

Fallon Foster, M.P.H.
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Family & Community Health
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Office 409-882-7010



County Judge
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Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Theresa Beauchamp

Commissioner Precinct 3

Kirk Roccaforte

Commissioner Precinct 4

Robert Viator



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



Texas A&M
AgriLife Extension
Orange County



COMPLETE THE SURVEY
TODAY!

TEXAS A&M
AGRI LIFE



Everyone
Belongs in 4-H!



4-H OPEN HOUSE

Tuesday, August 10, 2021
6pm-8pm

*Petting Zoo *Popcorn *Games *Info Booths* Hot Dogs * And More!

Orange County Convention & Expo Center
11475 FM 1442. Orange
For more information, call 409-882-7010

Better watch for Kids...



Because they're *NOT* watching for you!

DAVE GRANLUND © www.davegranlund.com

Home & Body Essentials DIY Class

**Come ENJOY a
fun day learning
to make Home &
Body products.**



**Saturday
August 14th
10 am to 2 pm
\$25 per person
AgriLife Extension Office
11475 FM 1442, Orange**
*Make check payable to H.O.P.E.
Payment must be received by
August 1st*

**Class is limited to
15 participants
Call 409-882-7010
to Register**

**Class will be taught by
Fallon Foster
Family & Community Health Agent**

**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.

**Learn how to turn
this---**

Into This--

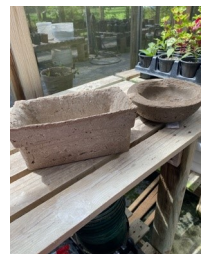


The Orange County Master Gardeners is offering a program to teach you how to remake a nursery pot into a decorative pot. Join us Saturday, August 7 from 9AM – 11AM at Cormier Park, 8235 FM 1442, Orangefield (same place as our plant sale). All materials will be supplied, and this is a FREE event, but you must register by Noon, Friday, August 6. You can register by emailing ocmg1990@gmail.com or on our Facebook page Orange County Texas Master Gardeners.



Kokedama & Hypertufa Planters Class

The Orange County Master Gardeners is offering a program to teach you how to make Kokedama (Japanese Moss Ball) and Hypertufa planters on Saturday, August 21, 2021 from 9AM - 11AM at Cormier Park, 8235 FM 1442, Orangefield (same location as plant sale). All materials will be supplied, and this is a FREE event, but you must register by Noon, Friday, August 20. You can register by emailing ocmg1990@gmail.com or on our Facebook page Orange County Texas Master Gardeners.





Orange County 4-H
Awards Banquet

Tuesday
August 31st 6 pm

Orange County Convention
& Expo Center

Awards & Pins are for the 2020-2021 4-H year

Bring your
favorite fiesta
dish



Question
contact the 4-H office
409-882-7010

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

You are
AMAZING.
You are
IMPORTANT.
You are
SPECIAL.
You are
UNIQUE.
You are
KIND.
You are
PRECIOUS.
You are
LOVED.

SAVE THE DATE

SOUTHEAST TEXAS LIVESTOCK EXTRAVAGANZA

September 11, 2021

TVE Fairgrounds - Liberty, Texas

**A FULL DAY DESIGNED TO PROVIDE AN EDUCATIONAL OPPORTUNITY
FOR 4-H AND FFA FAMILIES NEEDING EXPERIENCE IN THE SHOW
RING WITH HANDS ON LEARNING AND SHOWMANSHIP CLINICS!**

ANIMAL SESSIONS INCLUDE:

CATTLE, SWINE, GOAT & LAMB, POULTRY

BRINGING YOUR OWN ANIMAL IS ENCOURAGED BUT NOT REQUIRED!

REGISTRATION FORMS COMING SOON!!!!

**TEXAS A&M
AGRI LIFE
EXTENSION**

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THE 6TH ANNUAL MICHAEL HOKE MEMORIAL OUTDOOR AWARENESS FOR KIDS

FUN!!
RAIN OR SHINE!!
FOOD!!

AGES 8-14
SEPTEMBER 18, 2021
\$10 PER PERSON
CLAIBORNE WEST PARK
HALLIBURTON PAVILION
4105 NORTH ST, VIDOR, TX
9AM - 2PM

ACTIVITIES:
DUCK DOG DEMO
CAMP COOKING
SKULLS & FURS
BENTHIC TESTING
NATURE TRAIL

CHECK-IN THE DAY OF EVENT: 8:30AM

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

DEADLINE TO REGISTER & PAY: SEPTEMBER 10, 2021
CALL 409-882-7010 IF YOU HAVE ANY QUESTIONS

TEXAS A&M
AGRILIFE
 EXTENSION



Lower Sabine-Neches
 SWCD #446

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Let your kids build their own
lunch.



