

Orange County AgriLife Newsletter April 2021

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Commissioner Precinct 2

Theresa Beauchamp

Commissioner Precinct 3

Kirk Roccaforte

Commissioner Precinct 4

Robert Viator



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



Texas A&M
AgriLife Extension
Orange County





**The Orange County Master Gardeners
Association's
Annual
Bloomin' Crazy Plant Fair & Sale**



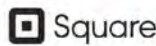
**WILL BE HELD SATURDAY, APRIL 10
CORMIER PARK, 8235 FM 1442
ORANGEFIELD (follow the signs)**

Numerous varieties of plants will be available.

We will still be following the current guidelines as set forth by the CDC such as social distancing and requiring you wear a mask covering mouth and nose. Hand sanitizer will also be available.

The number of customers in the pavilion will be limited. Tickets will be passed out and called when we have space available.

Credit Cards will be accepted in addition to checks and cash.



Visit <https://txmg.org/orange> - Plant Sale for more information

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**

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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
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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.

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.**



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SUMMER PROGRAMS



**AGES
8 TO 14**
(No exceptions)

JUNE 21-24
10 AM TO 2 PM &
JUNE 25
10 AM TO NOON
ORANGE COUNTY
CONVENTION & EXPO CENTER
11475 FM 1442, ORANGE
409-882-7010

LIMITED SCHOLARSHIPS AVAILABLE.
CALL TO INQUIRE.

FOOD CHALLENGE
HELD THURSDAY

LIMITED TO 60 KIDS

\$50 PER CHILD
PAYABLE BY CASH, CHECK TO H.O.P.E.,
OR PAYPAL

PAYMENT MUST BE RECEIVED IN THE
AGRI LIFE OFFICE BY JUNE 4TH.

REGISTRATION OPENS MAY 3RD @ 9:00 AM- REGISTER ONLINE

TO REGISTER: GO TO ORANGE.AGRILIFE.ORG AND CLICK ON THE REGISTRATIONS LINK

TEXAS A&M
AGRI LIFE
EXTENSION

INTERESTED IN BEING AN ADULT VOLUNTEER FOR THE COOKING
CAMP? CALL THE AGRI LIFE OFFICE @ 409-882-7010

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The Texas A&M AgriLife Extension of
Orange County Presents:

CLOVER
KIDS

Day Camp Adventures

Youths Ages 5-8

July 27th-29th, 2021

5 to 6 yr olds: 9 am-11 am

7 to 8 yr olds: 2 pm to 4 pm

At the Orange County Convention & Expo Center
409-882-7010

Registration fee of \$25 due by June 30th

Registration will Open online June 1st @ 9:00 am.
Camp limited to 30 per age group.

To Register: go to orange.agrilife.org and
click on the Clover Kids Camp Registration

Come experience the
fun of what 4-H has
to offer for the
4-H clover member.
FUN, FUN, FUN!

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2021 Kids Beginner Sewing

July 13th thru 15th

9 am to 2 pm

Be sure to
Bring a
Back lunch
& drink

Ages 9 to 14

Limited
To the 1st
20 to register

Location
Orange County
Convention &
Expo Center



409-882-7010

TEXAS A&M
AGRI LIFE
EXTENSION

Registration
Opens Online
June 1st @ 9:00 am

Payment Deadline
Monday, June 30th
\$20 Per person

To Register: go to orange.agrilife.org
and click on the Youth Registrations Sewing tab

Like us on Facebook: Texas A&M AgriLife Extension Orange County

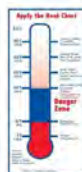
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FREE FOOD SAFETY CONFERENCE

August 3, 2021

9 am - 3 pm

Orange County Convention
& Expo Center
11475 FM 1442
Orange, TX
409-882-7010



Speakers
Continental Breakfast
Lunch
Door Prizes
Vendors

- Hand's On Activities
- Round Table Talk
- Active Shooter Scenarios
- Rodent Control
- Vent-a-hood Maintenance
- Health Department Speakers

Food Handlers Course offered for \$20
from 3:00 pm-5:00 pm

Deadline to register July 10, 2020


To register go to: orange.agrilife.org
and click on the Food Safety Registration tab.


H.O.P.E.
HELPING ON PURPOSE EVERYDAY



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Do You Want a Fresh Start to a Healthier You?

Join us for a 4 week series beginning February 12th, 19th, 26th & March 5th Via Teams.
from 9 AM– 10 AM

To R.S.V.P and receive the teams link Contact Tommy Byers (BLT Nutrition Educator) at 409-882-7010

Free give a ways
at each class!

Covid-19
Guidelines will
be followed!

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





YOU HAVE A VOICE.

Take the state-wide survey
assessing needs of all Texans

10 MINUTE ONLINE SURVEY

tx.ag/texasspeaks



Spicy Thai Spaghetti Salad

8 ounces of regular spaghetti, broken in half, cooked in plenty of salted water to al dente and rinsed well with cold water

1 cup shredded red cabbage

1 cup shredded carrots

1 bunch (about 6-8) green onions, thinly sliced

1/2 cup roasted peanuts

2 tablespoons sesame seeds

1 handful cilantro leaves, chopped

1 handful basil leaves, thinly sliced



To make the dressing put all the ingredients in a small bowl and use an immersion blender to process into an emulsified dressing. Thin with more oil or vinegar to taste, if necessary. Put the salad ingredients in a large bowl and toss with the dressing. Refrigerate until ready to serve.

Notes and Variations

Make it a main course—add chunks of chicken, tender steak, or grilled shrimp.

