

# Orange County AgriLife Newsletter March 2021

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

Franny Woods  
4-H Program Assistant

Tommy Byers  
Better Living for Texans  
Program Associate  
Nutrition Educator

Office 409-882-7010



Sunday March 14th



Wednesday March 17th



Saturday March 20th



County Judge  
John Gothia

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Theresa Beauchamp

Commissioner Precinct 3

Kirk Roccaforte

Commissioner Precinct 4

Robert Viator

## What is A QR Code And How Do You Use It?

QR is short for Quick Response (they can be read quickly by a cell phone). They are used to take a piece of information from a transitory media and put it in to your cell phone. QR Codes were initially developed to expand on the technology of Barcodes. QR Codes have better functionality because they can be scanned both horizontally and vertically, which comes from their square shape.

### iPhone, iPad, or iPod

1. Open the Camera app from the Home screen, Control Center, or Lock screen.
2. Select the rear facing camera. Hold your device so that the QR code appears in the viewfinder in the Camera app. Your device recognizes the QR code and shows a notification.
3. Tap the notification to open the link associated with the QR code.

### Androids 9 and Android 10

1. Has an in-built QR code scanner.
2. Open the Camera app from Home screen.
3. Point towards the QR Code and see a URL pop-up
4. Click on the URL

### All other Androids

1. Go to Settings
2. Select System Apps.
3. Tap on Camera.
4. Then toggle to enable Scan QR codes



Scan and go directly to  
AgriLife website  
[orange.agrilife.org](http://orange.agrilife.org)



Texas A&M  
AgriLife Extension  
Orange County



COMPLETE THE SURVEY  
**TODAY!**



## WHAT IS TEXAS SPEAKS?

TexasSpeaks is a state-wide online survey conducted by Texas A&M AgriLife Extension Service with the purpose of listening to Texas citizens as they identify the strengths and needs of their communities.

Data from the survey will be aggregated at local levels and provided to local stakeholders. Additionally, statewide data will be aggregated and made available to state agencies and decision makers.

## WHAT IS THE GOAL?

To engage as many Texas citizens as possible to create the most accurate and helpful data to support Texas communities at both the state and local levels.



## QUICK FACTS ABOUT THE SURVEY

- Online
- Open to the public
- Anonymous
- Takes 10 minutes
- Includes an opportunity to collect open-ended feedback



**PARTICIPATE TODAY!**  
<http://tx.ag/texasspeaks>

### Contact

Dr. Scott Cummings  
[s-cummings@tamu.edu](mailto:s-cummings@tamu.edu)  
979-229-3187



TEXAS A&M  
**AGRI LIFE**  
EXTENSION



## Do You Want a Fresh Start to a Healthier You?

Join us for a 4 week series beginning February 25th, March 4th, 11th, & 18th at the Raymond Gould Community 385 Claiborne St.

from 6PM—7PM

To R.S.V.P or for Questions  
Contact Tommy Byers (BLT  
Nutrition Educator) at  
409-882-7010

Free give a ways  
at each class!

Topic of discussions will include:  
saving money at the grocery store,  
food safety, & meal planning

Covid-19  
Guidelines will  
be followed!

Recipe  
Samples

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.

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

## 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

Learn how to  
manage your  
diabetes  
through food &  
exercise.

Call 409-882-7010 to register.

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, 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.

## Intro to Beekeeping

**April 13, 20, & 27**

**6:00 pm-8:00 pm**

**\$25 per person (paid prior)**

**or \$30 at the door**

**RSVP by April 10**

**Extension Office**

**11475 FM 1442**

**Orange, TX**

**409-882-7010**

### Topics:

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

Seating limited  
due to COVID

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.

## COOKING CLASS FOR ADULTS WITH ROCKY

INSTRUCTOR: ROCKY BRIDGES

Saturday, April 17 @ 10 AM

\$25 Per Person

Due by April 9th

Texas A&M AgriLife Extension

11475-A FM 1442, Orange, TX

409-882-7010

*Make your reservation today!*

**Class size limited**

YOU WILL BE PREPARING A 3 COURSE MEAL.  
DOOR PRIZES!  
HAVE FUN WHILE COOKING HEALTHY RECIPES  
MYSTERY BOX INGREDIENTS

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

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

## Hold off on pruning freeze-damaged plants

Heather Kirk-Ballard, LSU AgCenter Horticulturist

The entire state of Louisiana, along with many others, just got an unusual dose of ice, sleet and snow. Despite our valiant efforts to cover and protect plants, some will still be lost to the recent hard freezes.

As temperatures warm up, it will take several days - maybe weeks - to fully understand the damage this cold weather event has caused. So hold off on the pruning for now. When plants begin their new spring growth, you will be better able to see what damage occurred in the freezes, and pruning will be much more efficient.



Don't go pulling anything out of the ground yet, either. Many of our cool-season annuals will probably be OK. They are much more cold hardy than other annuals. Violas, pansies, dianthus, foxglove and clematis are alive and will likely bloom again in the spring.

Roots of most hardy plants will be OK, too. With all of the rain that followed the cold snap, our soil is wet, providing protection against freezing temperatures. Even though many of the plants are frozen up top, they are still alive beneath the soil. Rest assured that these plants will return from their roots.

Tender tropical plants melted like the Wicked Witch of the West from Oz. Still, do not be too hasty to get out there and prune. If you are fortunate enough that your tropical plants survived, it's best to leave the mush foliage to help protect the crown of the plant.

You may be wondering how to protect your landscape from freeze damage in the future. First, it helps to understand some terminology:

- Tender plants are those that die in freezing winter temperatures. These include herbaceous, tropical and sub-tropical plants.
- Hardy plants can survive our typical winter temperatures. These include most woody trees and shrubs. They are reliably hardy in freezing temperatures and do not typically die.
- Many perennial plants are root hardy, meaning they will return from their roots, crown or other underground parts such as bulbs or tubers.

It is good to know what plants can hold up before adding them to your landscape. Selections should be hardy enough to survive freezing temperatures below what is normal for your area and tough enough to stand up to our severe summer heat.

The USDA hardiness zone map can help you decide which plant to choose. This map divides the United States and southern Canada into 13 planting zones, with a 10-degree Fahrenheit difference in the average annual minimum temperature between each zone. The higher the zone number, the warmer those temperatures.

