minutes to release the flavors.
3. Reduce heat to low heat, add the half and half and bring to a gentle simmer, while stirring occasionally. Make sure to lower the heat to avoid the sauce to separate. Add Italian seasoning and season with salt and pepper to your taste.
4. Add in the spinach leaves and allow to wilt in the sauce, and add in the parmesan cheese. Allow sauce to simmer for further minute until cheese melts through the sauce. For a thicker sauce, add the cornstarch mixture (1 teaspoon cornstarch plus 1 tablespoon water) to the skillet, and continue to simmer while quickly stirring the mixture through until the sauce thickens
5. Add the cooked chicken into the pan; sprinkle with chili pepper flakes (if using), and spoon the sauce over each chicken thigh. Serve over pasta, rice, or a low-carb favorite like zoodles, cauliflower rice, or steamed veggies. Enjoy!

Easy to Grow Houseplants for Beginners

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

Aloe Vera – A medicinal plant that is ideal for growing indoors. It prefers a lot of light with well-drained soil. A plus is if you have a burn, pinch off a leaf and coat your burn with the gooey gel from inside the leaf.



Spider Plant – Requires well-drained soil and indirect sunlight. Will produce “spiderette’s” hanging down from the mother plant



Snake Plant or Mother-in-law Tongue – Very easy to grow, not requiring much light or water. This is a great plant as it removes toxins from the air.



Pothos – Devil’s Ivy and Marble Queen – Each can do well in low light and look amazing in hanging baskets or on a trellis.

Hoya – this plant is one that takes very little water or sunlight to get it to bloom. It may take a couple of years before you see your first blooms but it will give you a nice show for years after with its waxy flowers. The leaves also will change color if it gets a little more light and looks great in a hanging basket.



Ponytail Palm – Is in the succulent family and will grow for years. It takes very little water, as it is use to growing in arid regions. I got mine when it was about 6” tall and now it is over 7 feet tall and probably about 40 years old.



Arrowhead Ivy – Another vining plant that will have to be pruned if kept indoors unless you train the long vines. If you keep it trimmed it will stay compact and full. It does well in any kind of light and likes well-drained soil.



ZZ Plant – This plant is almost indestructible. It can grow in drought conditions and any type of lighting and still look great. You see this plant in a lot of businesses, as it is so easy to maintain.

Closet Plant/Peace Lily – Another elegant looking plant that only need moderate water and light. Plant in well-drained soil.



Jade Plant –This is actually in the succulent family and can handle drought conditions and high and low amounts of sun. It also does well in humid areas.



Flourless Peanut Butter Banana Muffins

- * 2 ripe bananas, peeled
- * 2 large eggs
- * 1 cup creamy peanut butter
- * 1/4 cup maple syrup
- * 2 tablespoons honey
- * 1 tablespoon vanilla extract
- * 1 teaspoon baking soda
- * 1 cup mini semi sweet chocolate chips



1. Preheat oven to 400 degrees. Grease a regular size muffin pan with cooking spray, set aside.
2. Add all the first 7 ingredients to the blender except for the chocolate chips. Blend until creamy and smooth, 2 minutes.
3. Fold in the chocolate chips by hand.
4. Divide the batter between the 12 muffins, they should be 3/4 of the way full (or a bit more).
5. Bake for 12-15 minutes or until the tops are set and a toothpick comes out mostly clean. (I slightly under bake mine because they continue to bake in the pan as they cool)
6. Allow the muffins to cool in the pan for 10 minutes then transfer to a cooling rack to cool completely.

Nutrition facts: Serving size is 1 muffin

Calories 300, Fat 19g, Saturated Fat 6g, Cholesterol 28mg, Sodium 157mg, Potassium 346mg, Carbohydrates 36g, Fiber 3g, Sugar 18g, Protein 7g

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