Make it gluten/grain free—try this with zucchini noodles or spaghetti squash.

Make it even healthier—add more shredded veggies like broccoli, zucchini, or kale.

Make it with more veggies—try frozen and thawed edamame beans, broccoli, or bok choy, snap peas, or green beans.

<https://theviewfromgreatisland.com>

Orange County Food Safety

Food Safety Tips for Spring Festivities



“Egg”cellent Safety Tips

Eggs are a staple for Easter meals whether they are dyed, deviled or hard-boiled, but eggs can carry salmonella, a key contributor of foodborne illness. According to the USDA, salmonella can be present on the inside and outside of even normal-looking eggs. The following tips will help you avoid the risk of getting sick from eggs.

- If you plan to make an egg dish or eat the Easter eggs you decorate, make sure to not leave them out at room temperature for more than 2 hours.
- Always cook eggs until both the white and yolk are firm.
- Casseroles and other dishes containing eggs should be cooked to a safe minimum internal temperature of 160 degrees Fahrenheit, as measured by a food thermometer.
- Cooked eggs and dishes containing eggs should be served immediately after cooking or placed in shallow containers for quick cooling.
- After hard-boiling eggs, dye them and return them to the refrigerator within 2 hours.
- When decorating eggs, be sure to only use food-grade dye if you plan to eat the Easter eggs you decorate. The USDA recommends making two batches of eggs - one for decorating and hiding and another for eating.



Re-cook with Care

Holiday meals mean leftover food is available to enjoy days after the original meal is served. Keep these tips in mind when there are leftovers.

- Leftovers should be divided into smaller portions, stored in several shallow containers and refrigerated within two hours after cooking. They should be eaten within 3 to 4 days. If large amounts are left, consider freezing leftovers for later use.
- Reheat leftovers to 165 degrees Fahrenheit throughout or until steaming hot. Soups, sauces and gravies should be brought to a rolling boil for at least 1 minute. Never taste leftover food that looks or smells strange. When in doubt, throw it out.



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

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

Turfgrass response to winter fury may take weeks to determine

By Kay Ledbetter
Texas A&M AgriLife Extension Service

Many Texans are wondering how their turfgrass will respond come spring after Mother Nature unleashed the recent arctic snap across southern regions unaccustomed to such freezing temperatures.

The low temperatures experienced in many parts of Texas rivaled record lows not seen in over 100 years, but it was the sheer duration of sub-freezing temperatures that was more concerning, according to Texas A&M AgriLife Research and Texas A&M AgriLife Extension Service turfgrass experts.

Chrissie Segars, Ph.D., AgriLife Extension turfgrass specialist, Dallas stated "Ironically, although the Houston area experienced 1-degree wind chills, these frigid temperatures were only the lowest on record since 1990.

"Perhaps the one blessing in disguise for plants during this event was the snowfall that came along with it, blanketing the state as far south as Brownsville, where measurable snow had only fallen twice since record keeping began over 120 years ago," Segars said.

"Patience is key this spring, as delayed recovery and green-up may be expected from rhizomatous species including Bermuda grass and zoysia grass," she said. "This is going to be the case where low temperature kill injured stolons/rhizomes near the surface, but regrowth may still be possible from deeper in the canopy where temperatures were stabilized near or above freezing during the multiday freeze event."

Winter injury of warm-season turf

Winter injury of warm-season turfgrasses may arise due to numerous factors, including direct low-temperature kill or freeze injury, suffocation under prolonged ice cover, frost injury and desiccation during windy, dry conditions, said Ben Wherley, Ph.D., AgriLife Research turfgrass ecologist in the Texas A&M Department of Soil and Crop Sciences, College Station.

Of these, freezing injury due to exposure to prolonged low temperatures would be the greatest risk to grasses during an extended deep freeze like the one occurring recently, Wherley said. Although all warm-season grasses have some degree of built-in winter dormancy mechanisms, their relative tolerance to sub-freezing temperatures goes only so far and varies depending on the species and cultivar.

Although Bermuda grass cultivars with enhanced cold tolerance have been developed in recent years, such as Latitude 36 and Northbridge, they generally possess moderate cold tolerance, limiting their use to the southern transition zone and southward.

Among the warm-season grasses, centipede grass, seashore paspalum, St. Augustine grass and ultra-dwarf Bermuda grasses, typically used on putting greens, all possess the least cold tolerance and are those of most concern following cold snaps like the one experienced recently.

Freeze resistance, survivability

So, what's the difference between species or cultivars with high and low freezing resistance? The answer lies in a grass species' ability to "harden-off" or acclimate during the fall months, as temperatures begin to drop going into winter, Wherley said.

During the acclimation process, freeze-resistant plants begin to dehydrate their cells by accumulating solutes, including sugars and ions such as potassium within the cell, which act in a similar way to antifreeze, explained he said.

"This is one of the major reasons we apply late-season applications of potassium to warm-season turf," Wherley said.

Freezing injury, therefore, is most common in plants that have not acclimated, or are unable to acclimate to low temperatures, leading to ice formation within the cell and subsequent rupture of cellular contents, he said.

When assessing the potential for low-temperature injury, focus on temperatures at or near the soil surface during the period of concern combined with the duration of the subfreezing exposure.

"In the absence of snow, ambient air temperatures may be a good means of estimating soil surface temperatures," she said. "However, if snow is present, as was the case with the recent cold snap, it insulates the turf, creating a physical barrier to heat loss which often keeps the turf near or even above freezing. In fact, this is the same reason that golf courses cover greens with winter blankets during subfreezing conditions."