For better accuracy, the zones are further broken down into A and B levels, both representing a 5-degree difference, with A being colder than B.

The spectrum ranges from zone 1 in Alaska to zones 12 and 13 in Hawaii and Puerto Rico. Most of the United States lies in planting zone 4 to 8.

Louisiana fall into zones 8 and 9. The north is zone 8a, where average minimum temperatures are 10 to 15 degrees. Central and southern Louisiana are in zone 8b, and average minimum temperatures are 15 to 20 degrees. Coastal areas in zone 9a have average minimum temperatures of 20 to 25 degrees, and the southernmost part of the state is in zone 9b, with average minimum temperatures of 25 to 30 degrees.

The packaging of seeds and plants sold at nurseries and garden centers often indicates the hardiness zones in which they can be grown. For example, a plant marked for zones 5 to 9 means the farthest north it can be grown is in zone 5. It would suffer or die in a colder zone.

A plant is considered hardy if it can tolerate lower temperatures than your area typically receives. Our local nurseries carry many plants that tolerate our low temperatures.

If possible, choose plants that are hardy at least one zone north of where you live. For example, if you live in zone 8, choose plants hardy to zone 7. This gives you a leg up in the event of an unseasonably cold weather.

**Add:**

***Southeast Texas Gardening Zone III, USDA Hardiness Zone 8 with an average minimum temp of 10 to 20 degrees.***

**Orange County Food Safety**

# What You Need to Know About Egg Safety

Things to keep in mind when buying, storing, preparing and serving eggs.

**Proper storage of eggs can affect both quality and safety.**

- Use hard-cooked eggs (in the shell or peeled) within 1 week after cooking.
- Use frozen eggs within 1 year. Eggs should not be frozen in their shells. To freeze whole eggs, beat yolks and whites together. Egg whites can also be frozen by themselves.
- Refrigerate leftover cooked egg dishes and use within 3 to 4 days. When refrigerating a large amount of a hot egg-containing leftover, divide it into several shallow containers so it will cool quickly.

**Follow these serving guidelines for eggs and egg dishes.**

- Serve cooked eggs (such as hard-boiled eggs and fried eggs) and egg-containing foods (such as quiches and soufflés) immediately after cooking. Cooked eggs and egg dishes may be refrigerated for serving later but should be thoroughly reheated to 165° F before serving.
- Never leave cooked eggs or egg dishes out of the refrigerator for more than 2 hours or for more than 1 hour when temperatures are above 90° F. Bacteria that can cause illness grow quickly at warm temperatures (between 40° F and 140° F).
- For party planning, keep hot egg dishes hot and cold egg dishes cold:
- Keep egg dishes refrigerated until time to serve.
- Serve small platters of reheated egg dishes at a time to ensure the food stays at the proper temperature. Replenish as needed, or at least every 2 hours.
- Keep cold egg dishes on ice if they are going to stay out longer than 2 hours.

**You can help keep eggs safe by making wise buying decisions at the grocery store.**

- Buy eggs only if sold from a refrigerator or refrigerated case.
- Open the carton and make sure that the eggs are clean and the shells are not cracked.
- Store promptly in a clean refrigerator at a temperature of 40° F or below. Use a refrigerator thermometer to check.
- Store eggs in their original carton and use them within 3 weeks for best quality.

**Wash hands, utensils, equipment, and work surfaces with hot, soapy water before and after they come in contact with raw eggs and raw egg-containing foods.**

- Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
- Casseroles and other dishes containing eggs should be cooked to 160° F. Use a food thermometer to be sure.
- For recipes that call for eggs that are raw or undercooked when the dish is served — like Caesar salad dressing and homemade ice cream — use either shell eggs that have been treated to destroy *Salmonella*, by pasteurization or another approved method, or pasteurized egg products.

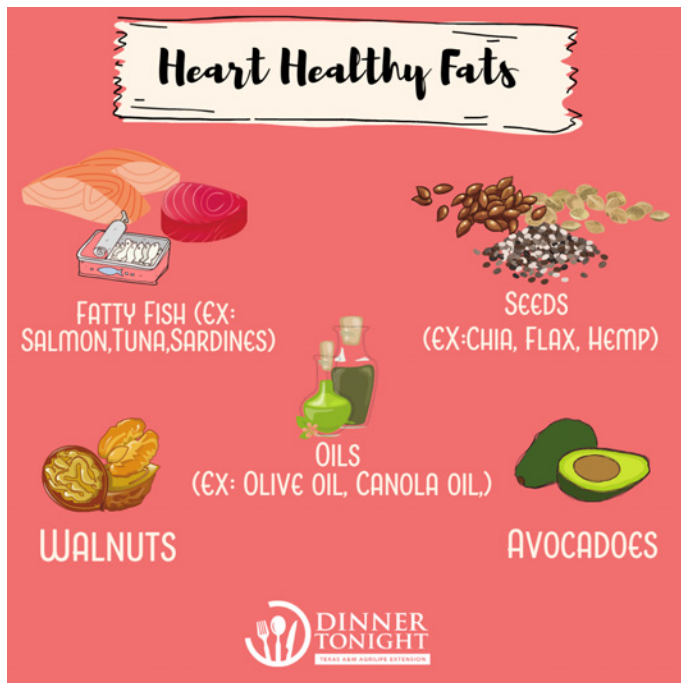


James Scales, Health Inspector  
Deputy Director  
Orange County Environmental  
Health and Code Compliance

TEXAS A&M  
AGRI LIFE  
EXTENSION

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





*Stay Safe  
and  
Healthy*

## Sewing For Adult Beginners

**Saturday, May 8th, 15th, & 22nd**

**10 am to 12 pm**

**\$25 per person**

**(due April 30th)**

**Texas A&M AgriLife Extension**

**11475 FM 1442 Orange, TX**

**Call 409-882-7010**

**to reserve your spot.**

**Come join us in learning the basics of using a sewing machine, hand sewing and pattern cutting.**



**TEXAS A&M  
AGRILIFE  
EXTENSION**

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



**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. Hot & Spicy Peanuts \$3.25**

**Thank you for supporting**

**Orange County 4-H**

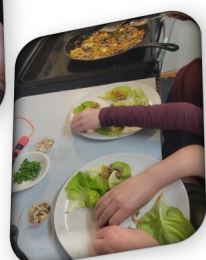
*Auroa*



**Fun with 4-H  
Virtual Project  
Facebook Live  
Cooking  
Oriental Lettuce Wraps**



*Elizabeth*



## Edema In Plants

Sheri Bethard, Orange County Master Gardeners - Adapted from Peppergeek.com

Today, while reading a post on Facebook I learned something I have not heard of before - Edema in Plants. This is one of many problems home gardeners could see.

