

TEXAS A&M
AGRI LIFE
EXTENSION

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

Orange County AgriLife Newsletter February 2021



Sunday, February 14th



County Judge
John Gothia

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

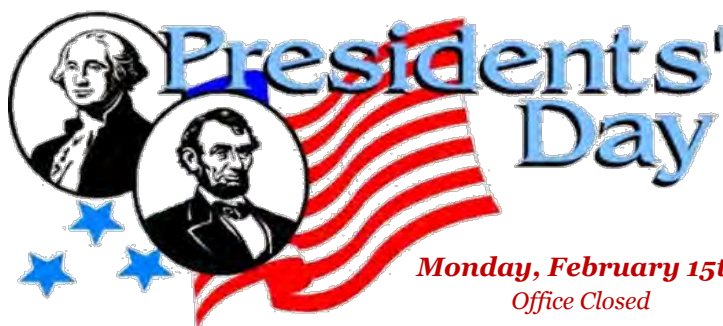
Theresa Beauchamp

Commissioner Precinct 3

Kirk Roccaforte

Commissioner Precinct 4

Robert Viator



Monday, February 15th
Office Closed

Tuesday, February 2nd



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



Texas A&M
AgriLife Extension
Orange County

Certified Food Managers 2-Day Course with Test



Tuesday, February 16th
& Wednesday, 17th
9 am to 4pm

Registration Deadline: Feb 1st

Must pre register by obtaining the
registration form from
<http://foodsafety.tamu.edu>

Must submit payment of \$125 per person
payable to FPM Account 230202 along
with registration form to FPM prior to
deadline dates.

Fallon Foster, M.P.H.
County Extension Agent
Family & Community Health
will conduct the course and
exam at the Extension office
11475 FM 1442 Orange,
409-882-7010.

Texas Department of State Health Services accredited food handlers program

FOOD HANDLER'S Training Class



Tuesday, February 9th
6pm to 8 pm

\$20 per person paid day of class
Make check or money order
payable to
FPM Account 230202
No cash accepted

To PRE-REGISTER Call
409-882-7010
Class will be held at
AgriLife Extension Office
11475 FM 1442 Orange



Class taught by
Fallon Foster, M.P.H.
Family & Community Health Agent

This class is recommended for all food
service employees to help promote the
service of safe food.

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.



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



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.



DO WELL, BE WELL WITH DIABETES

The Texas A&M AgriLife Extension Service is
excited to offer free educational programs
focused on managing type 2 diabetes.

Dates: March 1st, 8th, 15th, 22nd, & 29th

Time: 6:00 pm to 8pm

Location:

Orange County Extension Office

5

classes

To register, contact
your local county agent!

Orange County Extension Office
11475-A FM 1442
Orange, TX 77630

Call 409-882-7010 to register.

Learn how to
manage your
diabetes
through food &
exercise.

Learn more
about
medication,
self-care, and
more.

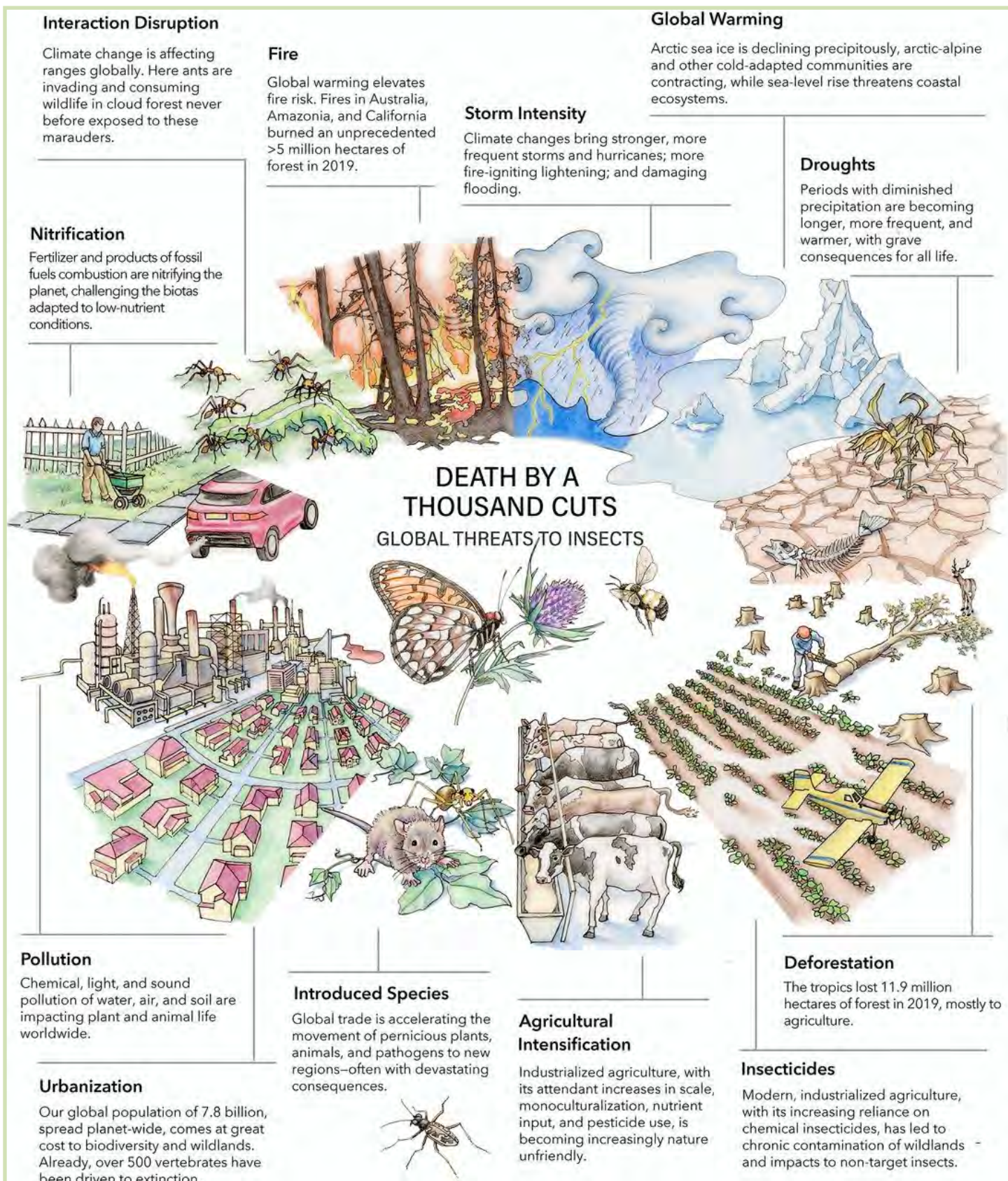
Taught by:
Fallon Foster, M.P.H.
Orange County Extension Agent
Family & Community Health

THESE PROGRAMS ARE OFFERED FREE DUE TO SUPPORT OF GRANT FUNDING.

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, religion, sex, 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.