When considering low-temperature thresholds combined with the more than three days of subfreezing temperatures, the outlook for warm-season turfgrass survival and recovery would seem very bleak were it not for the timely snowfall that occurred and insulated the ground through most of the extreme cold.

"While it's likely that spring green-up may be delayed in many areas and stands may be thinner than usual, we are cautiously optimistic that we will see favorable spring recovery of warm-season turf stands across much of South-Central Texas," she said.

In the Bryan-College Station area, although air temperatures dropped into the single digits over multiple nights, upper soil temperatures never fell far below freezing, which may have aided the chances for warm-season turf survival, Wherley said. Wintertill of some of the more sensitive warm-season grasses begins in the mid 20's.

continue on next page



Diagnosing potential winterkill: Quick methods for assessing viability of turf areas

Patience is key in assessing winter injury of turfgrass in its entirety. There are a few steps that you can take right now to assess the potential for winterkill in your turfgrass areas.

Step 1: Collect turfgrass plugs from suspected low-temperature damaged areas. This may include varying areas that receive more shade, endure higher amounts of traffic, have drainage issues, on north-facing slopes, or have greater soil compaction.

Step 2: Place the turfgrass plug in a container that contains native soil or sand similar to that used in the root zone.

Step 3: Place the container in a sunny location such as a south-facing window indoors or greenhouse.

Step 4: Keep plugs adequately watered. Growth/greening should begin in seven to 10 days.

Turf grass continued

Step 5: Assess the crown region for signs of green leaf tissue and overall green coverage after plugs have grown for approximately two to three weeks.

Step 6: You may choose to repeat the sampling procedure on a 14-to-21-day interval throughout periods of cold weather.

Turf considerations for this spring: Fertility and herbicide strategies

When a period of potential winter stress or injury occurs, there are some further considerations for input use during the spring transition period, the two turfgrass experts said.

“Often, periods of potential winter injury occur during contemplations for spring fertilizer and herbicide use,” Segars said. “The extent of winter injury may be unknown at this time. During the period of the unknown, it is recommended not to rush applications of fertilizer or herbicides and to avoid, if able, applications of selective herbicides to areas that have potentially been weakened by winter injury.”

Wherley said this is also a great time to consider taking a soil test. This will allow preparations for the potential establishment of new grass but also to recover the areas that were not killed by the cold temperatures.

“It is our recommendation to hold off on the addition of fertilizers until potential winter damage can be assessed,” Segars said. “This will allow proper applications of nutrients that can be taken up by actively growing plants and will not be lost to the environment. Once turfgrass begins actively growing, the addition of fertilizer will aid in recovery. Once temperatures are conducive, spoon-feeding with frequent, lower rates of complete fertilizer may be needed to encourage recovery of thin or damaged areas.”

Another consideration is foregoing the application of preemergence products during the spring transition period in areas where winter injury is suspected and wait until full spring green-up has occurred.

“This will allow scouting of areas that may need to be replanted and will help avoid the slowing of recovery from the application of preemergence herbicides,” she said. “This option would rely on early scouting for troublesome weeds and the use of postemergence products for early spring weed control.

“Should you find that areas do not need to be reseeded or resodded, an option would be to tank-mix a pre- and post-emergent product for your initial application. This would allow the pre-product to stop further emergence of summer annual weeds and allow the post-product to clean up any immature summer annual weeds that may have emerged during the green-up period.”

If moderate to heavy winterkill has occurred, Wherley said, avoid applications of pre-products if reseeding or resodding will be done right away. Preemergence products have varying soil residuals, so time applications before or after seeding/sodding.

Both experts advised all to remember to always read the label for product use around newly established turfgrass.

For more horticulture questions please call the Orange County Master Gardener Hot Line at 409 882-7010 Tuesday and Thursday 10AM – 2PM or email ocmg1990@gmail.com.

We will have our Annual Bloomin’ Crazy Plant Fair & Sale, Saturday, April 10, from 8AM – 1PM. We will be following CDC and Texas A&M AgriLife protocols during our event. Masks covering your nose and mouth will be required as well as social distancing.



Texas Private Pesticide Applicator Training Online



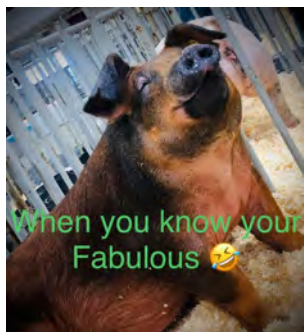
TDA has allowed AgriLife to create a completely online training.

Prepare to take the Private Pesticide Applicator Exam administered by the Texas Department of Agriculture with this course designed for pesticide applicators in Texas. Private pesticide applicators use or supervise the use of restricted-use or state-limited-use pesticides or herbicides to produce agricultural commodity.

This training is \$75 on the AgriLife Learn Portal, <https://agrilifelearn.tamu.edu>



Dylan exhibited his Duroc Gilt in Class 6 and won first place and then won Grand Champion overall.



1st in Class
3rd overall Duroc Gilt
San Antonio

CONGRATULATIONS
to our Senior 4-H Member
DYLAN PYATT
Final shows at Dallas, San Antonio & Houston
*"THIS is the ULTIMATE FINAL PUSH...To GOD we
give all the glory!"*
Melissa Pyatt



Dylan exhibited his Berkshire Gilt in Class 3 and won first place and then reserve champion overall.