Thankfully, edema isn't a major concern, though it does require attention to avoid long-term plant issues. If left untreated, plant edema can cause distorted leaves and produce unsightly fruits. In this article, we'll show you what plant edema looks like and how to remedy the problem.

### What Is Plant Edema?

Plant edema is a common plant disorder whereby the plant's tissue cannot properly retain water. It is usually caused by environmental factors. Plant edema is neither bacterial or fungal nor does it spread from one plant to another. We are familiar with edema in humans, which can be caused by poison ivy, bug bites, or chronic health conditions. However, the concept of skin edema is similar to that of plant edema. Water is being abnormally retained in an organism's tissue.

According to a study from Kansas City University, what is technically happening is a buildup of water within cells, ultimately causing them to stretch then collapse.

### What Causes Edema in Plants?

The basic cause of plant edema is water being absorbed faster than it can be used or expelled. As a result, the plant will show signs of collapsed cells. Environmental factors may include poor air circulation, an abnormal watering schedule, irregular fertilization or crowded plants.

### What Does Plant Edema Look Like?

Symptoms of edema in plants may include yellowish bumps or blisters on leaves, white crystallized bumps underneath plant leaves, and eventually brownish dry spots where cells have collapsed. Many plants might have curled leaves as a result of edema. Some plants may also show these symptoms on the plant's stems or fruits. Badly affected plants may eventually have distorted fruits or stunted growth.

### Can Plant Edema Spread?

As stated, Plant Edema is not a viral or bacterial disease. It is a cellular disorder caused only by environmental factors. As a result, plant edema does not spread from one plant to another. However, plant edema can be more problematic for certain varieties such as broad leaf plants including peppers, tomatoes, ivy, ferns, cacti, broccoli, and many more.



Some pepper varieties can have minor edema, while others had none, and a few had bad cases. This just shows how the possibility of edema can be much higher for certain varieties within the same plant species.

### How To Treat Edema In Plants

To reiterate, plant edema is thought to be caused by environmental conditions. Beyond changing your plant's environment, you can try growing a different plant variety that is less susceptible to edema.

### Improve Air Circulation

This will mostly apply to indoor growers. Just like people need to expel carbon dioxide and take in oxygen, plants need to do the opposite. Allow them to breathe by facing a gently blowing fan towards them or by improving your greenhouse's air circulation.

Having plants stuffed together in tight a grow space or greenhouse can cause stress on them. Be sure you have some sort of intake and outflow air system in place to keep the air fresh. Keep a window cracked if possible when the outdoor temperatures are high enough.

### Give Plants Room To Breathe

If you grow indoors or in a greenhouse, be sure that you allow enough room between plants. We have limited indoor space for growing our peppers from seed, so things can get a bit cramped.



Some plants will exude water droplets while others will display crystalline eruptions

*continued on next page*

*Plant Edema continued*

Transplanting peppers up to larger pots at the right time is key to allowing the plants to grow with enough space.



Try your best to separate individual plants and get them outdoors whenever possible. If you are growing indoors, be sure to have at least a small fan running to keep the air moving. This will help regulate humidity

and will likely help the plants expel water properly. This also helps build stronger plant stems when they are young.

**Water Regularly**

A study at KCU found that one plant that had its soil kept drier than others actually showed worse edema than those kept constantly wet.

Why? They hypothesized that this could be due to sudden uptake of lots of water after being allowed to dry out completely. After all, edema seems to be caused primarily by an inability for plant cells to expel water quickly enough.

Try to pin down exactly how much water your plants need and keep to a schedule. Never over-water! Watering regimens will vary from one plant type to another.

**Monitor Humidity**

Humidity could also play a role in plant edema for some varieties. It is unclear, but if the plant you are growing comes from a dry environment, try to simulate that as best you can. On the other side, if you are growing a tropical plant, keeping the air humid (but also fresh) could help abate edema.

A simple humidity/temperature gauge is usually appropriate for any indoor growing. Even if you just have a peace lily or philodendron, knowing the humidity may help indicate when to mist your plants.

**Plant Edema Lookalikes**

While edema can be treated by changing environmental factors, other issues may look similar to edema. Here are a couple of possible plant edema lookalikes to watch for.

**Pollen**

It may seem unlikely to mistake pollen for edema, but some gardeners can be a bit over-worried. Pollen is a natural, dust like substance that falls from your plant's flowers. It is an essential part of fruit and seed production, and does nothing but help your plant.

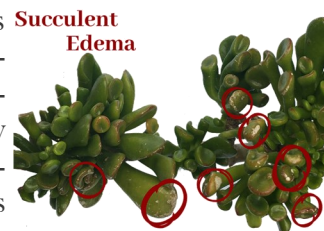
Pollen has a dusty appearance and can usually be blown away easily. If your leaves have a whitish dust that easily comes off, it is most likely pollen. Nothing to worry about!

**Scale Insects**

Scale insects are usually small, white, immobile insects that spread easily from one plant to another. These pests are nearly impossible to completely eliminate but may be treatable with a neem oil solution or a pesticide. You can usually tell if you have scale insects if the affected region of your plant is localized. Many types appear clearly insect-like, while plant edema has more of a crystalline appearance. There are many types of scale, so do some research to understand the best way to deal with these pests. One scale that looks very similar is the male euonymus scale which looks like tiny white lines.

**Powdery Mildew**

A common fungal disease, powdery mildew affects many different plant varieties. Powdery mildew appears as a white, powdery substance similar to powdered sugar. It mostly occurs on the tops of leaves, while



edema will usually show symptoms on the leaf bottoms. This fungal disease spreads easily from one plant to another, so be sure to treat it as soon as you find it. Treatments include a diluted solution of baking soda and dish soap in water, sprayed on the affected areas.

I hope this helps you to better understand just one of many problems that can occur in plants. Edema does not spread from plant to plant but can be controlled or eliminated by environmental changes to your plant and area around your plant.