Entomological Society of America

PNSA (Proceedings of the National Academy of Sciences of the United State of America) had a special feature on “The Global Decline of Insects in the Anthropocene.” with 12 research articles plus a news feature. The intro article frames the global threats to insects as “death by a thousand cuts.” See the full collection at <https://www.pnas.org/content/118/2...>



Orange County Food Safety

Mardi Gras Food Safety**Temperature Danger Zone & Two Hour Rule**

Bacteria grows rapidly between the temperatures of 40°F and 140°F, doubling in number in as little as 20 minutes. This range of temperatures is called the temperature “Danger Zone.”

The absolute maximum time for leaving prepared foods at room temperature is 2 hours—including time for preparation, serving and eating.

Discard any perishable foods left at room temperature longer than 2 hours. If you are eating outdoors at a picnic or cookout where temperatures are over 90°F, discard foods after 1 hour.

**Food Safety Observations When Dining Out on Mardi Gras**

Mardi Gras refers to the events of the Carnival celebration, culminating on the day before Ash Wednesday, the first day of Lent. Mardi Gras is French for “Fat Tuesday”, reflecting the practice of the last night of eating rich, fatty, foods before the ritual fasting during the Lenten season.



If you decide to host your own “Fat Tuesday” party, remember this type of food service – where foods are left out for long periods – leaves the door open for uninvited guests – bacteria that cause foodborne illness. Festive times for giving and sharing should not include sharing foodborne illness.

Join in festivals around the country or have your own Fat Tuesday feast! Share your favorite traditions by using #FatTuesday, #MardiGras, #ShroveTuesday on social media.

If you are eating out, just because someone else cooked for you, doesn’t mean you can let your guard down when it comes to food safety. And leftovers are only safe for 2 hours at room temperature .

Food can get contaminated anywhere – so it’s important to always follow sound food safety practices – no matter who prepares the meal or where you eat it.

Make some basic food safety observations when dining out:

- * Check Inspection Scores – Many state health departments make restaurant health inspection scores available on the web. Check the score before going to the restaurant or check when you get there.
- * Make Sure the Restaurant Is Clean – Confirm that restaurant tables, floors, and utensils are clean. If not, you may want to take your business elsewhere.
- * Check That Your Food Is Cooked Thoroughly – Meat, fish, poultry, and eggs should be cooked thoroughly to kill germs. If food is served undercooked or raw, send it back.
- * Properly Handle Your Leftovers – Taking your food to go? Remember to refrigerate within 2 hours of eating out. If food is left in a hot car or temperatures above 90°F, refrigerate it within 1 hour. Eat leftovers within 3 to 4 days.



<http://foodsafetytrainingcertification.com/food-safety-news/food-safety-for-mardi-gras-and-fat-tuesday-parties/>



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

Cajun Bean Soup

Total Time 30 minutes Serves 6

- * 2 tablespoons extra-virgin olive oil
- * 1 ½ cups chopped onion
- * ½ cup chopped carrot
- * ½ cup chopped celery
- * 2 cloves garlic, minced
- * 1 tablespoon paprika
- * 1 tablespoon chopped fresh oregano or 1 teaspoon dried
- * ¼ teaspoon salt
- * 4 cups low-sodium chicken broth
- * 1 15 oz. can black-eyed peas, rinsed
- * 1 15 oz. can pinto beans, rinsed
- * 1 15 oz. can kidney beans, optional
- * 1 15oz. can black bean, optional
- * ¾ cup chopped andouille sausage (or sausage of your choice)
- * 2 cups chopped collard greens
- * 1 tablespoon red-wine vinegar



Step 1

Heat oil in a large pot over medium-high heat. Add onion, carrot, celery and garlic; cook, stirring, until the vegetables start to soften, 3 to 4 minutes. Stir in paprika, oregano and salt; cook, stirring, for 1 minute.

Step 2

Add broth, black-eyed peas and pinto beans; bring to a boil. Reduce heat to a simmer and stir in sausage; cover and cook until the vegetables are tender, about 10 minutes.

Step 3

Stir in collards and vinegar. Cover and cook 5 minutes more.

Nutrition Facts

Serving Size: About 1 1/3 Cups Per Serving: calories 230; protein 13.8g; carbohydrates 24.9g; dietary fiber 6.2g; sugars 2.8g; fat 8.7g; saturated fat 2g; cholesterol 18.7mg; vitamin c 10.8mg; folate 87.9mcg; calcium 91.7mg; iron 2.1mg; magnesium 43.3mg; potassium 533.4mg; sodium 478.3mg; thiamin 0.1mg.
Exchanges: 1 Starch, 1 Vegetable, 1 1/2 Lean Meat, 1 Fat

Adapted from original recipe at eatingwell.com

Crystal Hearts

Valentine's Day Science

Supplies: Borax, Glass jars, Pipe Cleaners, String, Popsicle sticks or pencils

Step 1

To get started with your crystal hearts, take your pipe cleaners and form them into hearts! Twist two different colors together! Or you can entwine two hearts!

Step 2

Use the popsicle stick (or pencil) to tie the string around. I used a small piece of tape to keep it in place. You can do two hearts in one jar but make sure they are small and have room! They would also look pretty if they grew together!

Step 3

The ratio of borax powder to boiling water is 3:1. You want to dissolve three tablespoons of borax powder for each cup of boiling water. This will make a saturated solution which is a great chemistry concept.

Step 4

Make sure the heart is fully submerged.



Step 5

Shhhh...

The crystals are growing!

You want to set the jars in a quiet place where they won't be disturbed. No tugging on the string, stirring the solution, or moving the jar around! They need to sit still to work their magic.

Step 6

After a couple of hours, you will see some changes. Later on that night, you will see more crystals growing! You want to leave the solution alone for 24 hours. Make sure to keep checking to see the stage of growth

the crystals are in!



The next day, gently lift out your crystal heart ornaments and let them dry on paper towels for an hour or so.

*Hint: Double check the opening of the jar with the size of your shape! It's easy to push the pipe cleaner in to start but difficult to pull it out once all the crystals have formed! Make sure you can get your heart in and out easily!

<https://littlebinsforlittlehands.com/crystal-hearts-valentines-science-experiment/>

Saving your Garden from a Spring Cold Snap

By Sheri Bethard, Orange County Master Gardeners Assn.



During most years by the end of February into the middle of March, we are finished with winter. Some years it seems to happen earlier. On those days when the temperatures are in the high 60's and even low 70's you are anxious to get out and work in your garden, planting seeds and your seedlings. This is all good and great but what should you do if a sudden cold snap comes roaring thru? I have seen it get down in the low 30's well into March. I wanted to share some steps you can do to prepare for these cold fronts.

First, let me explain what the various temperatures can do to your plants. If we have a light freeze (temps. 29-32F. degrees) this will kill some annuals and vegetables and could cause damage to hardier plants. A moderate freeze (25-28F. degrees) will kill hardier annuals and vegetables along with many perennials and deciduous shrubs will develop wet, mushy or blackened leaves that will eventually fall off. Then a hard freeze (24F. degrees and below) annuals and vegetable crops are killed outright, perennials have extensive damage on exposed foliage, trees and shrubs often lose emerging leaves and flowers.

So, the question is what do I do to help prevent loss of my plants? Here are 5 things you can do to help your plants make it thru the cold times.