1st in Class 36 Berkshire
Gilt San Antonio



Won 4th place
Berkshire Barrow
State Fair
of Texas

Taking nutrition from personalization to precision

Texas A&M AgriLife experts address factors affecting individual response to diet

The theme for this year's National Nutrition Month is "Personalize Your Plate," and [Texas A&M AgriLife](#) is taking this opportunity to emphasize the importance of individualized diet and precision nutrition to meet specific health needs and goals.

"Diet is an underlying risk factor for many chronic diseases and, as such, can also serve as part of the solution," said Rebecca Seguin-Fowler, associate director of [Texas A&M AgriLife Research](#) and associate professor in the [Department of Nutrition](#) at Texas A&M's [College of Agriculture and Life Sciences](#), Bryan-College Station.



Precision nutrition takes into account a number of genetic, environmental and behavioral factors.

"There are many factors, such as genetics, that may influence an individual's response to nutrition," she said.

Seguin-Fowler said while population-based dietary recommendations provide important nutritional guidelines, an individualized approach to nutrition may promote healthier dietary intake and related health outcomes.

Connecting genetics with nutrition

"Dietary advice, whether it comes from the government or elsewhere, is predicated on the assumption there is one general type of diet that is basically effective for everyone," said David Threadgill, Ph.D., a professor of genetics in Texas A&M's [Department of Biochemistry and Biophysics](#) and interim head of the Department of Nutrition, Bryan-College Station. "But there really is no one diet that's best for everyone, in large part due to genetic differences in individuals



Individual genetic makeup can have an influence on how one responds to various nutrients.

That was the conclusion of Threadgill and other researchers from the Texas A&M University System – along with collaborators from Johns Hopkins University, the University of Tennessee and the University of North Carolina, Chapel Hill – in a [study](#) showing how genetic differences can result in different responses to the same type of diet.

The researchers used four groups of animal models with genetic differences similar to those found in humans to see how they would react to four different types of human diets. The diets were the Mediterranean, Japanese, ketogenic or Atkins-type, and a high-fat, high-carb

western-style.

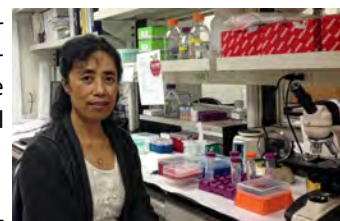
The team found not all genetic groups had the same response to the same diet.

"We thought we might determine if one diet was a 'clear winner' among all genetic groups," Threadgill said. "But what we discovered instead was there are genetically defined responses to individual diets that may essentially preclude there being a universally healthy diet for everyone. The study seems to bear out that a personalized or precision dietetics approach to dietary recommendations may yield better health outcomes than a one-size-fits-all approach."

Threadgill said as genetic testing and nutritional research become even more advanced, it may one day be possible to develop a method of matching a precision diet with an individual's unique genetic profile and health needs.

"Also, as self-monitoring health technologies improve and nutrition research scientists delve deeper into the cellular-level mechanics of nutrition, people can expect to see more personalized dietary recommendations based on certain individual characteristics," he said.

AgriLife Research will also be focusing on developing personalized diets that take into account such factors as age, genetics, the microbiome, behaviors, health conditions, lifestyle and other applicable individual characteristics.



Yuxiang Sun, Ph.D., in her lab. (Texas A&M AgriLife photo)

Hunger hormone and microbiome

Investigating from another perspective, Yuxiang Sun, Ph.D., AgriLife Research associate professor in the Department of Nutrition and a leading researcher on the "hunger hormone" known as ghrelin, has studied how ghrelin signaling affects obesity, inflammation, insulin resistance, aging and neurodegenerative diseases such as Alzheimer's disease.

"Inflammation is central to the aging process, a phenomenon described as inflamm-aging," Sun said. "Basically, obesity is a low-grade chronic inflammation in adipose tissues. There is a clear correlation between adipose inflammation and the instances of insulin resistance and Type 2 diabetes. Inflammation is also considered a hallmark of aging because inflammation is linked to a wide range of chronic diseases in older people."

She said a personalized diet consisting of foods that help suppress ghrelin signaling and reduce inflammation can positively impact overall body metabolism as well as provide therapeutic benefits for treating obesity, diabetes and some neurodegenerative diseases.

"Nutrition research has demonstrated the important diet-disease relationship as well as other highly relevant outcomes such as weight maintenance, disease resilience outcomes such as weight maintenance, disease resilience and healthy aging," Sun said.

In a different arena, Robert Chapkin, Ph.D., AgriLife Research Regents Fellow, Department of Nutrition Distinguished Professor and Allen Endowed Chair in Nutrition and Chronic Disease Prevention, has studied how targeted dietary interventions can modulate the gut microbiome to benefit human health and help prevent a broad range of chronic diseases.

"We already have scientific evidence indicating gastrointestinal-derived microbes, or microbiome, may ultimately be the missing link in the modulation of stem cells in the gut and the development of chronic diseases in humans," Chapkin said. "That means diets that can benefit gut microbiota can also have a positive impact on preventing or treating some types of cancer, such as colon cancer, as well as diabetes, fatty liver disease, obesity, asthma and coronary heart disease."

Nutrients that bolster the immune system



It takes a variety of foods to obtain the nutrients needed to support a healthy immune system.

The COVID-19 pandemic has also made people more aware of the importance of a healthy immune system, said Jenna Anding, Ph.D., professor and Texas A&M AgriLife Extension Service nutrition specialist.