If you have any horticultural questions, please contact our Hot Line at 409 882-7010 Tuesday and Thursdays from 10AM - 2PM or email [ocmg1990@gmail.com](mailto:ocmg1990@gmail.com).





It may be tempting to swap out just any sugar alternative with regular sugar in your everyday baking and cooking to reduce calories, but this won't always work. Not all sugar alternatives are created equal and can seamlessly transition into baked goods.

Below is a list of common sugar alternatives and what they are best used for:

**SACCHARIN:** (e.g., Sweet 'N Low)

- It can replace some of the sugar but will leave a metallic aftertaste and may result in lumpy texture.
- 300-times sweeter than sugar
- 1 tsp. sugar = 1/2 packet or 1/2 tsp. bulk Sweet 'N Low

**ASPARTAME:** (e.g., Equal, Nutrasweet)

- Not for baking as it loses sweetness in high heat. May work in custards and puddings.
- 200-times sweeter than sugar
- 1 tsp. sugar = 1/2 packet

**ACESULFAME POTASSIUM:** (e.g., Sunette)

- Can be used in baking, but will yield a slight bitter aftertaste
- 200-times sweeter than sugar
- 1 tsp. sugar = 1/2 packet

**NEOTAME** by Nutrasweet

- Developed to be used in baking as the sweetness holds up to high heat with no metallic or bitter aftertaste.
- 8,000-times sweeter than sugar
- Not widely available for purchase

**STEVIA** (e.g., Turvia, PureVia, Stevia in the Raw)

- These are not pure stevia, but a form of stevia known as Rebaudioside A. It is often mixed with erythritol after processing.
- Heat stable so can be used in baking; however, these sugars do not caramelize or crystalize so you will not get the browning effect desired in certain baked goods. Not appropriate for use in meringues.
- 200 to 300-times sweeter than sugar
- 1 tsp. sugar = 1/2 packet

**SUCRALOSE** (e.g., Splenda)

- Good for baking as long as you use the Splenda baking formulation, which has low-calorie fillers added for bulk. Sucralose is a distant cousin of sugar as it is made from sugar.
- 600-times sweeter than sugar
- 1 tsp. sugar = 1/2 packet or 1/2 tsp.

**ERYTHRITOL** (e.g., Nectresse)

- Good for baking with no aftertaste; has fewer calories than sugar, but is not zero-calorie like many other artificial sweeteners.
- 150-times sweeter than sugar
- 1 tsp. sugar = 1/2 packet or 1/4 tsp.

Sugar alternatives & artificial sweeteners can be an option for your lifestyle needs, please remember to consume in moderation and if you have any questions if they are for you, consult a dietitian.

Sources: American Council on Exercise. [acefitness.org](http://acefitness.org)



The U.S. Food and Drug Administration, or FDA, states that sugar substitutes, or high-intensity sweeteners, including acesulfame-K, aspartame, neotame, saccharin, advantame and sucralose are safe to consume in the amounts that people typically eat or drink. But just how much is acceptable and safe for human consumption?

## Understanding the Acceptable Daily Intake for Sugar Substitutes

Regulatory agencies set Acceptable Daily Intake, or ADI, levels for each sugar substitute. The ADI is the maximum amount of a food additive that can be safely consumed on a daily basis over a person's lifetime without any adverse effects. The ADI and the amount equivalent to it will vary depending on a person's weight and the high-intensity sweetener.

To get an idea of how much of a sugar substitute may be consumed without adverse effects, consider the following. A 132-pound person would need to consume these amounts in order to reach the ADI:

- 23 packets of sweetener containing sucralose.
- 45 packets of sweetener containing saccharin.
- 75 packets of sweetener containing aspartame.

## Analyzing Components of a Sugar Substitute

Foods may naturally contain the same substances as a sugar substitute, and sometimes in greater quantities than the high-intensity sweetener itself. For example: A serving of non-fat milk provides almost six to nine times more of the amino acid phenylalanine and 13 times more aspartic acid than the same amount of beverage sweetened with aspartame. A serving of tomato juice provides almost four to six times more methanol than the same amount of beverage sweetened with aspartame.

## Bottom Line

Sugar substitutes are widely consumed and are present in a variety of products ranging from grains and dairy products, such as in some breads and yogurts, to soft-drinks and condiments. Surveys conducted in the United States have indicated that as many as 25 percent of children (aged two years and older) and more than 40 percent of adults interviewed consume high-intensity sweeteners, according to a study published in 2017. And the majority included them on a daily basis – showing how common sugar substitutes are in the American diet.

High-intensity sweeteners are one way to reduce calories from added sugars, and FDA guidelines and current research support their safety when consumed at levels within the Acceptable Daily Intake.

### Sources:

Academy of Nutrition and Dietetics. [Sugar Substitutes: How Much is Too Much?](#) Reviewed by Sarah Klemm, RDN, CD, LDN.

## Orange County Food Safety

### Feds plan to begin testing research program with romaine lettuce in Arizona

By News Desk on February 5, 2021



The FDA is launching a new, temporary testing program for the romaine lettuce from commercial coolers in the Yuma, AZ, growing region. Romaine from the area has been linked to several foodborne illness outbreaks in recent years.

Samples will be tested for Shiga toxin-producing *Escherichia coli* (STEC) and *Salmonella* spp. as part of ongoing surveillance efforts following the spring 2018 multistate *E. coli* O157:H7 outbreak of foodborne illness. Since then there have been other outbreaks linked to romaine from the Yuma area and parts of California. *Salmonella* spp. also commonly causes foodborne illness outbreaks in the United States which have at times been linked to romaine lettuce consumption, according to a statement today from the Food and Drug Administration.

The FDA plans to begin collecting samples from commercial coolers in February and intends to continue sampling through the end of the romaine harvest season in Yuma. The FDA testing program will focus on the commercial cooler and cold storage facilities where field heat is removed from harvested romaine and where the product is cold stored before processing and shipment, according to the agency announcement.

Focusing on these sites should enable the FDA to efficiently collect samples from multiple farms at centralized locations, following a similar model used during a testing program conducted in FY19. The agency plans to collect and test about 500 samples of romaine lettuce. Each sample will consist of 10 subsamples, and each subsample will be made up of at least 300 grams of romaine lettuce. The testing will include whole heads, hearts, or individual leaves. All samples will be collected prior to processing of the lettuce as well as prior to handling by workers at the cooling and cold storage facilities.