Tips For Back to School

1. use a planner
2. tackle you big task first
3. don't overcommit yourself
4. get enough sleep
5. get organized
6. keep your technology charged
7. track your grades
8. get ahead | don't procrastinate
9. lay out your outfit before
10. take a break
11. stay positive

www.prepinyourstep.com

Youth Cooking Camp 2021



Youth Cooking Camp Food Challenge & Awards



Notice of Expiration for Marks and Brands

In accordance with Article 144.044 of the Agriculture Code, the marks and brands that have been previously recorded will expire on August 30, 2021. The owners of the marks and brands will have from August 31, 2021 until February 29, 2022 to renew them. On March 1, 2022, all marks and brands that have not been renewed will have no force or effect and will be available for use on a "first-come" basis.

Examples of special letter styles found only in brands:

Swinging: A B C D E F G
 Lazy: A B C D E F G
 Crazy: A B C D E F G

Renewals can be filed with the Orange County Clerk, Monday-Tuesday and Thursday-Friday from 8 am to 5 pm and Wednesday from 8:30 am to 5 pm. The physical address is 801 W. Division, Orange. The recording fee for a mark or brand is \$26 each. Please call the County Clerk's Office at 409-882-7055 if you have questions.

Want to become a Certified Texas Master Gardener? Classes start Thursday, August 26th



If you are interested in attending the next Master Gardener certification class for Orange County and surrounding areas, please send an email to ocmg1990@gmail.com so we can send you an applications. Classes will be held starting August, 26, Thursday evenings from 6-8/8:30pm at the Orange County EXPO Center on FM 1442 in Orangefield and a couple of Saturday classes and field trips will be held. Cost is \$150 which includes your training/handbook, supplies and speakers fees. Check our website <https://txmg.org/Orange> JOIN for more information. For more information, please go to our website <https://txmg.org/orange>, JOIN for more information



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

Summer Flowers for Southern Gardens

Sheri Bethard, Orange County Master Gardeners



Spring has definitely passed us now and summer is here for the next several months. So, this means our pretty spring flowers are now faded and we would like color in our gardens during the rest of the summer here in Orange County. Many of you are not aware there are many flowers that will stand thru out hot, humid summers including those times when rain is sparse. There are many annuals (plants which have only one growing season) and perennials (plants which live on year after year) that can be grown in our area.

Petunias - are one of the longest flowering annuals around blooming from spring well into fall and sometimes winter. You should deadhead them occasionally to keep the blooms coming. You can start them from seed, but this will take some time so go to your local gardening center and pick out your favorite colors. There are hybrids such as the "Purple Wave" which has a trailing habit, coming in shades of pink, purple, blue and red. To keep them blooming they will need fertilizing and watering when they get dry.

Zinnias - are a very reliable bloomer which has many sizes from the compact miniature to the tall cutting size and colors such as pink, red, purple, orange, yellow, lavender, white and even green, just to name a few. There are 4 types of Zinnias. The type depends on the rows of petals in a flower.

Single Flowered - has a single row of petals

Semi-Doubled Flowered - has several rows of petals

Fully Double Flowered - has several rows of petals but the center is not visible, being hidden by the petals

Cactus Flowered - each petal rolls towards the underside, as a result of which the entire petal twists to form a unique flower

Zinnias are very easy to grow from seed and will provide you color all summer long.

Gaillardia - is another summer-flowering plant blooming all season long. It comes in bright colors of yellows and shades of red and orange, even a deep maroon. They continually bloom without deadheading. They are a perennial which should be divided every 3-4 years.

Coreopsis - is an old-fashioned favorite. Grown as an annual, it sometimes will come back year after year from its seeds. They must be deadheaded.

Yarrow - is a sun-loving perennial with colors of white, yellow and red. Deadheading keeps them from self-seeding and their foliage stays green all winter long.

Coneflower - is a perennial coming in a multitude of colors now. Purple is the most common color with hybrids coming in many other colors. All parts of the Purple Coneflower are used for medicinal properties.

Marigolds - are another annual we are used to seeing in gardens. There are several varieties from the French type to the African Amazon variety. They are easily grown from seed and bloom all summer.

Daylilies - come in many different varieties. They will bloom from spring to fall depending on the variety. One of the longest bloomers is the "Stella de Oro" of the many daylily varieties. They are perennials with some varieties staying green all year in our area. Clumps should be divided in fall every 3-4 years.

Additional summer flowing plants are Rudbeckia, Bee Balm/Monarda, Dahlias, Angelonia and Gaura. Any of these can be grown from seed except the Angelonia unless you have the Serena & Serenita Series varieties.

For more information on summer blooming flowers, check our website, <https://txmq.org/orange>.