Anding said proteins like those in lean meats, poultry, eggs, seafood, beans, peas

and nuts can help support the immune system.

"So does vitamin A, which is found in carrots, broccoli, spinach, sweet potatoes, red bell peppers, apricots, and foods that are fortified with it, such as milk," Anding said. "Another nutrient that supports immunity is vitamin C, which is found in citrus fruits, red bell peppers, strawberries, bell peppers and tomatoes."

She also noted vitamin E, which is found in foods like sunflower seeds, almonds, peanut butter, and avocados, works as an antioxidant and can also help support immune function.

"Zinc, which is found in poultry, seafood, lean meats, milk, whole grains, beans, seeds and nuts, also supports the immune system and plays a role in wound healing," she said. "Other nutrients that benefit the immune system include vitamins B6, B12 and folate. Then there are minerals such as copper, selenium and iron. The bottom line is that it takes a variety of foods to get the nutrients needed to promote a healthy immune system."

Getting personal with your diet

Seguin-Fowler said a good starting point for personalizing your diet is to consult a registered dietitian nutritionist.

"A registered dietitian nutritionist can help customize a diet that will best suit an individual's needs based on any medical considerations, social and cultural context, eating behaviors and preferences, and personal lifestyle," Seguin-Fowler said. "Having as much of this information as possible improves the ability to effectively personalize a diet to meet an individual's health needs and desired goals."

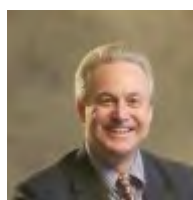


A registered dietitian nutritionist can help customize a diet based on individual needs and goals.

She also notes that keeping track of measures relevant to an individual's health, such as weight, blood pressure, glucose or hemoglobin A1c, cholesterol levels and other indicators can help individuals see how well they are doing toward their personal health goals.

"Some online tools, electronic devices and apps can help in collecting and tracking health and nutrition information," she said. "You can also keep and update a daily food and drink diary, maintain a physical activity log to track the amount and type of your daily exercise, and note the quality of your sleep, energy level and how you are feeling overall."

See [more information](#) related to Texas A&M AgriLife Research and National Nutrition Month.



Paul Schattenberg
paschattenberg@ag.tamu.edu

Paul is a communications and media relations specialist with Texas A&M AgriLife Communications. Based in San Antonio. Paul is responsible for writing advances, news releases and feature stories for Texas A&M AgriLife agencies, as well as providing any media relations support needed.

<https://agrilifetoday.tamu.edu/2021/03/16/taking-nutrition-from-personalization-to-precision/>

SPRING INTO GOOD HEALTH

What foods are in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.



Based on their nutrient content, vegetables are organized into 5 subgroups: dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables.

Beans, peas, and lentils are unique foods

Beans, peas, and lentils belong to a group of vegetables called "pulses." This group includes all beans, peas, and lentils cooked from dry, canned, or frozen, such as: kidney beans, pinto beans, black beans, pink beans, black-eyed peas, garbanzo beans (chickpeas), split peas, pigeon peas, mung beans, and lentils. Lentils come in varieties that are mostly identified by their colors, such as brown, black, red, and green. Green peas, green lima beans, and green (string) beans are not part of the beans, peas, and lentils subgroup because their nutrient content is more similar to other vegetable subgroups. Green peas and green lima beans are grouped with Starchy Vegetables. Green (string) beans are grouped with Other Vegetables such as onions, avocado, beets, and cabbage.

You can choose to count beans, peas, and lentils as part of the Vegetable Group or the Protein Foods Group depending on how they fit into your overall eating pattern. They are excellent sources of dietary fiber and nutrients such as folate and potassium, similar to vegetables. They are also excellent sources of plant protein and provide other nutrients such as iron and zinc, similar to protein foods. Because they are similar to meats, poultry, and seafood in their contribution of certain nutrients, beans, peas, and lentils are vegetarian options within the Protein Foods Group. Due to their high nutrient content, consuming beans, peas, and lentils is recommended for everyone, including people who also eat meat, poultry, and seafood regularly.

Health Benefits

All food and beverage choices matter – focus on variety, amount, and nutrition.

As part of an overall healthy diet, eating foods such as vegetables that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.

Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.

Adding vegetables can help increase intake of fiber and potassium, which are important nutrients that many Ameri-

cans do not get enough of in their diet.

How many vegetables are needed?

The amount of vegetables you need to eat depends on your age, sex, height, weight, and level of physical activity. For women, the amount can also depend on whether you are pregnant or breastfeeding. Find the right amount for you by getting your MyPlate Plan. For general recommendations by age, see the table below.

What counts as a cup of vegetables?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy salad greens can be considered as 1 cup from the Vegetable Group. The table below lists specific amounts that count as 1 cup of vegetables towards your recommended intake.

Why is it important to eat vegetables?