The FDA has contracted with an independent laboratory in Arizona near the collection sites to test the samples. Using this laboratory will help to greatly reduce the time between sample collection and the reporting of the results. The FDA expects to receive test results within 24 hours of the laboratory receiving the samples. Results will then be relayed to the firms. Companies may, but are not required to hold, sampled lots until test results are available. Holding products can help prevent potential recalls of contaminated lettuce.

During this sampling assignment, the FDA will take extra precautions to help ensure the safety of agency investigators and firm employees from COVID-19 infections. FDA investigators will pre-announce their visits to firms and will be outfitted with personal protective equipment (PPE) and otherwise equipped to carry out their work while adhering to state and local guidance as well as applicable CDC guidance.

"Helping to ensure the safety of leafy greens continues to be a priority of the FDA. This assignment adds to other work underway in collaboration with stakeholders in the Yuma agricultural region to implement actions identified in the Leafy Greens Action Plan, including a multi-year study to assess the environmental factors that impact the presence of foodborne pathogens in this region," states the agency announcement.

Consistent with the action plan, the agency will engage with the industry in conducting root cause analyses for any positive samples found during this assignment. Root cause analyses are important in that they seek to identify potential sources and routes of contamination, inform what preventive measures are needed, and help prevent outbreaks of foodborne illness.

Last Oct. 7, the Canadian Food Inspection Agency (CFIA) imposed sampling and testing requirements on all Salinas Valley romaine shipments to Canada through the end of 2020. Salinas Valley growers complained about the added cost, but largely complied with the sampling and testing requirements.



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

TEXAS A&M  
AGRI LIFE  
EXTENSION

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



**NEW DATES FOR 2021 SOUTH TEXAS STATE FAIR LIVESTOCK & POULTRY SHOW****Show Dates: March 25 - March 28, 2021****Updated as of 02/23/2021**

The 2021 South Texas State Fair Livestock Show is closed to the Public.

Exhibitors will Enter at Gate O off Hwy 124 and proceed to the designated barn.

A wristband will be required for entry into Ford Park. Wristbands will be distributed at the rate of 3 per exhibitor per day (1 for the exhibitor and 2 for guests or helpers. Additional wristband are not available for purchase.

Exhibitors are not allowed to return to the grounds once they have completed their show.

Will have food concessions on the grounds during the Livestock Shows.

**Thursday, March 25, 2021 Lamb & Goat**

Check In

2 pm to 4 pm

Large Barn

Jr. Market Lamb Show

6 pm

Jr. Market Goat Show

30 minutes after Lamb Show

**Friday March 26, 2021 F-1 Heifer & Steer****F-1 Heifers**Check In /Weigh In  
Show7 am to 9 am  
10 amLarge Barn  
Large Barn**Steers**Check In/Weigh-in/Classifications  
Show2 pm to 4 pm  
6 pmLarge Barn  
Large Barn**Saturday March 27, 2021 Breeding Beef, Poultry, & Rabbits****Breeding Beef**Check In  
Show7 am to 9 am  
10 amLarge Barn  
Large Barn**Poultry**Check in  
Show7 am to 9 am  
9 amSmall Barn  
Small Barn**Rabbit Meat Pen**Check In  
Show7 am to 9 am  
9 amSmall Barn  
Small Barn**Jr. Breeding Rabbits**Check In  
Show30 minutes after Rabbit Meat Pen Show  
immediately following check inSmall Barn  
Small Barn**Sunday March 28, 2021 Swine**Check In  
Show7 am to 9 am  
11 amLarge Barn  
Large Barn*Auctions—Dates and Type of Auction Pending.*

**Orange County 4-H  
Livestock Youth Showing at  
South Texas State Fair**

**Dusty Trails 4-H & Clover Kids Club**

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

**CCS Lions 4-H Club**  
1st Wednesday  
3: 30 pm Community Church  
Club Manager  
David Beck  
409-474-9631  
*All Orange County  
Homeschool youth are  
welcomed to join CCS Lions*

**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

**March date  
changed to  
March 4th**

**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

**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

*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.*



## MARCH 2021 4-H CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Virtual Fishing Tourn & Photography Contest Registration opens	2 Ofc Closed TX Independence day	3 CCS Lions 3:30 pm	4 ALA & Council 6pm OC Judging 7 pm	5 Vet Science Camp deadline	6
7	8 Dusty Trails 6 pm	9 Mighty Pirates 7 pm	10	11 OC Judging 6 pm	12	13
	15 Equine 6 pm Scholarship Deadline	16 Food & Nutrition & Clay busters 6pm	17 	18 OC Judging & Fun with 4-H 6pm	19	20 
21	22 Robotics 6 pm	23	24 D9 Roundup & Photography Registration deadline	25 YMBL STSF Begins Lamb & Goats Fun with 4-H	26 YMBL F-1 Heifers & Steers	27 YMBL Poultry, Rabbits & Breeding Heifers
28 YMBL MKT Swine	29	30	31 D9 Live-stock Judging Entry Deadline			

## April 2021 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 OC Judging 6:30 pm	2 Ofc Closed 	3
4 	5 ALA & CC 6 pm	6 Dusty Trails 6 pm	7 CCS Lions 3:30 pm	8 OC Judging 6:30 pm	9	10
11	12	13 Mighty Pirates 7	14	15 OC Judging 6:30 pm	16	17
18	19 Ofc Deadline Spring Heifer UIN & Dallas Swine Tags	20 Food & Nutrition 6 pm	21	22 OC Judging 6:30 pm 	23 Ofc deadline Major Steer	24 D9 Livestock Judging Contest Bryan
25	26 Robotics 6 pm	27 Fashion & Interior Design 6 pm	28	29 Big Time in D9 Montgomery	30 Big Time in D9 Montgomery	Big Time in D9 Montgomery

# Luck Of Nutrition

## Nutrition Guidelines for Seniors

As people age, it's common for their metabolism and digestive systems to slow down. They also tend to become a little less active. Those are some of the main reasons why it's so important to get exercise and eat foods that are healthy. Nutrition for seniors is such a vital topic because knowing what—and how much—to eat can help you maximize your well-being. Depending on your activity level, it's generally recommended that men over the age of 50 should consume 2,000 to 2,800 calories per day. Women over the age of 50 should consume 1,600 to 2,200 calories per day.