Water the soil prior to the cold snap. Damp soil holds daytime heat and keeps the air above warmer by about 5 degrees. Do this the morning before the freeze. But, do not wet the leaves as they could freeze faster.

Cover tender plants. A great thing I discovered several years ago is Frost Cloth. They have better insulating properties than plastic. Place stakes around the plant to keep the cloth from touching if possible. This will help leave a zone of a little warmer air around the plant. I have been using frost cloths on my large plants which are too tall for my greenhouse the past couple of years and have not had any damage to them even when the temperatures were in the 20's. Other items you can use are cloches, buckets, milk jugs with the bottoms cut out or even old aquariums which create a mini greenhouse. Remove these items the next day so when the sun comes out, they will not "be cooked".



When using frost cloth or any other woven fabrics be sure the material goes all the way to the ground as the heat from the ground will rise into your tented plant and not escape.

Capture radiant heat by filling jugs with water around your plants during the day. If you paint the jugs black, more heat will be absorbed. Place as close to the plants as possible.

Wait until spring to add mulch as the warmth from the soil will radiate upwards toward your plants. Mowing grass shorter around plants will expose more soil to heat up also. If you put mulch down in the fall, leave it as long as possible. Mulch keeps the ground cooler and will keep plants from breaking dormancy too soon.

Don't clean up too early. The prior years growth helps insulate the crown and stems. Wait until new leaves appear before pruning. If pruned too early, this would encourage new growth which could be damaged by the unexpected cold snap.



Good Luck and don't be too antsy to get started with spring gardening with the nice days we had last week. As you can the cold is upon us again.

For your horticultural questions, please call our Hot-Line 409 882-7010, Tuesday and Thursdays from 10AM – 2PM or email ocmg1990@gmail.com. More information can be found on our website <https://txmg.org/orange> or our Facebook group Orange County Texas Master Gardeners in the files section.



DIY Dollar Store Rose Heart Wreath

Supplies

- * Wire heart wreath
- * 6 packages of foam roses
- * Hot glue gun and glue sticks
- * Ribbon to hang wreath
- * Felt for backing (not necessary)
- * Scissors



<https://southluminastyle.com/holiday/diy-dollar-store-heart-wreath/>

4-H Pollinators: Hummingbirds

See if you can attract a glimmer of hummingbird. Using recycled materials and simple craft supplies, make your own hummingbird feeder while learning about how these tiny birds pollinate flowers.

Feeder

- Recycled wine bottle - remove label
- Several bright - colored puffy paint
- Cork stopper - sipper
- Decorative wire - 12 gauge
- Disposable table covering

Before you start the activity, think about these amazing facts: with more than 340 different species, hummingbirds are unique to the Americas. As they fly from flower to flower, they sip nectar (they can move their tongues in and out of nectar 13 times per second!) and the pollen gets stuck to their beaks which they drop off at the next flower.

If hummingbirds didn't help with pollination, there's over 8,000 type of flowers in North and South America wouldn't even exist!

1. Prepare a disposable table covering under your project. Stand the bottle nose down, begin to paint. (Remember, hummingbirds are attracted to bright colors.) Set aside to dry.

Did you Know? Hummingbirds can travel up to 500 miles at a time. As they travel, they visit hundreds of flowers a day and eat as much as their own body weight in nectar.

2. Start the wire wrapping twice around the nose. Move wire up to the middle of the bottle and make two wraps. Thread your end through the wraps and then make a loop at the top and go back down the other side to the wraps and tie it off.

Beside insects, hummingbirds have the highest metabolism of all animals. This means hummingbirds need to eat a lot in order to maintain their weight.

3. Fill the bottle with homemade nectar (see recipe below). Close with the stopper and hang in a semi-shaded area near bright - colored flowers. Now, wait for the hummingbirds to flock.

Did you know? A flock of hummingbirds is called a bouquet, a glittering, a hover, a shimmer, or a tune.

Hummingbird Nectar Recipe (ask an adult to help make this recipe.).

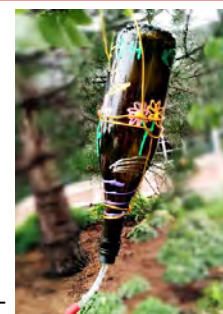
1 cup water

1/2 cup white granulated sugar

4. Bring 1 cup of water to boil
5. Add 1/4 cup of white granulated sugar
6. Stir until dissolved
7. Boil this mixture for 2 minute (this will help keep the nectar from spoiling too quickly)
8. Set aside to cool
9. Pour into a clean hummingbird feeder

Notes:

- * For larger recipes, add 4 parts of water to 1 part sugar.
- * Nectar can be stored for up to 2 weeks in the fridge.
- * Do not use honey as this can cause infections to the hummers.
- * Don't use artificial sweeteners, they have no nutritional value.
- * Avoid red dyes as most are unhealthy.
- * Clean you feeder once a week.
- * Dispose of unused nectar.



Be Sweet To Your Heart!

Heart disease is the leading cause of death for both men and women in the United States. Take steps today to lower your risk of heart disease.

To help prevent heart disease, you can:

- Eat healthy.
- Get active.
- Stay at a healthy weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- Drink alcohol only in moderation.
- Manage Stress

What is heart disease?

When people talk about heart disease, they are usually talking about coronary heart disease (CHD). It's also called coronary artery disease (CAD). This is the most common type of heart disease.

When someone has CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque, build up inside the arteries.

Plaque is caused by:

- Too much fat and cholesterol in the blood
- High blood pressure
- Smoking
- Too much sugar in the blood (diabetes)

When plaque blocks an artery, it's hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.

Am I at risk for heart disease?

Everyone is at risk for heart disease. But you are at higher risk for heart disease if you:

- Have high cholesterol or high blood pressure
- Smoke
- Are overweight or obese
- Don't get enough physical activity
- Don't eat a healthy diet

Your age and family history also affect your risk for heart disease. Your risk is higher if:

- You are a woman over age 55
- You are a man over age 45
- Your father or brother had heart disease

- before age 55
- Your mother or sister had heart disease before age 65

But the good news is there's a lot you can do to prevent heart disease.

Physical Activity

Get active.

Getting active can help prevent heart disease. Adults need at least 2 hours and 30 minutes of moderate aerobic activity each week. This includes walking fast, dancing, and biking. If you are just getting started, try walking for 10 minutes a day, a few days each week. Then add more activity over time.

Stay at a healthy weight.

People who are overweight or obese are at an increased risk for heart disease, high blood pressure, and type 2 diabetes. If you are overweight or obese, losing just 10 pounds can lower your risk of heart disease.

Exercise Tips for Older Adults

Stay strong, be safe, and maintain your independence by integrating these top fitness options into your training plan.

1. Swimming

There's a reason swimming is called the world's perfect exercise. Whether you're performing the breaststroke, taking a water aerobics class, or playing Marco Polo with the grandkids, getting in the pool is a great way to increase your cardiovascular fitness while also strengthening your muscles.

2. Yoga

With a holistic approach to fitness, yoga helps build muscle strength, aerobic fitness, core stability, and total-body mobility—all of which are important for older adults.