For your horticulture questions, please call our Hot Line 409 882-7010 Tues. and Thur., 10AM - 2PM. Or send your questions to ocmg1990@gmail.com

The Orange County Master Gardeners are taking applications for their upcoming initial training class which will be starting in September 2021, date to be determined. Most of the classes will be held on Thursday evenings from 6PM-8:30PM at the Orange County EXPO Center, 11475 FM 1442, Orangefield. There will be some Saturday classes and field trips during the session. Cost for the class is \$150.00 which will include your training handbook, speaker fees and supplies. Email ocmg1990@gmail.com for your application.



Creamy Avocado Veggie Dip

Serves 6 1/2 cup servings

- * 1 cup cucumber seeded and chopped
- * 1 green pepper seeded and chopped
- * 1 cup celery chopped
- * 1 cup tomato seeded and chopped
- * 4 green onions chopped
- * 2 teaspoon fresh dill minced
- * 1/4 teaspoon black pepper
- * 1/4 teaspoon paprika
- * 1/3 cup fat-free sour cream
- * 1/4 cup olive oil type mayonnaise
- * 1/2 of an avocado

1. In a large bowl, combine vegetables.
2. Chill for at least an hour or longer to allow juices to accumulate.
3. Drain well.
4. In a small bowl, combine fresh dill, seasoning, sour cream, and mayonnaise,
5. Fold dressing mixture into the vegetables.
6. Cover and chill until ready to serve.

Nutrition: Calories 50, Total Fat 2.5g, Total Carbohydrate 8g, Dietary Fiber 3g, Total Sugars 2g, Protein 2g.



Spinach, Mushroom and Feta Stuffed Flank Steak

6 medallions serving size 1/6 of steak

- 1.25 pounds Flank steak lean and fat trimmed
- 1/2 teaspoon coarse kosher salt
- 2 teaspoons olive oil
- 2 cups mushrooms chopped
- 4 cups fresh spinach
- 2 cloves garlic
- 1/2 cup Fat Free feta cheese cooking twine

1. Wash your hands and clean your preparation area. Rinse fresh vegetables under cool running water.
2. Lay the flank steak on a work surface, cover with a sheet of plastic wrap. Use a meat mallet or other hard and sanitized kitchen object to tenderize the meat. Once flattened and tenderized a bit, remove the plastic wrap.
3. To butterfly your flank steak using a sharp knife, lay your hand flat on the top of the steak,, and slice horizontally to cut the flank steak in half. Cut almost all the way across, leave about 1/2 to 3/4 of an inch intact on the far end of the flank steak. Lay open the flank steak flat like a book.



4. Sprinkle the salt on both sides of the steak and set it aside,
5. In a skillet heat the olive oil over medium-high heat. Once the olive oil is heated saute the mushrooms, spinach, and garlic until softened wilted, and fragrant. Remove from heat.
6. Spread the spinach mixture across the laid open flank steak, leaving about 1/2 an inch on all sides with no filling. Spread the feta cheese on top of the spinach mixture.
7. Select a long side to begin rolling from, begin by tucking a corner and rolling evenly across the steak, and continue to roll until it is entirely rolled,.
8. Using the cooking twine tie around the rolled flank steak to secure the roll and prevent the filling from spilling out.
9. Place the flank steak on a heated grill over direct heat at between 450-500 degrees. Brown on ll sides, about 2 minutes per side, then move to indirect heat or turn the temperature down to between 350-400 degrees, Continue to cook for approximately 25 minutes or until steak reaches a minimum internal temperature of 145 degrees F.
10. Remove from heat and let rest for about 5 minutes. Slice into 6 pinwheels, remove string with a knife, or clean scissors before serving.

Nutrition: Total Fat 7g, Saturated Fat 2.5g, Cholesterol 70mg, Sodium 510mg, Total Carbohydrate 2g, Protein 25g

Weeds, Weeds, and more Weeds!!

Sheri Bethard, Orange County Master Gardeners



Summer is definitely here, and the weeds are growing like wildfire. Just about everywhere you look you see weeds in some form or fashion. Weeding is the bane of gardening. We like our garden beds to look nice and neat for all to see, along with our vegetable beds to be weed free so our plants will not be starved out by these unwanted plants. In addition, they take away the moisture and nutrients our plants need. Below are the types of weeds per "Better Homes & Gardens" and steps you can take to help you maintain a weed free garden from "Old World Garden Farms."

the soil to get rid of tiny germinating seeds. Or you can dig or pull these weeds before they have a chance to develop seeds. If you can't pull them without damaging other garden plants, cut the stems at or below soil line to prevent regrowing.

Taprooted have long strong roots such dandelions. These types of perennials can grow from any part of their root that was left in the soil. Biennials, such as bull thistle will die after the second year of blooming. To get rid of these weeds, use a straight-pointer trowel of dandelion differ right down next to the root to help pry it out. Use a flat head shovel for digging large, deep taproots.