But not all calories are created equal. When planning your daily meals, keep the following tips in mind:



- Include two to three tablespoons of healthy fats—such as extra virgin olive or coconut oil—in your diet each day.
- Consume no more than 1,500 milligrams (mg) of sodium daily.
- Make sure that less than 10 percent of your daily calories come from saturated fat.
- Consume less than 300 mg of cholesterol daily.
- Avoid sugary drinks.

In addition, pay attention to the food groups you're eating from. The main food groups include fruits and vegetables, grains, dairy and dairy alternatives, and meat and meat alternatives. Each food group is discussed in more detail below.

**Fruits and vegetables:** It's recommended that you eat seven servings of fruits and vegetables a day. Be sure to frequently choose varieties that are dark green, bright orange, and yellow. Serving size examples: A medium-sized piece of fruit; one cup of salad; or half a cup of cut-up fruit or cooked vegetables

Tips for incorporating more fruits and vegetables into your diet:

- Top your cereal, oatmeal, or yogurt with berries or bananas.
- Include green salad with your lunch or dinner.
- Wash, cut, and store fruits and vegetables in the fridge for quick snacks.
- Add vegetables to eggs, pastas, and soups.

**Grains:** It's recommended that you eat six or seven servings of grains each day. Choose whole-grain products more often, such as whole-wheat foods, brown rice, or oatmeal.

Serving size examples: One slice of bread; half a bun or bagel; one cup of cold cereal; three-quarters of a cup of hot cereal; or half a cup of cooked pasta or rice.

Tips for incorporating more whole grains into your diet:

- Replace white flour with whole-wheat flour.

**Dairy and dairy alternatives:** It's recommended that you consume three servings of dairy or dairy alternatives every day. Choose low-fat options more often, and look for products that

are fortified with calcium and vitamin D.

- Serving size examples: One cup of milk; three-quarters of a cup of yogurt; or 1.5 ounces of cheese

Tips for incorporating dairy and dairy alternatives into your diet:

- Add cheese or cheese alternatives to your soups, sandwiches, and salads.

**Meat and meat alternatives:** It's recommended that you have two or three servings of meat or meat alternatives per day. Choose lean cuts of meat or low-fat meat alternatives more often than higher-fat options.

Serving size examples: A piece of meat that's the same size as a deck of cards; one-quarter of a cup of nuts or seeds; two large eggs; three-quarters of a cup of cooked tofu or legumes; or two tablespoons of nut butter

Tips for incorporating meat and meat alternatives into your diet:

- Cook more servings than you'll eat, and freeze single-serve portions that you can quickly warm up for meals or snacks.

In addition to the food groups, think about your fluid intake so that you can avoid the potential complications of dehydration. In seniors, thirst sensations often become weaker, so make a conscious effort to consume the amount of fluids your doctor recommends. For some seniors, that means consuming a minimum of nine to 12 cups of fluids per day.

## Signs of Poor Nutrition in Seniors

Learning all about good nutrition for seniors is a wise move, but you should also know the warning signs of poor nutrition. You or your loved one may experience symptoms that point to a nutritional deficiency that can be resolved with dietary changes. If you suspect any kind of deficiency, then follow up with your doctor in order to be properly tested. Here are some common signs that may indicate that certain vitamins or minerals are lacking from your or your family member's diet:

- Brittle or dry hair, or increased hair loss
- Mouth issues—such as cracking or inflammation at the corners of the mouth or a pale, smooth, or swollen tongue
- Nails becoming dry and brittle, developing ridges, or taking on a spoon-like shape where they come off the nail bed
- Poor digestion or sudden or unexpected changes like constipation or diarrhea
- Unexplained fatigue, especially if no sleep issues are present
- Unexplained mood changes such as anxiety, depression, irritability, or general moodiness
- Unexplained weight loss.



Tommy Byers  
Better Living for Texans  
Nutrition Educator  
Orange County





## Chicken Pozole Soup (Crockpot)

**Serving Size: 10**

### Ingredients:

- 2 pounds skinless, boneless chicken thighs
- 1 can (15-ounces) stewed tomatoes, no salt added
- 1/4 Cup Tomato Paste
- 1 can (30 ounces) hominy, drained
- 1 large onion, chopped
- 1 can (4 ounces) diced green chilies
- 4-6 garlic cloves, finely chopped
- 2 teaspoons dried oregano flakes
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1 teaspoon pepper
- 1/2 cup water
- 1/4 cup cilantro, chopped



1. Wash your hands and clean your cooking area.
2. Place the Meat in a 4-quart slow cooker.
3. Add the stewed tomatoes, tomato paste, hominy, onion, chilies, garlic, oregano, cumin, salt, and pepper.
4. Pour in 1/2 cup water and stir to combine all ingredients.
5. Cover, and cook on low for 6-7 hours or on high for 3-4 hours.
6. Make sure the meat reaches an internal temperature of 145°F for pork or 165°F for chicken.
7. Shred the meat before serving. Top with chopped cilantro and enjoy!

Note: if you have pork loin on hand, you can use this in place of chicken thighs.

Nutrition Facts: 200 Calories, 3g total fat, 0.5g saturated fat, 550mg sodium, 19g carbohydrate, 4g fiber, 4g total sugars 0g added sugar, 23g protein



### Directions:



## Baked Reuben Sliders

- \* 12 Hawaiian-style sweet rolls cut in half to make tops and bottoms
- \* 1/2 cup Thousand Island dressing
- \* 1/2 pound corned beef sliced thin
- \* 1 pound sauerkraut drained
- \* 1/4 pound Swiss cheese sliced
- \* 2 tablespoons butter melted



1. Preheat oven to 350 degrees F. Butter the bottom of a 9-inch x 13-inch baking dish.
2. Place the bottoms of the rolls in the dish.
3. Spread 1/4 cup of Thousand Island dressing on the roll bottom halves.
4. Lay the corned beef slices over all the rolls. Spread the sauerkraut over the corned beef. Lay the Swiss cheese slices over the top of the sauerkraut.
5. Spread the remaining Thousand Island dressing over the inside of the top halves of the rolls and place on top of the Swiss cheese.
6. Use a pastry brush to spread melted butter over the tops of the rolls.
7. Place in the oven to bake for 15-20 minutes or until the cheese is completely melted
8. Remove from the oven and cut each slider apart from the others. Place on a plate and serve warm!