Eating vegetables provides health benefits – people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

START GROWING THESE 8 VEGGIES (AND ONE FRUIT) IN APRIL

- Corn
- Broccoli
- Beets
- Kale
- Green Onions
- Sweet Peas
- Bell Peppers
- Spinach
- Tomatoes

Classic Macaroni and Cheese

Serving: 8

Ingredients

2 Cups macaroni noodles
1/2 cup evaporated non-fat milk
1 medium egg, beaten
1/4 teaspoon black pepper
1 1/4 cup low-fat cheddar cheese, finely shredded
Cooking spray



Directions:

Preheat oven to 360F. Cook macaroni according to directions, omitting salt. Drain and set aside. Spray a casserole dish with nonstick cooking spray. In a large bowl, combine macaroni and remaining ingredients; mix thoroughly. Transfer mixture to casserole dish. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Nutrition Facts:

160 Calories, 2 g total fat, 1 g saturated fat, 180 MG Sodium, 25 g carbohydrate, 1 g fiber, 3 g total sugars, 0 g added sugar, 10 g protein

For further information on Better Living for Texans

Tommy Byers
Better Living for Texans Nutrition Educator
11475-A FM 1442 Orange, TX 77630
409-882-7010
Tommy.Byers@ag.tamu.edu



One Minute Cinnamon Roll in a Mug

For the cinnamon roll

- * 9 level tablespoons all purpose flour
- * 3/4 teaspoon baking powder
- * A pinch of salt
- * Around 3-4 1/2 tablespoons water
- * A tiny dab of oil for greasing the mug (coconut or mild olive oil/vegetable oil)
- * 3/4 teaspoon cinnamon
- * 1 1/2 tablespoons coconut sugar (you can sub any fine sugar - don't use one with large chunky grains unless you don't mind the grainy texture when it's cooked)
- * 1/2 teaspoon water



For the frosting

- * 3 tablespoons natural powdered sugar
- * A drop of plant-based milk or water (around 3/4 teaspoon)

Instructions

1. Grease a normal sized drinking mug (just a standard medium sized one) with a tiny dab of oil. Be sure to reach into the bottom and the edges well.
2. First make the frosting. In a small bowl mix the powdered sugar with either plant-based milk or water. Add the liquid a tiny bit at a time. It doesn't take much at all and the most you will need is 3/4 teaspoon of water, perhaps a tiny drop more if you are using milk. Stir well until smooth then set aside.
3. Add the flour, baking powder and salt to another small bowl and stir to combine.
4. Gradually add the water (from the 3-4 1/2 tablespoons) stirring until it starts to form a dough then use your hand to bring it together, kneading a few times until it's a smooth, flexible ball of dough. If you do accidentally add a drop too much water and it's a bit sticky, add a little tiny bit more flour. If it's very dry and won't come together, add a drop more water. Only handle it as much as you need to.
5. Dust your work surface with a little flour, then roll your dough out into a long strip about 4 inches wide and a couple of millimeters thick.
6. Sprinkle the coconut sugar and cinnamon evenly over the dough then fold the edges inward to seal it in and stop it all falling out when you lift it into the mug.
7. You will be left with a long narrow strip which you can roll up.
8. Roll it up and gently lift it and place it in the greased mug.
9. Pour over 1/2 teaspoon water then place in the microwave.
10. Microwave uncovered on full power for around 45-50 seconds for a 1200 watt microwave. You may need to adjust the time a bit up or down. All microwaves are different so be careful not to overcook it. If you overcook it, it will become tough so be sure to check how powerful your microwave is first and adjust accordingly. The very maximum time it will need is about 1 min 10 seconds and that is only if you have a really low powered microwave. Remember that it will continue to cook a little bit after you remove so a tiny bit under done is better than overdone as then it will go tough. If it needs longer cook in 5 second increments to avoid over cooking it.
11. It should have swollen up nicely when you check it and if you insert a toothpick or skewer into the dough it should come out clean. It is normal for the top and sides to be a little soft and damp and look a bit doughy when you first take it out because it has basically steamed in the mug.
12. Turn out onto a plate and spoon over the frosting. Eat immediately.

Nutrition

1 Serving; Calories 413, Carbohydrates 94g, Protein 7g, Fat 1g, Sodium 192mg, Potassium 75mg, Fiber 2g, Sugar 40g, Calcium 30mg.

Orange County Food Safety

New multi-state Salmonella outbreak possibly linked to turkey products



Federal officials are investigating a new multi-state foodborne illness outbreak with turkey products identified as the likely source.

In a four-word listing on its outbreak [investigation table](#), the USDA's Food Safety and Inspection Service revealed the outbreak: "Salmonella Hadar, turkey suspect." A spokesman for the FSIS told **Food Safety News** this afternoon that additional details would have to come from the Centers for Disease Control and Prevention.

A spokeswoman from the CDC confirmed that the agency is investigating the outbreak, which involves Salmonella Hadar infections. She told **Food Safety News** that as of March 15 there had been 22 patients reported across nine states. She did not indicate when the investigation began or when the first person became ill. The agency has not posted an outbreak notice.

"People are reporting eating a variety of turkey products but a specific brand or type has not yet been identified. CDC is collecting additional data to determine the source of infections," according to the spokeswoman for the CDC's National Center for Emerging and Zoonotic Infectious Diseases.

Turkey has increasingly been identified in food poisoning outbreaks in the United States in recent years. Outbreaks in 2018 and 2019 involved Salmonella Reading and Salmonella Schwarzengrund, respectively. The 2019 outbreak sickened at least seven people in three states according to the CDC.

The 2018 outbreak sickened at least 358 people in the United States across 42 states. One death was confirmed, according to the CDC's outbreak information. The illnesses were linked to raw human and pet foods from a variety of sources, including Jennie-O. That company recalled products. At the same time in 2018, officials in Canada investigated an outbreak of Salmonella Reading linked to poultry products. Testing showed the same outbreak strain on both sides of the border.

About Salmonella infections

Food contaminated with Salmonella bacteria does not usually look, smell, or taste spoiled. Anyone can become sick with a Salmonella infection. Infants, children, seniors, and people with weakened immune systems are at higher risk of serious illness because their immune systems are fragile, according to the CDC.