Rhizomatics can be hard to control as they spread horizontal under the soil and when cut they will resprout. These include stinging nettle and quackgrass and they can be removed by using a trowel, claw or spading fork to loosen the soil around the weeds.

Toughies include chickweed, plantain and dock like hard, compacted soil. An oscillating stirrup hoe is best used as it will loose the soil, making it easier to tug out.

Monsters are aggressive weeds like Japanese knotweed and bindweed (aka wild morning glory) and have deep, vigorous roots. Best way to rid of them is to starve them of light by placing heavy black plastic or tarps over them, only removing them when they are dead.

To help maintain a weed-free garden, try the following steps:

Stop Tilling – Overworking the soils is one of the biggest culprit to hosting weeds. Many weed seeds are sitting on top of the soils just waiting to germinate once they are covered by soil. Tilling is an annual spring ritual for gardeners and doing so also disrupts the eco-cycle of worms and other underground good guys which keep your soil in good condition.

Mulch, Mulch And More Mulch – is one of the easiest and most effective methods of creating weedless and healthy gardens. A heavy layer of mulch (3-4 inches) over a thick layer of newspaper or cardboard will help control the weeds year-round. The mulch and newspaper/cardboard will eventually break down adding nutrients into your soil attracting worms and good microbes. Add more mulch to maintain the 3-4-inch cover.

Stop Hoeing – Strenuous hoeing is also disturbing the soil making it more susceptible to weed germination. This also goes for disturbing the top layer of mulch by raking or turning. Simply pull the few weeds that appear and apply new mulch as needed.

Fall Cover Crops – They do a lot to help in creating a weedless garden. Planted in the fall, they keep the garden soil covered from incoming weed seeds. In addition, they add organic matter in the soil, help fix nitrogen levels for the following seasons crops and help keep soil from eroding in rain. They eliminate the need from using a rototiller again. They can be mowed over then planted through the spring. Thus, the soil is not disturbed allowing weed seeds to germinate. Some common cover crops are legumes, grasses, brassicas (mustard family), turnips, radishes.

If you truly want a weed-free or near weedless garden, it doesn't have to take hours on end to do the task. Just take a simple stroll thru your garden and pull the weeds 10 minutes a day is going to save you time in the long run. Pulling weeds from a mulched bed takes just a few minutes will go a very long way over the next weeks.

If you have any additional weed questions or other horticulture questions, please call our Hot Line each Tuesday or Thursday from 10AM – 2PM. Or you can email us at ocmg1990@gmail.com. We are currently taking applications for our new in person class which will be starting late August or early September. Email ocmg1990@gmail.com for more information.

Orange County Food Safety

Eating Chicken Soon? CDC Says Avoid These Products Amid Huge Tyson Listeria Recall

Nearly 8.5 million pounds of fully cooked chicken products are being recalled from Tyson Food Inc., following reports that at least three people have been hospitalized and one person has died from listeria.

The U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) said Saturday that that several food products were being recalled after authorities were notified of at least three cases of listeriosis.

Following an investigation in April and June, FSIS found evidence that precooked chicken produced at Tyson Foods Inc. was contaminated with listeria monocytogenes, which can cause the bacterial illness listeria and lead to hospitalizations or death.

So far, FSIS has identified three illnesses and one death in Texas between April 6 and June 5.

According to the FSIS, symptoms of listeriosis include fever, muscle aches, headache, stiff neck, confusion, loss of balance and convulsions, and diarrhea or other gastrointestinal symptoms. The illness can be more severe for pregnant women or those with weakened immune systems.

"*Listeria* can cause severe illness (known as invasive listeriosis) when the bacteria spread beyond the gut to other parts of the body. Pregnant people, adults 65 years or older, and people with weakened immune systems are at higher risk for severe illness," according to the Centers for Disease Control and Prevention (CDC).

The products being recalled include frozen, fully-cooked chicken such as Tyson Pulled Chicken Breast; Tyson Fully Cooked Diced Grilled Chicken Breast with Rib Meat; Tyson Fully Cooked, Char-Broiled Boneless Chicken Meat for Fajitas; and Tyson Fully Cooked, Boneless, Skinless

Chicken Pulled Chicken. The items were sold in multiple sizes, including 8, 10, 12, and 30-pound bags.

Each of the products bears the establishment number "EST. P-7089" on the product bag or inside the USDA mark of inspection.

The products were also sold under the brands Jet's Pizza, Casey's General Store, Marco's Pizza, and Little Caesars. Consumers should avoid fully cooked chicken strips, diced chicken, chicken wing sections, and fully cooked pizza with chicken under these labels.

The frozen, fully cooked chicken products were produced between December 26, 2020, and April 13, 2021, and were distributed nationwide to retailers and institutions, including hospitals, nursing facilities, restaurants, and schools.