Nutrition: Serving: 1 slider | Calories: 225kcal | Carbohydrates: 19g | Protein: 9g | Fat: 13g | Saturated Fat: 5g | Trans Fat: 1g | Cholesterol: 36mg | Sodium: 689mg | Potassium: 139mg | Fiber: 1g | Sugar: 6g | Vitamin A: 166IU | Vitamin C: 11mg | Calcium: 90mg | Iron: 1mg

<https://realhousemoms.com/baked-reuben-sliders/>

## Spring Vegetable Planting Guide

As a home vegetable gardener in Texas, one of your first purchases happens to be one of the most important – the purchase of seeds and plants. And, if you want maximum returns from your gardening efforts, use only the best varieties available along with time-tested and proven gardening techniques and practices. Why is selecting the proper variety so important? There are many, many different varieties of garden vegetables; however, there are only three or four varieties of any one vegetable well suited or adapted to your particular area of Texas. It is important to get the varieties that do well in your area of the state. The back side of this page is a list of the vegetable varieties recommended for use in Texas gardens.

Dr. Douglas F. Welsh

Name of Crop	Inches Between Row	Inches Between Plant in Row	Spring Planting Dates	Approx. Days to Maturity
Beans (Bush)	18 – 30	3 – 4	March 5 to April 30	50 -70
Beans (Pole)	24-30	12 - 18	March 1 to April 15	50 – 90
Beets	12-24	2 – 3	Feb. 1 to March 1	60 – 70
Corn (Sweet)	24 – 36	8 – 12	March 5 to April 15	80 – 100
Cucumber	36 – 48	18 – 36	March 15 to May 1	60 – 80
Eggplant	18 – 30	18 – 24	March 1 to April 15	90 – 100
Lettuce (Leaf)	12 – 24	2 – 3	Feb. 1 to April 2	50 – 90
Mustard	12 -24	4 – 8	Feb. 15 to April 1	40 – 50
Okra	30 – 40	18 24	April 1 to July 15	65 – 75
Peas (Southern)	24 – 36	3 – 5	April to May 20	70 – 90
Pepper	24 – 36	18 – 24	March 1 to April 25	70 – 100
Potatoes (Sweet)	30 – 36	10 – 14	April 1 to May 20	110 – 140
Squash (Summer)	30 – 40	14 -30	March 20 to May 1	60 -70
Tomato	24 - 40	18 – 30	March 1 to April 20	80 – 100
Turnips (Greens or root)	12 - 24	2 - 3	Jan 15 to March 15	40-70

Approximate last killing frost, March 5

### Varieties for Texas by Dr. Douglas F. Welsh

BEANS	Green Beans: Contender, Topcrop, Greencrop, Blue Lake, Tendercrop, (pole) Kentucky Wonder Lima Beans: Jackson, Wonder, Henderson Bush, Fordhook 242, (pole) Florida Butter, Sieva Pinto Beans: Pinto 111, Luna, Taylor's Horticultural
BEETS:	Detroit Dark Red, Pacemaker
CORN, SWEET:	Calumet, Golden Queen, Funk G-90, Florida Stay Sweet, (white) Silver Queen, How Sweet It Is
CUCUMBERS:	(slicers) Dasher II, Slicemaster, Pointsett, Sweet Slice, Sweet Success, (pickling) Liberty, County Fair 87, Saladin
EGGPLANT:	Ichiban, Florida Market, Tycoon
LETTUCE:	(head) Mission, (leaf) Black-Seeded Simpson, Salad Bowl, Red Sails, Ruby, (butterhead) Butter Crunch, Summer Bibb
MUSTARD:	Tender Green Florida Broadleaf, Southern Giant Curled
OKRA:	Blondy, Lee, Emerald, Clemson Spineless
PEAS, SOUTHERN:	Blackeye No. 5, Mississippi Silver, Champion, Cream 40, Purple Hull, Zipper Cream Crowder
PEPPER:	(sweet) Summersweet 860, Rio 66, Big Bertha, (hot) TAM Jalapeno, Long Red Cayenne, Hungarian Wax, Hidalgo Serrano
POTATO, SWEET:	Jewell Centennial
SQUASH:	Dixie, Sun Drops, (green) Multipik, (winter) Acorn, Butternut, Senator, President, Gold Rush
TOMATOES:	(large fruited) Spring Giant, Better Boy, President, Celebrity, Carnival Bingo, (small fruited) Small fry, Red Cherry Large, Porter Improved
TURNIP:	Tokyo Cross, White Lady, Royal Globe, (greens) Seven Top, Crawford



## DISASTER ASSISTANCE FOR FARMERS AFFECTED BY RECENT WINTER WEATHER

Federal Crop Insurance  
Non-insured crop disaster assistance program  
Livestock indemnity program  
Emergency assistance for livestock, honeybee,  
and farm raised fish program  
Tree assistance program

VISIT FARMERS.GOV  
FOR MORE INFO.



Farm and Ranch Friends was your livestock or crops impacted by last months winter weather event? Help is available!

USDA offers several programs to help with recovery including:

- Federal Crop Insurance
- Noninsured Crop Disaster Assistance Program
- Livestock Indemnity Program
- Emergency Assistance for Livestock, Honeybee and Farm-raised Fish Program (ELAP)
- Tree Assistance Program
- Other programs may be available!

Visit [farmers.gov](https://www.farmers.gov) for more information on these programs!

<https://www.farmers.gov/.../usda-offers-disaster...>



## 2021 4-H Virtual Bass Fishing Skill-a-thon Program

*Open statewide to all Texas 4-H members*

### April 10, 17 & 24

- Participate in 1, 2, or all 3 fishing events
- One time entry fee for all program components
- Register as an individual, team, or both
- Open to 4-H youth K-12th grades
- Fish at YOUR favorite spot!
- Post fish pics in 2021 4-H Fishing Facebook group

Click to:





**Categories & Fees:**

State-wide Individual	\$25
State-wide Team	\$25/team member

**Optional Categories & Fees:**

District individual	\$15
District Team	\$15/team member
Big Bass Individual	\$10
Big Bass Team	\$10/team member

**Weekly Skill-a-thon Sessions:**

Monday - Fishing Tips & Tricks  
Tuesday - Cooking with Bass  
Wednesday - Visit with the Game Warden  
Thursday - Fishing Safety  
Friday - Fishing Trivia Game

**Prizes awarded weekly for all entry categories!**

*hosted by District 5  
sponsored by Texas Farm Credit  
TR Industries + Life's Pursuit  
Outdoors*

All state and local laws must be followed  
<https://tpwd.texas.gov/regulations/outdoor-annual/fishing/freshwater-fishing/>  
The 4-H family entered is responsible for the safety of youth anglers during the events

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.