3. Walking

Start off slow and slowly progress your speed and the amount of time you walk.

4. Cycling

Cycling helps improve cardiovascular health, metabolic health, and cognitive performance.

5. Strength and Aerobic Classes

If you attend Silver Sneakers classes, you already know that group exercise isn't just a fantastic way to break a sweat. You'll also have

tons of fun and make new friends along the way, both of which are hugely important when it comes to making exercise a habit.

It is recommended that adults get 150 minutes of aerobic activity each week. Small steps can help you reach your physical activity goals.

Cowboy Salad

Serving: 7.5

Ingredients:

1 (15 ounce) can black-eyed peas or black beans, drained
1/2 (15 ounce) can corn, drained
1/2 bunch cilantro
3 green onions
3 medium tomatoes
1 avocado optional
1/2 tablespoon oil (Canola or vegetable)
1 tablespoon vinegar or lime juice
1/4 teaspoon salt
1/4 teaspoon pepper



Directions:

Drain and rinse the black-eyed peas (or Black Beans) and corn. Finely chop the cilantro and green onions. Dice the tomatoes and avocados. Combine all ingredients in a small bowl and toss lightly. Refrigerate leftovers within 2 hours. NOTE: try adding other vegetables such as sweet or hot peppers or zucchini. Freeze extra lime juice to use later.

Nutrition Facts:

80 Calories, 3g total fat, 0g saturated fat, 310 mg sodium, 12g carbohydrates, 4g fiber, 2g total sugars, 0g added sugar, 3 protein



For further information on Better Living for Texans contact

Tommy Byers

Better Living for Texans Nutrition Educator

11475-A FM 1442 Orange, TX 77630

409-882-7010

Tommy.Byers@ag.tamu.edu



BETTER LIVING
FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

Orange County Food Safety

Seafood Safety for Lent

As part of the Christian Lenten tradition, people abstain from eating “meat” on Fridays and instead consume seafood.

Seafood requires special handling, preparation, and cooking to reduce the risk of foodborne illness. Follow basic food safety tips for buying, preparing, and storing fish and shellfish — so you and your family can safely enjoy the fine taste and good nutrition of seafood.

Likewise, by choosing your seafood more wisely, you can help stop overfishing, and you can find great-tasting seafood without putting an endangered species on your plate.

Follow basic food safety tips for buying, preparing, and storing fish and shellfish — and you and your family can safely enjoy the fine taste and good nutrition of seafood.

Serving seafood during Lent means big money for restaurants who offer seafood specials on Fridays during those 40 days can increase seafood sales by up to 20 percent.

Selecting Safe Seafood

Fresh Fish and Shrimp

Only buy fish that is refrigerated or displayed on a thick bed of fresh ice that is not melting (preferably in a case or under some type of cover).

- Fish should smell fresh and mild, not fishy, sour, or ammonia-like.
- A fish's eyes should be clear and bulge a little.
- Whole fish and fillets should have firm, shiny flesh and bright red gills free from milky slime.
- The flesh should spring back when pressed.
- Fish fillets should display no discoloration, darkening or drying around the edges.
- Shrimp flesh should be translucent and shiny with little or no odor.

Some refrigerated seafood may have time/temperature indicators on their packaging, which show if the product has been stored at the proper temperature. Always check the indicators when they are present and only buy the seafood if the indicator shows that the product is safe to eat.

Frozen Seafood

Frozen seafood can spoil if the fish thaws during transport and is left at warm temperatures for too long.

- Don't buy frozen seafood if its package is open, torn, or crushed on the edges.
- Avoid packages that are positioned above the “frost line” or top of the freezer case.
- Avoid packages with signs of frost or ice crystals

Shellfish

Follow these general guidelines for safely selecting shellfish:

- Look for the label: Look for tags on sacks or containers of live shellfish (in the shell) and labels on containers or packages of shucked shellfish. These tags and labels contain specific information about the product, including the processor's certification number. This means that the shellfish were harvested and processed in accordance with national shellfish safety controls.
- Discard Cracked/Broken Ones: Throw away clams, oysters, and mussels if their shells are cracked or broken.
- Do a “Tap Test”: Live clams, oysters, and mussels will close up when the shell is tapped. If they don't close when tapped, do not select them.
- Check for Leg Movement: Live crabs and lobsters should show some leg movement. They spoil rapidly after death, so only live crabs and lobsters should be selected and prepared.

Store Properly

Put seafood on ice or in the refrigerator

or freezer soon after buying it. If seafood will be used within *2 days after purchase*, store it in the refrigerator. Otherwise, wrap it tightly in plastic, foil, or moisture-proof paper and store it in the freezer.

Prepare Safely

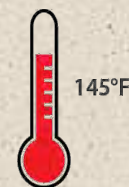
Thawing

Thaw frozen seafood gradually by placing it in the refrigerator overnight. If you have to thaw seafood quickly, either seal it in a plastic bag and immerse it in cold water or — if the food will be cooked immediately thereafter — microwave it on the “defrost” setting and stop the defrost cycle while the fish is still icy but pliable.

Cooking

Most seafood should be cooked to an

SEAFOOD - MIN. SAFE COOKING TEMPERATURE



145°F



The USDA recommends all seafood (fish, shellfish - shrimp, lobster, crab, scallops, clams, oysters, mussels, etc.) be cooked to a minimum internal temperature of 145°F (62.8°C) - as measured with a food thermometer.

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internal temperature of 145°F. If you don't have a food thermometer, there are other ways to determine whether seafood is done.

- Fish: The flesh should be opaque and separate easily with a fork.
- Shrimp and Lobster: The flesh becomes pearly and opaque.
- Scallops: The flesh turns opaque and firm.
- Clams, Mussels, and Oysters: The shells open during cooking — throw out ones that don't open.

Uncooked spoiled seafood can have an ammonia odor. This odor becomes stronger after cooking. If you smell an ammonia odor in raw or cooked seafood, do not eat it.



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

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Family & Community Health
Orange County

<http://foodsafetytrainingcertification.com/food-safety-news>

February Meetings and Projects will be conducted Virtually

**Dusty Trails 4-H &
Clover Kids Club**
1st Tuesday
6pm 4-H Office
Club Manager
Casey Trahan 409-988-4873

OC 4-H Judging Club
Thursday's
6 pm 4-H Office
Club Manager
Melissa Pyatt 409-679-2441



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

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

**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

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.