According to the CDC, symptoms of severe listeria illness usually start 1 to 4 weeks after eating contaminated food. However, symptoms can start as late as 10 weeks after.

Furthermore, the CDC recommends that consumers with those products should clean their refrigerator or any containers or surfaces that may have touched the recalled products, as listeria can survive in the refrigerator and spread to other foods and surfaces.

The CDC and FSIS now recommend that people with these food products either throw them away or return them to the place of purchase.

The CDC and FSIS now recommend that people with these food products either throw them away or return them to the place of purchase.

"We're committed to providing safe, healthy food that people rely on every day," Scott Brooks, senior vice president of food safety and quality assurance for Tyson Foods, said in a statement Saturday. "We are taking this precautionary step out of an abundance of caution and in keeping with our commitment to safety."

<https://www.newsweek.com/eating-chicken-soon-avoid-these-products-menu-items-amid-huge-tyson-listeria-recall-1606751>



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

Youth Beginners Sewing Camp 2021



Today's weather is unpredictable: Keep your outdoor power equipment ready

From the Outdoor Power Equipment Institute and Sheri Bethard, Orange County Master Gardeners

With Hurricane season upon us and the first storm making landfall in Florida, we need to prepare ourselves in the event of any of these storms heading our way. Yes, a lot of you have been thru Rita, Ike, Harvey, Imelda, and Laura and as most of you saw, each one is different in its own way. You can't predict these storms and what they will do when they hit land. Rita pushed thru and was gone within 12 hours and Ike pushed Lake Sabine into Bridge City and Harvey sat over us for 3 days. Laura had very strong winds destroying Lake Charles. Weather today is challenging, and the Outdoor Power Equipment Institute (OPEI) reminds home and business owners it's important to make sure you have the right outdoor power equipment on hand and to be prepared by keeping equipment in good working order year-round.

A chainsaw or pole pruner can trim limbs ahead of a storm or handle fallen limbs helping to clear debris. My husband had forethought to bring his chainsaw with us when we evacuated for Rita. It was a good thing as when he and our son returned out street was full of trees. They worked to clear the street with his chainsaw. A generator will power appliances, keep lights on and cell phones charged when the electricity goes out. A water pump can help with flooding in your home or basement. Remember after the ice storm January 1994 and Rita, and the other storms, many of us were without power weeks at a time. Now is the time to purchase your generator when they are readily available and not after the storm when demand goes up and they are hard to find.



Today's outdoor power equipment is increasingly easier to use, more efficient and cleaner – and powered in a variety of ways, including battery/electric, hybrids, propane, and solar as well as gasoline and diesel. Even robotic, interconnected and remote-controlled technology has entered the power equipment market.

"We've experienced a lot of problematic weather lately but, thankfully, there is a product and power source for every need and to address every scenario. Being prepared for the unpredictable is easier than ever before," said Kris Kiser, President &

CEO of OPEI, an international trade association representing manufacturers and suppliers of outdoor power equipment, small engines, battery power systems, portable generators, utility and personal transport vehicles, and golf cars.

OPEI offers the following tips to help home and business owners

Get ready in advance. Before a disaster or storm strikes is the best time to buy outdoor power equipment. You never know when the electricity might go out or when a storm might arise.

Know your needs. Determine what might need to be cleaned up or tidied before severe weather arrives. Decide what equipment is needed to keep people and property safe before and after a disaster or power outage.

Do research. Outdoor power equipment has changed a lot from what you might remember from years past. The industry is rapidly innovating with equipment becoming faster, lighter, more efficient, more ergonomic, and cleaner. Get their recommendations from dealers and store personnel who are well versed in equipment.

Buy what fits your needs. Each equipment type and power source have different maintenance and care requirements. Equipment is sized for different levels of need, so it's important to buy what works for your unique situation.

Think ahead and purchase accessories. Buy outdoor-rated extension cords for generators and consider getting an approved cover for your generator for rainy weather. Buy and install a carbon monoxide detector if purchasing a generator. Plan now where the generator will be set up (**NEVER IN A HOME OR GARAGE, AND ALWAYS AWAY FROM YOUR HOME AND ANY AIR INTAKE**) and determine how to secure it if necessary. Identify safety equipment needed like chaps, eye protection or hearing protection. Gasoline-powered outdoor power equipment uses E10 or less fuel and most manufacturers recommend adding a fuel stabilizer.

Purchase appropriate fuel and charge batteries just ahead of a storm. Only use an approved fuel container for gasoline and have an extra set of batteries on hand.

Review manufacturer's directions and maintain your equipment. Always follow all safety and usage recommendations made by the manufacturer. Save a digital copy of the owner's manual on your computer if possible, so it can easily be consulted in the future. Set calendar reminders for regular maintenance.

For more information on using power equipment, check out OPEI's website at <https://www.opei.org>.