**Facebook**  
Orange County Texas Master  
Gardeners Association

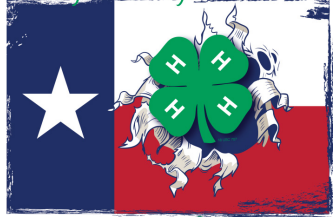
**Website**  
<https://txmg.org/orange>

**Email**  
[ocmg1990@gmail.com](mailto:ocmg1990@gmail.com)

**Gardening Hot Line**  
**Tuesdays & Thursdays**  
**10 am to 2 pm**  
**Call 409-882-7010**  
**Or can email questions, concerns and or pictures to**  
**[extension@co.orange.tx.us](mailto:extension@co.orange.tx.us)**



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

## 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](mailto:tyler.vogel@ag.tamu.edu)

TEXAS A&M  
AGRI LIFE  
EXTENSION



### 4-H Virtual Volunteer Conversations

6:00pm CST/7:00pm EST

01/26 - Volunteer Training & Leadership Opportunities  
04/27 - Program Communication Strategies  
07/27 - Developing Regional Partnerships  
11/30 - Innovative Ideas for Clubs

share ideas and connect with other  
volunteers throughout the country

Register at:

<http://bit.ly/4HVolCall>

All 4-H volunteers and professionals  
are welcome to attend!



BROUGHT TO YOU BY THE VOLUNTEER  
SPECIALISTS OF THE SOUTHERN REGION

## 4-H Record Book

It is never too early to start on your project record book.  
Record books will be due by the first of July to the  
4-H office.

Here is the link for all the information on record books and  
forms

<https://texas4-h.tamu.edu/recordbooks/>

Call the AgriLife office if you would like to schedule a time  
to use our office computers to work on your record book.

## The Five W's Of Life

**Who** you are is what makes you  
special. Do not change for anyone.

**What** lies ahead will always be a  
mystery. Do not be afraid to explore.

**When** life pushes you over, you  
push back harder.

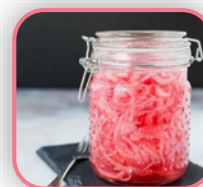
**Where** there are choices to make,  
make the one you won't regret.

**Why** things happen will never be  
certain. Take it in stride and move  
forward.

### HOW TO PICKLE RED ONIONS in 5 minutes



- 1 red onion, thinly sliced (use a mandolin if you have one)
- 1/2 cup apple cider vinegar
- 1 tablespoon granulated sugar
- 1 1/2 teaspoons salt
- 1 cup hot or warm water



Slice the red onions as thin as you can.

Stuff all the red onions in the jar of your choice. A bowl will work too.

In a measuring cup, combine apple cider vinegar, salt, sugar, and warm water. Stir to dissolve the sugar and salt. Pour this pickling mixture over your sliced onions, making sure they are immersed in the liquid, and let them set for an hour. After an hour, cover and store in the fridge for up to three weeks.

Yield: 8 Serving Size: 1/8 of recipe

Amount Per Serving: Calories 14 Total Fat 0g: Saturated Fat 0g: Trans Fat 0g: Unsaturated Fat 0g: Cholesterol 0mg: Sodium 399mg: Carbohydrates 3g: Fiber 0g: Sugar 2g: Protein 0g  
<https://www.rachelcooks.com>

### Materials

- Ziploc Bag
- Rice
- Food coloring
- Spoon Hard boiled eggs

### Instructions

1. Pour about a cup of rice in the Ziploc bag then add 7-10 drops of food coloring. Stir it with a spoon.
2. Put the egg inside and let the kids toss and shake! Take out and let dry.

### Notes

An easy clean-up would be to use gloves taking the eggs out. You can make multi-colored speckled eggs too but using a tongs and putting the eggs in different bags!



## CLASSIC SLOW COOKER CORNED BEEF AND CABBAGE

Traditional St. Patrick's Day Dinner



- \* Corned Beef Brisket, flat cut
- \* Seasoning packet that comes with the brisket
- \* 1 onion, quartered
- \* 1 bay leaf
- \* 3 cloves of garlic, smashed
- \* 1 head of cabbage, quartered
- \* 1 pound package of carrots, peeled and chopped

1. Place brisket in slow cooker with skin side up (flat side up)
2. Add onion, bay leaf, garlic and seasoning packet
3. Add enough water to cover
4. Cook on low for 4-6 hours or until internal temperature is 160 degrees F.
5. Remove and let rest for 1 hour
6. While brisket is resting, add cabbage and carrots to slow cooker, turn on high and cook until tender
7. Once cabbage and carrots are tender add brisket back to slow cooker for 5 minutes, remove and slice across the grain and at an angle.



## UPCOMING EVENTS

### March

1st, 8th, 15th, 22nd, & 29th Do Well, Be Well with Diabetes

4th, 11th, & 18th Fresh Start to a Healthier You

3rd & 4th Certified Food Managers Course

8th, 18th, & 25th Fun with 4-H Project Face-book Live

### April

17th Cooking Class for Adults with Rocky

13th, 20th, & 27 Intro to Beekeeping

### May

3rd, 10th, 17th, & 24th Do Well, Be Well with Diabetes

4th Intro to Beekeeping

4th Food Handlers Certification

8th, 15th, & 22nd Adult Sewing Class

18th & 19th Certified Food Managers Certification

### June

21st - 25th Youth Cooking Camp

### July

13th - 15th Youth Sewing Camp

27th - 29th Clover Kids Camp

### August

3rd Food Safety Conference & Food Handlers Certification

10th & 11th Certified Food Managers Course

14th Soap Making

### September

25th Pressure Canning Vegetables

### October

5th, 7th, 12th, 14th & 19th Do Well, Be Well with Diabetes

8th Youth County Fair Project Contest

8th & 9th Orange County Livestock Show

### November

9th & 10th Certified Food Managers Certification

20th Wreath Making

### December

4th Pressure Canning Meat