Anyone who has eaten any turkey products and developed symptoms of Salmonella infection should seek medical attention. Sick people should tell their doctors about the possible exposure to Salmonella bacteria because special tests are necessary to diagnose salmonellosis. Salmonella infection symptoms can mimic other illnesses, frequently leading to misdiagnosis.

Symptoms of Salmonella infection can include diarrhea, abdominal cramps, and fever within 12 to 72 hours after eating contaminated food. Otherwise, healthy adults are usually sick for four to seven days. In some cases, however, diarrhea may be so severe that patients require hospitalization.

Older adults, children, pregnant women, and people with weakened immune systems, such as cancer patients, are more likely to develop severe illness and serious, sometimes life-threatening conditions.

Some people get infected without getting sick or showing any symptoms. However, they may still spread the infections to others.



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

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
Co-Manager
Sharon Richard
409-920-1333

Mighty Pirates 4-H

2nd Tuesday 7 pm
4-H Office
Club Managers
Sandy Mitchell
409-201-8523
Lisa Edwards
409-554-1960

**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

project Groups

Equine**Riders & Non-Riders**

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

Food & Nutrition

3rd Tuesday 6pm
4-H Office
Leaders
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.

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 Fishing entry deadline for the 10th OC Judging 6:30 pm	9	10 Fishing tournament #1
11	12 Fishing entry deadline for the 15th	13 Mighty Pirates 7 pm	14	15 OC Judging 6:30 pm	16	17 Fishing Tournament #2
18	19 Ofc Deadline <u>Spring Heifer UIN & Dallas Swine Tags</u> Equine 6 pm Fishing entry DL for the 24th	20 Food & Nutrition 6 pm Clay Busters 6pm	21	22 OC Judging 6:30 pm 	23 Ofc deadline <u>Major Steer Tags</u>	24 D9 Livestock Judging Contest Bryan Fishing tournament #3
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

May 2021 4-H Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
						1 D9 Roundup
2	3 ALA & CC 6	4 Dusty Trails 6 pm	5 CCS Lions 3:30	6 OC Judging 6:30 pm	7	8
9 	10	11 Mighty Pirates 7 pm	12	13 OC Judging 6:30 pm	14	15
16	17 Equine 6 pm	18 Food & Nutrition 6 pm Clay Busters 6 pm	19	20 OC Judging 6:30 pm	21	22
23	24 Robotics 6 pm	25 Fashion & Interior Design 6 pm	26 D9 Leadership Lab Registration Open	27 OC Judging 6:30 pm	28	29
30	31 					

Congratulation to our Senior 4-H member Bryton Theis



3rd in Yorkshire Class San Antonio



5th in Spot Class Houston





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





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

*Hosted by District 5
 sponsored by Texas Farm Credit
 TB Industries & Life's Harvest
 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.

Entry to 4-H Online is due by April 8th to participate in April 10th tournament.

4-H Online will reopen again on April 12th for registration for the April 17th tournament. (you only need to register if you did not register for the first tournament) and close at 11:59 pm on April 16th.

4-H Online will reopen again on April 19th for registration for the April 24th tournament (you only need to register if you did not register for the first or second tournament) and close at 11:59 pm on April 23rd.

The May newsletter will contain pictures of our

Orange County 4-H Youth at the

YMBL South Texas State Fair!

Texas spring wildflowers are predicted to shine bright this season despite winter storm

Texas Parks & Wildlife

Spring is upon us and that means the start of Texas' amazing spring wildflower season. Late winter annuals and perennials lead the 2021 flora parade along Texas highways and state lands within our diverse ecoregions and vernal landscapes.

Texas bluebonnets typically peak at the end of March through mid-April. Bluebonnets often start blooming near Interstate 10 between San Antonio and Houston and then farther north toward the Dallas/Fort Worth Metroplex. The native range of Texas bluebonnets is primarily the Hill Country and Blackland Prairie Ecoregions, although Texans have seeded these flowers well beyond.



"Recent [Texas flora Facebook](#) posts, and photos from native plant enthusiasts, that I received during the winter storm included blooming bluebonnets covered in ice in central Texas," said Jason Singhurst, Texas Parks and Wildlife Department (TPWD) botanist. "Believe it or not though, most native perennial or biennial plants such as bluebonnets fared just fine under the insulated snow and ice. If we can get some steady rain in the coming weeks and temperatures stay in mid-80s or below through April, it should be a great Texas bluebonnet spring."

During the early spring, Texans everywhere can expect to see a flourish of trout lilies, butter cups, many mustards, Dakota vervain, four-nerve daisy, spring beauty, violets, Texas rainbow cactus, fishhook barrel cactus, Texas mountain laurel flowers, among many others.

Singhurst says that he anticipates that this spring will allow for a very promising wildflower season in the Big Bend and far west Texas region. Previous years have had extremely dry winters, but this season will likely be more colorful due to increased wet weather over this winter. In central Texas, Singhurst anticipates that residents will see many vegetative bluebonnets, Engelmann's daisy, Blackfoot daisy, Drummond's skullcap, Lindheimer's paintbrush, Missouri primrose, prairie fleabane, and many others.



Texans who set out to view wildflowers this spring can log the flora they see on [iNaturalist](#) and contribute to biologists knowledge of the state's wildflowers. The platform also allows other plant enthusiasts to assist one another in identification of species throughout the state.