For your horticulture questions, please call the Master Gardener Hot Line at 409 882-7010, Tuesday and Thursdays from 10AM – 2PM or email ocmg1990@gmail.com.

The next Master Gardener certification class for Orange County and surrounding areas will be starting in late August or early September. If you are interested, please check our website <https://txmg.org/orange> for more information. Classes will be held on Thursday evenings at the OC EXPO Center from 6PM – 8/8:30PM. Some Saturday classes will be required also. Fee is \$150.00 which includes your handbook/training material, speakers fees and supplies.

4-H Member re-enrollment/enrollment will begin this month!

Youth Club Member Participation Fee

\$25 August 15-October 31st
 \$30 November 1st to the completion of
 4-H year
 (clover kids, ages 5-8* are free)

*A youth that is 8 years old and going into the 3rd grade must wait until September 1st to enroll for proper fees to be accessed.

The Texas 4-H year officially starts September 1st.

Dusty Trails 4-H & Clover Kids Club

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

Adult Volunteer Application Fee \$10

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

Mighty Pirates 4-H

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

Adult Leaders Association (ALA)

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

OC 4-H Judging Club

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

Clay Busters Shotgun Sports

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

Projects outside of clubs

Equine

Riders & Non-Riders
 3rd Monday 6pm
 Tin Top 2 (T2) Arena
 Old Peveto Road
 Orange
 Leader
 Sharon Dowden

Food & Nutrition

3rd Tuesday
 6pm
 4-H Office

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

We are needing Adult volunteers to lead Food & Nutrition Project and Fashion & Interior Design Project.

If we do not have a Leader for these Projects, we will not be able to provide Project.

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.

Tomato Crisps

Servings 6 1/2 cups



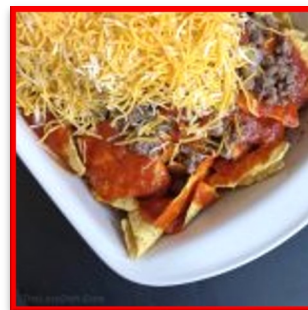
- 6 large tomatoes, thinly sliced
 - 2 tablespoons olive oil
 - 2 teaspoons salt
 - 1 teaspoon garlic powder
 - 2 tablespoons fresh parsley chopped
 - 3 tablespoons grated Parmesan cheese
1. Wash and cut the tomatoes into semi-thin slices, approx. 1/8 inch.
 2. Drizzle olive oil on tomato slices to coat.
 3. Place slices onto dehydrator shelves or a baking pan.
 4. In a small bowl whisk together the remaining ingredients.
 5. Carefully spoon out the mixture on top of each tomato slice.
 6. If baking, place the sheet in a 200° oven and check every 30 minutes until edges show some charring, could take 4-5 hours. To make as a side dish: bake for 25-30 minutes and enjoy.
 7. If you are dehydrating, depending on how thick the slices of tomato are, most machines could take anywhere from 12-24 hours.

Nutrition Facts: Calories 90, Total Fat 6g, Saturated Fat 1g, Cholesterol 0mg, Sodium 449mg, Total Carbohydrate 8g, Dietary Fiber 2g, Total Sugars 5g, Protein 3g.

Dinnertonight.tamu.edu

Lazy Enchiladas

(super easy dinner idea!)



- 1 lb. ground beef
 - 1/2 onion, chopped
 - 1 (12 oz.) Bag tortilla chips
 - 1 (28 oz.) Can red enchilada sauce (the big one)
 - 1 cup salsa
 - 1 (32 oz.) bag Mexican cheese blend (the large bag)
1. In a large skillet, sauté the onion until soft. Add the ground beef and brown (no need to drain the grease).
 2. Preheat your oven to 350 degrees, and grease a 9x13 baking dish.
 3. Break up the chips a bit (white still in the bag), and place everything except for 2 large cups of reserved cheese (for topping later) into your baking dish.
 4. Use your hands to mix everything together until well combined. Make sure the mixture is evenly distributed on the bottom of the pan, and then top with the remaining cheese.
 5. Bake for 45-50 minutes. Top with sour cream, diced tomatoes, avocado, jalapeno, chives or anything else you'd like.

thelazydish.com



Caramel Apple Dump Cake

- 2 (21 ounce) cans Apple pie filling
- 1 (15 ounce) box Cake mix, yellow
- 1/2 (11 ounce) bag Caramel bits
- 1 cup melted butter (2 sticks)

Prepare in a 9x13 greased baking dish.
Bake uncovered in a 350° oven for 30-40 minutes or until the buttery cake mix turns golden brown.