FEBRUARY 2021 4-H CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	1 *OFF DEADLINE YMBL BREEDING RABBITS & OPEN	2 DUSTY TRAILS 6 PM VIRTUAL	3	4 OC JUDGING 6 PM VIRTUAL	5	6
7	8	9 MIGHTY PIRATES 7 PM VIRTUAL	10	11 OC JUDGING 6 PM VIRTUAL	12 YMBL BROILER PICKUP 4PM-6PM	13
14 	15 EQUINE 6 PM VIRTUAL  OFFICE CLOSED	16 FOOD & NUTRITION 6 PM VIRTUAL CLAYBUSTERS 6 PM VIRTUAL	17	18 OC JUDGING 6 PM VIRTUAL	19	20
21	22 ROBOTICS 6 PM VIRTUAL	23 FASHION & INTERIOR DESIGN 6 PM VIRTUAL	24	25 OC JUDGING 6 PM VIRTUAL YMBL DEADLINE MEAT PEN	26	27
28						

MARCH 2021 4-H CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	1 ALA & COUNCIL 6PM	2 DUSTY TRAILS 6 PM	3	4 OC JUDGING 6 PM	5 VET SCIENCE CAMP DEADLINE	6
7	8	9 MIGHTY PIRATES 7 PM	10	11 OC JUDGING 6 PM	12	13
14 	15 EQUINE 6 PM SCHOLARSHIP DEADLINE	16 FOOD & NUTRITION 6 PM CLAYBUSTERS 6 PM	17 	18 OC JUDGING 6 PM	19	20 
21	22 ROBOTICS 6 PM	23 FASHION & INTERIOR DESIGN 6 PM	24 O9 ROUNDUP & PHOTOGRAPHY REGISTRATION DEADLINE	25 OC JUDGING 6 PM	26	27
28 	29	30	31 O9 LIVESTOCK JUDGING ENTRY DEADLINE			



March 25, 2021 through April 4, 2021

4-H OFFICE DEADLINES!

MARKET RABBITS

- ⇒ Open Jr. Breeding Rabbit Entry **Deadline, Monday February 1st**
- ⇒ Jr. Market Rabbit Meat Pen Entry **Deadline, Thursday February 25th**

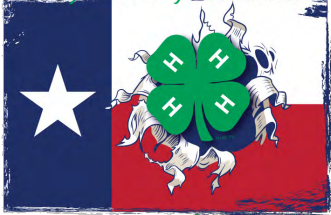
OPEN SHOWS

- ⇒ Jr. Open Breeding Beef, Jr. Open Brahman Heifer, Jr. Open Longhorn, Open Brahman, and Open Longhorn entry **deadline, Monday February 1st**
- ⇒ Open Poultry Entry **Deadline, Monday March 1st**

LATE ENTRY

- ⇒ Jr. Open Breeding Beef, Open Brahman, and Open Longhorn, late entry **deadline, Monday March 1st**

Greetings from Big Time in D-9



Southeast District 9 4-H Roundup

April 29 - May 1st
Lone Star College-Montgomery
Entry/Registration Deadline March
25, 2021 on 4-H Connect

PHOTOGRAPHY Contest
entry/registration deadline March
24th on 4-H Connect.

D9 Livestock Judging

April 24, 2021

Pearce Pavilion, Texas A&M University
Campus

Entry/Registration Deadline March 31,
2021

Entry Fee \$20

**Texas 4-H Foundation Scholarship
Reminders**

- 4-H Foundation released the information on Friday, October 30th
- SAT/ACT Test Score will be waived for this year
- HLSR cap has increased to \$110,000
- FAFSA must be completed by all applicants – may take up to 3 weeks or so to get back – do not wait to complete this
- Students must work with their school counselor/registrar office to get the school verification.
- Applications with all required documentation is **due February 15th**. Late applications are not accepted.
- All applications are submitted online

Veterinary Science Summer Camps

Texas A&M
College Station
June 14-16, 2021

West Texas A&M
Canyon
July 12-14, 2021

Kingsville
Kingsville
June 7-9, 2021



The goal of the Texas 4-H Veterinary Science Camp is to provide experiential learning opportunities for students participating in the Veterinary Science Certification Program (VSCP). Students will learn and practice clinical skills on large and small animals under the supervision of a veterinarian. Students may earn 33 of the 78 clinical skills required for the VSCP certification process.

Cost of program: \$400.00 (includes room, meals, and materials)

Deadline: by 5:00 pm on March 5, 2021

Online Submission: [Via Qualtrics](#)

Requirements: 4-H member 12–18 years old as of September 1, 2020.

Applicants will be notified by March 19, 2021 regarding application results.
*Applicants will be notified if they are accepted.

An application does not ensure entrance into the camp. The camp is limited to 25 participants at each site.

Contact Tyler Vogel at tyler.vogel@ag.tamu.edu

TEXAS A&M
AGRI LIFE
EXTENSION





400 Calories or Less Main Course

If you're trying to keep an eye on your calories we are here to help! These main courses have less than 400 calories per serving and still leave you feeling satisfied! To round out a healthy dinner by following MyPlate and adding fruit, vegetables, and dairy as needed.

You can click on the recipe listed below or go directly to the website to view recipes:

<https://dinnerto-night.tamu.edu/400-calories-less-main-course/>

[Baked Parmesan Catfish](#)
[Baked Potato Soup](#)
[Beef and Broccoli Stir Fry](#)
[Beef Goulash](#)
[Beef Italian Pasta](#)
[Beef Skillet Supper](#)
[Beef Stuffed Pasta](#)
[Bethany's Skillet Chicken and Rice Casserole](#)
[Butternut Squash Stew](#)
[Cabbage & Meatballs](#)
[Catfish Tacos with Pico de Gallo and Avocado Crema](#)
[Cheesy Chicken Spinach](#)
[Noodle Casserole](#)
[Cheesy Lasagna Rolls](#)
[Chicken Gumbo](#)

[Chicken Marsala](#)
[Chicken Parmesan](#)
[Chicken Vegetable Soup](#)
[Cowboy Sliders](#)
[Creamy Pumpkin Pasta](#)
[Crunchy Lime Wasabi Salmon](#)
[Deep Dish Pizza Casserole](#)
[Hearty Vegetable Soup](#)
[Italian Artichoke Chicken](#)
[Lemon Butter Fish](#)
[Lemon Garlic Chicken](#)
[Meal Preparation](#)
[Orange and Ginger Salmon](#)
[Parsley Crusted Fish](#)
[Quick Zucchini Beef Boats](#)
[Recipe](#)
[Quinoa Breakfast Bowl](#)
[Roasted Poblano and Creamy Corn Soup](#)
[Salmon Bowtie Pasta](#)
[Sausage, Kale and White Bean Stew](#)
[Shepherd's Pie](#)
[Shrimp & Broccoli Alfredo](#)
[Shrimp and Slaw Street Tacos](#)
[Skillet Chops and Rice](#)
[Skinny Sloppy Joes](#)
[Slow Cooker Chicken Taco Chili](#)
[Slow Cooker Pulled Pork](#)
[Spicy Garlic Shrimp Pasta](#)
[Stuffed Baked Potatoes](#)
[Taco Boats](#)
[Tex Mex Beef Skillet](#)
[Tex-Mex Sorghum Stuffed Mushrooms](#)
[Tuna Cakes](#)
[Vegetable Enchiladas](#)
[Very Vegetable Curry](#)



We have available for purchase:

1 lb. Plain Pecan halves & pieces \$11

3 lb. Plain Pecan Pieces \$27

1 lb. Natural Almonds \$8

1 lb. Roasted & Salted Pistachios \$9

12 oz. Honey Roasted Peanuts \$4.25

1 lb. Hot & Spicy Peanuts \$3.25

1 lb. Hunters Mix \$6

(cashews, cocktail peanuts, sesame sticks & seeds, natural almonds, pecan halves, peanut oil & salt)

1 lb. Trash Mix \$4.50

(sesame sticks, jumbo runner peanuts, pretzels, hot & spicy peanuts, peanut oil & salt)

1 lb. Cran-Slam Mix \$6

(dried cranberries, raw walnut pieces, roasted & salted sunflower seeds, roasted & salted pumpkins seeds, diced pineapple and black raisins)

1 lb. Mountain Mix \$6

(roasted & salted cashews, roasted & salted peanuts, roasted & salted almonds, raisins & M&M's)

Thank you for supporting

Orange County 4-H

Hate Peeling Potatoes?