For your horticulture questions, please call the Orange County Master Gardeners Hot Line, Tuesday and Thursdays, 10AM - 2PM or email ocmg1990@gmail.com

Our Annual Bloomin' Crazy Plant Fair and Sale will be held Saturday, April 10, 8AM - 1PM at Cormier Park, 8235 FM 1442, Orangefield between the railroad tracks and St. Helen's Catholic Church. Many varieties of plants will be available along with several plant related vendors. We will be following CDC and Texas A&M AgriLife Extension Service guidelines for COVID-19 requiring everyone to wear a mask and socially distance. Please follow these guidelines as your admittance will not be guaranteed. For more information please check our website <https://txmg.org/orange> Plant Sale tab.



Facebook

Orange County Texas Master Gardeners Association

Website

<https://txmg.org/orange>

Email

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

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 for more information on these programs!

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

Paper Mache Letters with Flowers



You will need: Fake flowers (eg candle-rings), hobby paint (eg Plus Color or paint from Martha Stewart Crafts), a brush, oasis/floral foam, a sharp knife or scalpel and a paper mache letter

Do like this: Cut away the back of the paper mache letter with a sharp knife. Paint the outside of the letter and allow to dry. Form the oasis/floral foam with a table knife and use it to fill the inside of the letter, it has to be a tight fit. If you use candle-rings, first remove the flowers from the plastic stands. Start arranging your flowers and stick them into the oasis. Now your done! If you want to use fresh flowers, soak the oasis in water and line the inside of the letter with plastic wrap or similar. Make sure that you buy oasis that works with water.

craftandcreativity.com



HOW TO MAKE MOSQUITO REPELLENT CANDLES

INGREDIENTS

- PINT MASON JARS
- FLOATING CANDLES
- LEMONS
- LIMES
- BASIL
- LEMONGRASS ESSENTIAL OIL



INSTRUCTIONS

1. SLICE ONE LEMON AND ONE LIME (THIS WILL BE ENOUGH FOR TWO CANDLES).
2. ADD A COUPLE OF SLICES OF LEMON AND LIME TO THE JAR.
3. ADD A COUPLE OF SPRIGS OF BASIL.
4. FILL JAR WITH WATER UP TO THREADS
5. ADD IN 10-15 DROPS OF LEMONGRASS OIL.
6. STIR
7. ADD IN FLOATING CANDLE.
8. LIGHT THE CANDLE AND ENJOY A PEST-FREE SUMMER!

NOTE: CHANGE THE WATER AND EVERYTHING WEEKLY SINCE THE INGREDIENTS ARE FRESH AND WOULD START TO SMELL.

THECOUNTRYCHICCOTTAGE.NET

5 FUN FACTS ABOUT CHICKENS

1. A chicken not only learns to recognise their own name, but also knows the names of other chickens in its flock
2. Chickens have really good memories – they can remember and recognise over 100 different faces (both human and animal)
3. Hens and their hatching chicks converse through the shell, allowing chicks to recognise their mother's voice
4. Chickens are among the closest living relatives to the Tyrannosaurus rex
5. A chicken's vocabulary includes at least 30 words, and more than likely several others that have yet to be identified



Sausage, Kale, and Mozzarella Egg Bake

You can use any sausage or greens you prefer for this tasty Low-Carb dish.

- 12 oz. package pre-cooked chicken-garlic sausage
 - 2 teaspoons olive oil
 - 4 cups baby kale leaves
 - 1/2 cup thinly sliced green onions (optional, or use less if you're not a green onion fan)
 - 1 1/2 cups grated Mozzarella
 - 8 eggs, beaten
 - 1 teaspoon All purpose seasoning blend
 - Fresh ground black pepper to taste
1. Heat oven to 375°. Spray a 9"x12" casserole dish with non-stick spray. The dish can be slightly smaller too, which will give a thicker result. If your dish is bigger than this, use a couple more eggs.
 2. Cut the sausage in half lengthwise, and then slice into half-moons about 3/8 inch thick,
 3. Heat 1 tablespoon of olive oil in a large non-stick frying pan and cook the sausage until it's well-browned. Put browned sausage in the bottom of the casserole dish.
 4. Put the second teaspoon of oil into the same pan and sauté the baby kale just until it starts to wilt, about 2 minutes. If not using baby kale this may take a minute or two longer.
 5. Put the wilted kale over the sausage in the casserole dish. Sprinkle green onions and grated mozzarella over the kale, season with all purpose seasoning and black pepper, and pour the eggs over.
 6. Use a fork to gently "stir" so that all the ingredients are coated with egg.
 7. Bake 30-35 minutes, depending on how browned you like it.
 8. Serve hot, with a dollop of sour cream on top if desired.



Notes:

Author used Sabatino's Smoked Mozzarella Chicken Sausage with Artichoke and Garlic, but you can use any pre-cooked sausage with good flavor. Keto or low-carb dieters may prefer pork sausage for this recipe, which will add more fat. You can use thinly sliced regular kale if you don't find baby kale. Use low-fat or full-fat Mozzarella, whichever you prefer.

Nutrition

Yields 8 servings, Calories 275, Total Fat 17g, Saturated Fat 6g, Unsaturated Fat 9g, Cholesterol 248mg, Sodium 458mg, Carbohydrates 5g, Fiber 2g, Sugar 1g, Protein 24g.

kalynskitchen.com



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Orange, TX 77630
Phone: 409-882-7010

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UPCOMING EVENTS

APRIL

10th Master Gardener Plant Sale 8am-1pm
13th, 20th, & 27 Intro to Beekeeping
17th Cooking Class for Adults with Rocky

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

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.