Instrupix.com



Orange County Food Safety

Oysters and Vibriosis

What You Need to Know

- Eating raw oysters and other undercooked seafood can put you at risk for infections, such as vibriosis.
- Vibriosis is caused by some kinds of *Vibrio* bacteria.
- Most *Vibrio* infections happen during warmer months, but they can happen anytime.
- An oyster that contains *Vibrio* doesn't look, smell, or taste different from any other oyster.
- A way to kill *Vibrio* in oysters is to cook them properly.

Many people enjoy eating raw oysters, and raw oyster bars are growing in popularity. But eating raw or undercooked oysters and other shellfish can put you at risk for foodborne illness.

Learn about vibriosis, an illness caused by infection with certain kinds of *Vibrio* bacteria, and steps you can take to protect your health when it comes to oysters and other shellfish.

Vibrio bacteria naturally inhabit coastal waters where oysters live. Because oysters feed by filtering water, *Vibrio* and other harmful bacteria and viruses can concentrate in their tissues. When someone eats raw or undercooked oysters, germs that might be in the oyster can cause illness.

CDC estimates that about 80,000 people get vibriosis—and 100 people die from it—in the United States every year. Most of these illnesses happen from May through October when water temperatures are warmer. However, you can get sick from eating raw or undercooked oysters during any month of the year, and raw oysters from typically colder waters also can cause vibriosis.

An oyster that contains harmful bacteria doesn't look, smell, or even taste different from any other oyster. You can kill *Vibrio* in oysters and certain other shellfish, such as mussels and clams, by cooking them properly.

What are the symptoms of vibriosis?

Most *Vibrio* infections from oysters, such as *Vibrio parahaemolyticus* infection, result in mild illness, including diarrhea and vomiting. However, people with a *Vibrio vulnificus* infection can get very sick. As many as 1 in 5 people with a *Vibrio vulnificus* infection die. This is because *Vibrio vulnificus* infection can lead to bloodstream infections, severe blistering skin lesions, and limb amputations.

If you develop symptoms of vibriosis, tell your medical provider if you recently ate or touched raw oysters or other raw shellfish or came into contact with salt water or brackish water. Brackish water is a mixture of salt water and fresh water. It is often found where rivers meet the sea.

Who is more likely to get vibriosis?

- Have liver disease, cancer, diabetes, HIV, or the blood disorder thalassemia
- Receive immune-suppressing therapy for the treatment of disease
- Take medicine to lower stomach acid levels

- Have had recent stomach surgery
- Are 65 years or older

How do people get vibriosis?

Most people become infected by eating raw or undercooked shellfish, particularly oysters. Other people become infected by:

- Getting brackish or salt water in a wound, such as when they're swimming, wading, or fishing.
- Cutting themselves on an item, such as a rock or pier, that has come into contact with brackish or salt water.
- Getting raw seafood juices or drippings in a wound.

How can I stay safe?

Follow these tips to reduce your chances of getting an infection when eating or touching shellfish and other seafood:

- Don't eat raw or undercooked oysters or other shellfish. Fully cook them before eating, and only order fully cooked oysters at restaurants. Hot sauce and lemon juice don't kill *Vibrio* bacteria and neither does alcohol.
- Some oysters are treated for safety after they are harvested. This treatment can reduce levels of vibriosis in the oyster, but it does not remove all harmful germs. People who are more likely to get vibriosis should not eat any raw or undercooked oysters.
- Separate cooked seafood from raw seafood and its juices to avoid cross contamination.
- Wash your hands with soap and water after handling raw seafood.
- Stay out of salt water or brackish water if you have a wound (including from a recent surgery, piercing, or tattoo).
- Cover any wounds if they could touch raw seafood or raw seafood juices, or if you might come into contact with brackish or salt water.
- Wash open wounds and cuts thoroughly with soap and water if they contacted salt water or brackish water or raw seafood or raw seafood juices or drippings.

What are tips for cooking shellfish?

Before cooking, discard any shellfish with open shells.

For shellfish in the shell, either:

- Boil until the shells unopen and continue boiling another 3-5 minutes, or
- Add to a steamer when water is already steaming and cook for another 4-9 minutes.

Only eat shellfish that open during cooking. Throw out any shellfish that do not open fully after cooking.

For shucked oysters, either:

- Boil for at least 3 minutes,
- Fry in oil for at least 3 minutes at 375°F,
- Broil 3 inches from heat for 3 minutes, or
- Bake at 450°F for 10 minutes.



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

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Fallon Foster, M.P.H.
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Orange County

foodafety.gov

How do nematodes help plants and soils?

By Sheri Bethard, Orange County Master Gardeners,
Adapted from Social Science Society of America blog

It might be hard to believe one of the most abundant animals on Earth is - soil nematodes! There are thousands of nematode species with most not being harmful. They represent 80% of animal life by number and live in nearly every habitat. Some cause diseases in humans (trichinosis) and animals while others feed on living plants. Nematodes normally get a bad reputation. But little is known about the non-parasitic nematodes, predatory and microbial-feeding, which have many beneficial roles.