Try this trick to make peeling easy!

1 Cut a thin line around the circumference of the potato, just deep enough to pierce the skin

2 Boil the potatoes as you normally would

3 Fill a bowl with ice cold water and transfer the potatoes into it

4 Simply pull off the skins and they'll come right off!

Welcoming Bluebirds in Winter

By Kathy Bond Borie (from the files of the Learning Library, The National Gardening Association)

This week's article is not quite on the horticulture subject, but it is related to gardening. As many of you have seen on the telephone and electrical wires, Bluebirds are a common sight all thru the winter. Bluebirds eat insects which makes them beneficial to gardening. So, seeing this article, I wanted to share with you in order to help our local Bluebirds. The Bluebird species we have locally is the Eastern Bluebird.

There's something about bluebirds that makes otherwise normal people get excited when a pair sets up housekeeping in the backyard nesting box, or when a bright blue streak lands in your grass then speeds away. In cold climates about a third of the bluebirds don't migrate to warmer climes in winter, and you may spy them feasting on the fruits of winter-berries, Virginia creeper, sumac, hackberry, and hawthorn. In our area, you can see them all year round. Providing fruiting shrubs is important, but by late winter, natural food sources may be depleted. Bluebird lovers take heart: there's something we can do to help. These birds will visit feeders with the right enticement, and with their habitat disappearing around the world, they need all the help we can give.



Tempting Food

Bluebirds' beaks are not designed for cracking open the seeds in most birdseed mixtures. But if you serve up shelled sunflower seeds, cheese, nuts, small raisins, or suet, the birds may come to dine. Suet is easy to make, and this recipe from the Massachusetts Bluebird Association is reported to be much to the birds liking:

1. Melt 1 cup lard or suet with 1 cup peanut butter (plain or crunchy)
2. Add, one at a time, 1 cup cornmeal, 3 cups oats, and 1 cup sugar.
3. Chill mixture in a pan, then cut into pieces that fit your feeder. Freeze extra for later.

A Tempting Feeder

Offering the food in a feeder that resembles a nesting box is another way to attract wintering bluebirds. One recommended design is an enclosed hopper type, with a hole at each end for the birds to enter. Some people have actually trained bluebirds to come to these feeders when they whistle or call.



A Wintry Home

Bluebirds also need shelter from the wind and cold. Generic roosting boxes are available, but bluebirds don't use the perches common to most designs as they cling to the opening of the box. If there is a perch, remove it if you can. They sleep in a huddle on the floor of nesting boxes. Summer nesting boxes suit them better, so leave the boxes up year-round, and cover any large ventilation holes with foam weatherstripping or some such material that can be easily removed in spring. Since the birds like to peek into the house before entering, don't seal it up so tightly they can't see inside.

A study at the University of Illinois demonstrated just how protective a nesting box can be in winter. A zoology professor recorded the temperatures inside and outside a box under the eaves of a building where a house sparrow was taking shelter at night. When the bird was out of the box, the inside and outside temperatures were the same. When the bird was in the box, its body heat and exhaled breath raised the temperature dramatically. On one 18-degree night the temperature inside was a toasty 79°F!

So, help your local bluebirds make it through wintry weather. It's the least we can do considering they are sharing their native habitat with us.

For your horticulture questions, please contact the Orange County Master Gardener Hot-line at 409 882-7010, Tuesday and Thursdays from 10AM – 2PM or email ocmg1990@gmail.com. You can also visit our website <https://txmq.org/orange> or our Facebook page Orange County Texas Master Gardeners. We have a lot of information in the files section of this group.

Vegetable Cheese Tart

Serves 4

- ◇ 1 roll puff pastry
- ◇ 2 cups nonfat ricotta cheese
- ◇ 1/2 cup Parmesan cheese, shredded
- ◇ 1/2 cup low fat mozzarella cheese, shredded
- ◇ 2 eggs
- ◇ 1/3 cup Italian vinaigrette
- ◇ 1/2 teaspoon salt
- ◇ 4 large carrots, multicolored if possible
- ◇ 2 zucchinis
- ◇ 2 tablespoons olive oil
- ◇ 1/2 teaspoon garlic powder

1. Place a puff pastry sheet over a greased tart pan, trim and press to fit. Line with parchment paper and fill with weights.
2. Bake the tart dough at 350 degrees F for 10-15 minutes.. Remove the weights and parchment paper and let it cool.
3. In a large bowl, add the eggs, ricotta, parmesan cheese, mozzarella cheese, Italian vinaigrette, and the salt. Use a spoon or mixer till everything is evenly mixed and smooth.
4. With a potato peeler or a mandolin, create lengthwise strips of zucchini and carrots.
5. Place the vegetable slice in a bowl, add garlic powder. Stir and cook in the microwave for 3-5 minutes. This step will soften the slices and make them much easier to roll.
6. Spread the cheese mixture on top of the tart base.
7. Take one slice of a vegetable and roll it up very tightly. Add another slice and keep rolling. Do not exceed more than 2 slices per spiral or the vegetable cooking will be uneven.
8. Place the vegetable spiral in the center of the tart, pushing it down into the cheese. Continue this process until the tart is sufficiently covered.
9. Brush olive oil on top of the vegetables and bake the tart at 375 degrees F for 30-40 minutes.

Nutrition Facts: 12 slices: Calories 120; Saturated Fat 1.5g; Cholesterol 45mg; Sodium 340mg; Total Carbohydrate 9g; Dietary Fiber 1g; Total Sugars 4g includes 1g Added Sugars; Protein 8g



Photo courtesy of Mike Layman

Orange County Master Gardeners along with Orange Lions Club and Scout and Scout leaders from Boy Scout Troop 1 planted 46 trees. There were 21 Mayhaws, 19 Jackson pecans and 6 Kanza pecans planted throughout Orange County.

Cognitive Health and Older Adults

Cognitive health — the ability to clearly think, learn, and remember — is an important component of performing everyday activities. Cognitive health is just one aspect of overall brain health.

A growing body of scientific research suggests that the following steps are linked to cognitive health. Small changes may really add up: Making these part of your routine could help you function better.

Take Care of Your Physical Health

Taking care of your physical health may help your cognitive health. You can:

- * Get recommended health screenings.
- * Manage chronic health problems like diabetes, high blood pressure, depression, and high cholesterol.
- * Consult with your health care provider about the medicines you take and possible side effects on memory, sleep, and brain function.
- * Reduce risk for brain injuries due to falls and other accidents.
- * Limit use of alcohol (some medicines can be dangerous when mixed with alcohol).
- * Quit smoking, if you currently smoke. Also avoid other nicotine products such as chewing tobacco.

Manage High Blood Pressure

- * Preventing or controlling high blood pressure (HBP) not only helps your heart, but may help your brain too.
- * SPRINT-MIND study, a nationwide clinical trial, showed that intensive lowering of blood pressure (even below the previous standard target of 14– for systolic blood pressure) lowers the risk for mild cognitive impairment which is a risk factor for dementia.
- * HBP often does not cause signs of illness that you can see or feel.
- * Routine visits to your doctor will help pickup changes in your blood pressure.

Eat Healthy Foods

- * A healthy diet can help reduce the risk of many chronic diseases such as heart disease or diabetes.. It may also help keep your brain healthy.
- * In general, a healthy diet consists of fruits and vegetables; whole grains; lean meats, fish, and poultry; and low-fat or nonfat dairy products.
- * You so also limit solid fats, sugar, and salt.
- * Be sure to control portion sizes and drink enough water and other fluids.

Be Physically Active

Being physically active - through regular exercise, household chores, or other activities - has many benefits. It can help you:

Clinical Trials on Exercise for Cognitive Health

Volunteers are needed for clinical trials that are testing different forms of exercise for cognitive health. By joining one of these studies, you may learn new ways to be physically active and also contribute useful information to help other older adults in the future! To learn more, visit the NIA Clinical Trials Finder to search for a trial in your area.

- * Keep and improve your strength
- * Have more energy
- * Improve your balance
- * Prevent or delay heart disease, diabetes,, and other concerns
- * Perk up your mood and reduce depression

Keep Your Mind Active

- * Being intellectually engaged may benefit the brain.
- * Engagement in activities such as music, theater, dance, and creative writing has shown promise for improving quality of life and well being in older adults.
- * Lots of activities can keep your mind active. For example, read books and magazines. Play games. Take or teach a class. Learn a new skill or hobby. Work or volunteer.

What Is Brain Health?

Brain health refers to how well a person's brain functions across several areas. Aspects of brain health include:

- Cognitive health — how well you think, learn, and remember
- Motor function — how well you make and control movements, including balance
- Emotional function — how well you interpret and respond to emotions (both pleasant and unpleasant)
- Tactile function — how well you feel and respond to sensations of touch — including pressure, pain, and temperature

Brain health can be affected by age-related changes in the brain, injuries such as stroke or traumatic brain injury, mood disorders such as depression, substance use disorder or addiction, and diseases such as Alzheimer's disease. While some factors affecting brain health cannot be changed, there are many lifestyle changes that might make a difference.

*Cognitive Health and Older Adults continued***Stay Connected with Social Activities**

- * Connecting with other people through social activities and community programs can keep your brain active and help you feel less isolated and more engaged with the world around you.
- * People who engage in personally meaningful and productive activities with others tend to live longer, boost their mood, and have a sense of purpose.

Social Activities during COVID-19

During the COVID-19 pandemic, make sure any activities you plan follow CDC guidelines. Instead of in-person activities, consider other options like planning a video call with friends or family, having a picnic outside, or joining an online class or virtual book club.

Manage Stress

Stress is a natural part of life. Short-term stress can even focus our thoughts and motivate us to take action. However, over time, chronic stress can change the brain, affect memory, and increase the risk for Alzheimer's and related dementias. To help manage stress and build the ability to bounce back from stressful situations, there are many things you can do:

- * Exercise regularly. Practicing tai chi or going for a walk, especially in nature, can restore a sense of well-being.
- * Write in a journal. Putting your thoughts or worries on paper can help you let go of an issue or see a new solution.
- * Try relaxation techniques. Practices such as mindfulness - which involves focusing awareness on the present moment without judgement - or breathing exercises can help your body relax. These can help lower blood pressure, lessen muscle tension, and reduce stress.
- * Stay positive. Release grudges or things beyond your control, practice gratitude, or pause to enjoy the simple things, like the comfort of a cup of tea or the beauty of a sunrise.

Reduce Risks to Cognitive Health**What Is Dementia?**

It's normal to be a little more forgetful as we age. However, some difficulties with cognitive function, such as dementia and mild cognitive impairment (MCI) are more serious.

Dementia is the loss of cognitive functioning — thinking, remembering, and reasoning — and behavioral abilities to such an extent that it interferes with daily life and activities. Symptoms may include problems with language skills, visual perception, or paying attention. Some people have personality changes. There are different forms of dementia including Alzheimer's disease, frontotemporal disorders, and Lewy body dementia.

MCI is a condition in which people have more memory or thinking problems than other people their age but can still do their normal daily activities. People with MCI are more likely to develop Alzheimer's disease than those without. However, not everyone with MCI will develop Alzheimer's.

Genetic factors are passed down (inherited) from a parent to child and cannot be controlled. But many environmental and lifestyle factors can be changed or managed to reduce your risk. These factors include:

- * Some physical and mental health problems, such as high blood pressure or depression
- * Brain injuries, such as those due to falls or accidents
- * Some medicines, or improper use of medicines
- * Lack of physical activity
- * Poor diet
- * Smoking
- * Drinking too much alcohol
- * Sleep problems
- * Social isolation and loneliness

Physical and Mental Health Problems

Many health conditions affect the brain and pose risks to cognitive function. These conditions include:

- * Heart disease and high blood pressure - can lead to stroke and changes in blood vessels in the brain that can lead to dementia
- * Diabetes - damages blood vessels throughout the body, including in the brain; increases risk for stroke and heart attack increases risk for Alzheimer's
- * Alzheimer's disease and related dementias - cause a buildup of harmful proteins and other changes in the brain that lead to memory loss and other thinking problems
- * Stroke - can damage blood vessels in the brain and increase risk for vascular dementia

- * Depression - can lead to confusion or attention problems and has been linked to dementia
- * Delirium - shows up as an acute state of confusion, often during a hospital stay, and is associated with subsequent cognitive decline

It's important to prevent or seek treatment for these health problems. They affect your brain as well as your body and receiving treatment for other conditions may help prevent or delay cognitive decline or thinking problems.

To read the complete article on Cognitive Health and Older Adults: www.nia.nih.gov/health/cognitive-health-and-older-adult



Easy & Homemade CALIFORNIA Rolls



- * 4 cups of water
- * 2 cups of jasmine rice or short grain rice
- * 4 tablespoons white wine vinegar
- * 2 teaspoon white sugar
- * 1 avocado, sliced
- * 1 cucumber; sliced into thin strips; about 1/4 inch
- * Imitation crab sticks; cut each in half lengthwise
- * Seaweed sheets
- * Sesame seeds
- * Soy sauce; optional
- * Wasabi; optional
- * Ginger; optional

1. Place plastic wrap on top of sushi rolling mat about an inch extra on both ends of the mat. Set aside. (if you do not have a sushi mat you can use a kitchen towel, lay flat and covered with plastic wrap.
2. Bring water and rice to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, about 20 to 25 minutes. Transfer the rice to a large bowl and add rice vinegar. Stir using a wooden spoon and season with sugar. Set the rice aside and let cool for about 30 minutes.
3. Once the rice has been cooled, place a sheet of seaweed on the sushi mat. Spread a thin layer of rice on top of the seaweed. In no particular order, place 2 to 3 avocado slices lined across the center, then add the cucumber slices and then the crab meat.
4. Using the mat as a guide, carefully roll the California roll into a tight log. Cut roll into 6 even pieces using a sharp wet knife. Repeat with remaining sheets of seaweed and filling.