They are hard-working, important, translucent, unsegmented, very tiny organisms' (worm-like) — usually between 1/500th to 1/20th of an inch! They are not true worms or in the worm species. Interesting Fact: There is a nematode that lives inside sperm whales that is nearly thirty feet long.

Some of the best-known nematodes are parasites (Root Knot). Some nematodes require a host to live, while many more nematodes are free-living in soils in water films that surround the soil particles.

There are three types of nematodes – parasitic, microbial-feeding, and predatory. The parasitic nematodes are bad nematodes while the microbial-feeding and predatory nematodes are mostly good nematodes. Plant-root parasitic nematodes harm plant growth and microbial-feeding nematodes improve it, but other nematodes are also important. For example, predatory nematodes play an important role in regulating populations of plant-parasitic and microbial-feeding nematodes. Predatory feeding help keep populations of plant parasites and microbial feeding nematodes in check, optimizing plant growth.

Some nematodes feed on plants and algae, others graze on microbes (bacteria and fungi). At higher levels in the food web, nematodes that are predators and omnivores eat other nematodes and invertebrates. By feeding on bacteria and fungi, microbial-feeding nematodes return nitrogen to the soil through their waste, making nitrogen available again for plant use, improving plant growth.

As nematodes move around in soil, they deposit bacteria in new places, spreading it around. The bacteria can contribute to and speed the process of decomposition, returning carbon to the soil for storage.

But most good things have a limit: at very high populations, nematodes that feed on bacteria and fungi can reduce their populations. This can lead to lower decomposition and nutrient turnover rates and lowering plant growth.

Plant parasitic nematodes attack roots using a piercing tool in their mouth. This “stylet” punctures plant cells so it can

suck its carbon-rich juices. Some nematodes release chemicals that cause lesions or tumor-like growths on roots, thus the knots you see. They drain the plant's strength above and below ground. Plants most attacked at the roots include tomatoes, potatoes peppers, lettuce, corn and carrots.

However, predatory (good) nematodes are also highly sensitive to environmental changes. Their populations often decline with soil disturbances such as pesticide use, fertilization, tilling, or soil compaction. Situations where soil is heavily managed often leads to very low predator populations and higher populations of harmful groups. Predators are also sensitive to changes in rain and temperature, which can also cause an imbalance toward harmful groups.

In small populations, plant parasitic nematodes can stimulate root growth, but in high numbers they destroy roots, stunt above ground growth, and cause disease.



While the nematode species responsible for plant diseases have received a lot of attention, far less is known about the non-parasitic part of the soil nematode community, which plays mostly beneficial roles in soil. Ensuring a balance between beneficial and plant parasitic nematode groups is important for plant health and its contributions to soil carbon.

Research is examining how active land management practices, such as adding compost, which directly provides nutrients, increases soil water retention, improve plant growth and soil habitat for predators will support them to help keep root parasitic nematode populations in check. As plant disease and root parasitism declines, it leading to greater plant growth and root carbon inputs benefiting soil carbon storage. Nematodes require moist, humid conditions and warm soil.

To battle harmful nematodes, purchase plants and seed labeled nematode-resistant, and consider [solarizing your soil](#) during the summer prior to planting. In addition, you can purchase beneficial nematodes for your garden. Buy from a reputable supplier, such as Rincon Vitova, Biologic, and others may be found online. Some of the big box stores have started carrying them also. Nematodes are perishable and shipping stresses them and could even kill many of them if not packaged correctly or shipping takes too long. It is recommended to use 13,000-35,000 nematodes per square foot.

For your horticultural questions call our Hot Line, 409 882-7010, Tuesday and Thursdays from 10AM – 2PM. We are currently taking application for our next in-person class to become a Certified Master Gardener we expect to start mid-late August or early September. Send an email to ocmg1990@gmail.com. Check our website <https://txmg.org/orange> for more information.

AgriLife Orange County 2021 Calendar

AUGUST

- * 3rd Food Safety Conference & Food Handlers Certification
- * 10th 4-H Open House
- * 10th & 11th Certified Food Managers Course
- * 14th Soap Making
- * 31st 4-H Awards Banquet

SEPTEMBER

- * 6th Labor Day Holiday Ofc Closed
- * 18th Outdoor Awareness for Youth
- * 25th Pressure Canning Vegetables

OCTOBER

- * 5th, 7th, 12th, 14th & 18th Do Well, Be Well with Diabetes
- * 8th Youth County Fair Project Contest
- * 8th & 9th Orange County Livestock Show
- * 19th 52nd Annual Senior Citizen Rally Day

NOVEMBER

- * 4th Food Handlers Certification
- * 9th & 10th Certified Food Managers Certification
- * 20th Wreath Making

DECEMBER

- 4th Pressure Canning Meat