<https://kathrynskitchenblog.com/the-easiest-homemade-california-roll/>

WHAM BAM PIE CRUST

Wham Bam Pie Crust is the easiest pie crust ever! No rolling pins, no cold butter and no fuss but you still get a tender and flakey pie crust.

- 1 ¾ cup all-purpose flour
- ½ tsp salt
- ½ cup vegetable oil
- 2 tbsp water

1. In a medium bowl, combine flour and salt.
2. Stir in oil and water.
3. Mix until combined.
4. Then form it into a ball.
5. Spray your pie pan with nonstick cooking spray.
6. Put the ball of dough in the middle of your pie dish.
7. And start pushing down on your ball of dough and begin spreading it towards the sides.
8. Do as best as you can to evenly pull it up the sides.
9. You'll want plenty of dough up the sides too so you can crimp it at the top edge.
10. You can even get in there with your knuckles if you need to.
11. Make sure you also press down into the bottom rim of the pan too to spread out the dough and so it's not too thick.
12. And then you can start to go around and crimp the top edges of the crust.
13. Once it's ready, fill with your favorite filling and bake according to your pie's directions.



<https://www.thecountrycook.net/wham-bam-pie-crust>

Now is the Time to Build Your Child's Bone "Bank Account"

Your child's bone health might not be your first concern when you think of how optimal nutrition impacts your kids' health. After all, osteoporosis largely affects older adults. But, with adolescents reaching 90 percent of their peak bone mass by age 18 (for girls) and age 20 (for boys), bone health absolutely is a health issue for kids.

Think of bone health as a savings account. Bone is living tissue that is turned over constantly with regular deposits and withdrawals. During childhood and adolescence, bones are primed to make the highest rate of deposits possible, for use throughout the rest of a person's life.

What Builds Healthy Bones?

Many nutrients work in concert to provide the framework for healthy bones. Calcium lies at the forefront, but vitamin D, magnesium, vitamin K and regular physical activity also are important.

Calcium

Aim for a good calcium source in each meal and snack. Milk, cheese and yogurt are the richest natural sources of calcium. For instance, one 8-ounce glass of milk provides 300 milligrams of calcium, or about one-fourth to one-third of the recommended daily intake. Other non-dairy food sources include almonds, broccoli, kale, turnip greens, figs and tofu prepared with calcium. Some foods and beverages are fortified with calcium, including certain juices, cereals and plant-based beverages.

Vitamin D

Sun exposure triggers vitamin D production, but this can vary greatly with skin pigmentation, season and geography. If you live in the northern United States, there is a good chance you won't get enough sun exposure in winter for adequate vitamin D production. Also, sunlight exposure increases the risk of skin cancer. There are just a few natural food sources of vitamin D, including egg yolks, mushrooms and fatty fish such as salmon and tuna. You can find vitamin D in fortified sources such as orange juice, milk and some non-dairy beverages. Talk with your pediatrician about giving kids vitamin D supplements to reach the recommended 600 IU per day.



Magnesium

Look for sources of this mineral in foods such as almonds, spinach, black beans, oats, peanut butter, avocado and potato.

Vitamin K

Leafy green vegetables, such as kale, turnip greens, cabbage, spinach and broccoli, are rich in vitamin K. A small amount of vitamin K is made from bacteria in the colon but it's unclear how much our bodies are able to produce and use, so it's important to include food sources.

Physical Activity

Regular weight-bearing exercise stimulates bones and makes them stronger. Try activities such as running, hiking, dancing, tennis, gymnastics, basketball, volleyball, soccer and weight training to build bones. While swimming and bicycling are great for cardiovascular health, they are not weight-bearing. If these are your child's preferred sports, encourage them to do weight-bearing activities, too.

Be Mindful of These Bad-for-Bone Actions

Just as important as what kids do to promote bone health is what they don't do. Bone health can be compromised in these critical years by:

- ◆ Smoking
- ◆ Drinking alcohol
- ◆ Dieting and disordered eating
- ◆ Undereating for athletic training which can result in compromised hormonal status
- ◆ Absent or missed menstrual periods

Undereating during times of athletic training may result in compromised hormonal status, which can impact bone health. And females that have missed or irregular menstrual periods are also at risk.

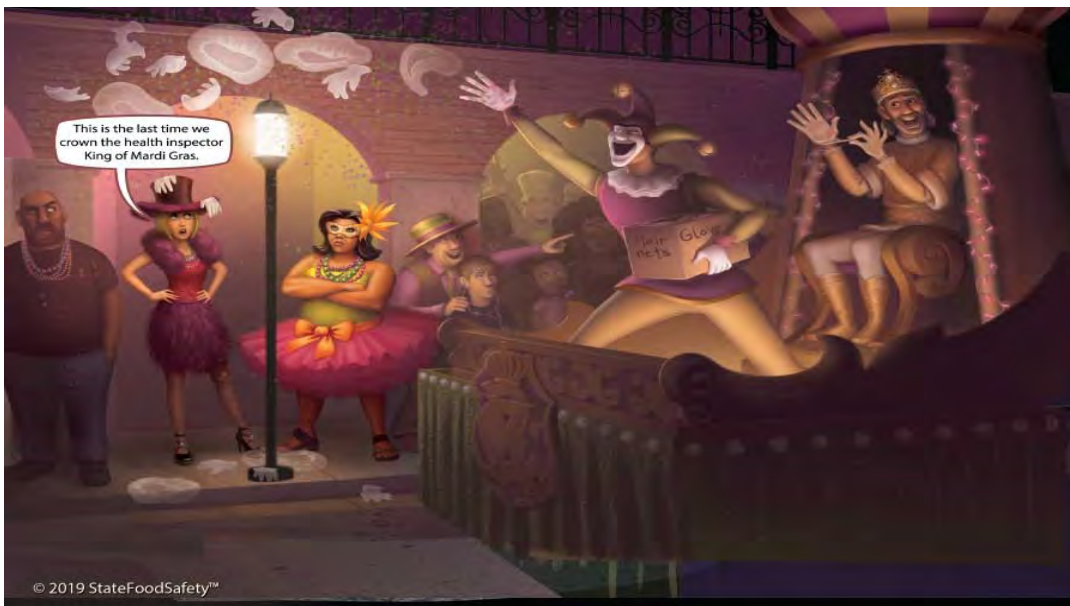
Children and adolescents that receive the best interplay of nutrients and physical activity, while avoiding practices that harm bones, can maximize their bone saving potential.

<http://www.eatright.org>

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and
Healthy

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FOOD SAFETY REMINDER: Hairnets, single-use gloves, aprons, and shoe coverings are designed to prevent dangerous physical and biological hazards from contaminating food. Your manager or local regulatory authority can help you identify what equipment is necessary to keep your workplace clean and your customers safe.

StateFoodSafety
Food Safety Training & Certification



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