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Orange County AgriLife Newsletter June 2021



Sunday, June 20th



<u>County Judge</u> John Gothia

Commissioner Precinct 1 Johnny Trahan Commissioner Precinct 2 Theresa Beauchamp Commissioner Precinct 3 Kirk Roccaforte Commissioner Precinct 4 Robert Viator



Begins Monday, June 21st



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



Texas A&M AgriLife Extension Orange County





TEXAS A&M AGRILIFE EXTENSION

AG COMMITTEE MEETING

Local Farmers and Ranchers are invited to our next meeting. We will have a guest speaker talking about growing hay and hay problems in the area.

JUNE 7TH 6:00 P.M. TEXAS A&M AGRILIFE EXTENSION OFFICE 11475 FM 1442 ORANGE, TX 409-882-7010

Call the Orange County Extension Office to let us know you are coming!



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.







Orange County AgriLife Newsletter





achieve full and 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.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and em

HELPING ON PURPOSE EVERYDAY

TEXAS A&M GRILIFE **EXTENSION**



Come join us on this date and dress supporting your local or

college football team.

More details to be published in future newsletters. If you are interested in being an health and wellness exhibitor, contact

the office at 409-882-7010 or email orange-tx@ag.tamu.edu

4-H OPEN HOUSE Saturday, September 7th 2pm-4pm

*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



Want to become a Certified Texas Master Gardener?

We are taking applications now to attend our online classes. Currently all classes are videos which are about 4 hours long. You can watch them at your leisure. For more information, please go to our website <u>https://txmg.org/orange</u>, JOIN MG tab or send an email to <u>ocmg1990@gmail.com</u>



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



"T"-BUDDING AND GRAFTING WORKSHOP

SATURDAY, JUNE 5TH, 9AM - 12PM

Registration begins at 8:30 am Extension Office Auditorium in Annex I of the Jefferson County Courthouse 1225 Pearl Street, Suite 200, Downtown Beaumont

COST: \$10/PERSON

Numerous publications & DOOR PRIZES!!!

Budding/Grafting tape for sale \$5

Knives \$15



TEXAS A&M

GRILIFE

EXTENSION

TO PRE-REGISTER PLEASE CALL: (409) 835-8461 or (409) 727-2191; EXT. 8461 SPONSORED BY: TEXAS A&M AGRILIFE EXTENSION SERVICE & JEFFERSON COUNTY HORTICULTURE COMMITTEE

ersone with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact. Cary Ericisson, Idefracon ounly Human Resource Director at (400) 333-2311 the working days prior to the meeting to cappropriate arrangements can be made. The memberso exas A&M AgriLfe will privide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, alion, national origin, aged, disability, genetic information, veteran status, escual orientation or carder identity and will strive to achieve full and equal are

Are you interested in becoming a Texas Master Naturalist? This is where you begin your journey...

The Sabine-Neches Chapter of TMN has announced their Initial Training Class for 2021.

Introductory meeting: Thursday, July 22, 2021 at 6:30 p.m. via Zoom

Class Scheduled for August-December 16, 2021

Fee: \$140, covers all learning materials which includes a hardbound copy of Texas Master Naturalist Statewide Curriculum.

Participants must apply for the training in advance <u>http://txmn.org.sabine/</u>

For more information, contact Randy Beehn at <u>beehner@att.net</u>

Link for more info: <u>https://txmn.org/sabine/</u>



Coffee Grounds – More than brewing coffee By Sheri Bethard, Orange County Master Gardeners

For those of you who do not compost, just starting to compost or are interested in composting, one of the best things for your compost and your garden is used coffee grounds along with even fresh grounds.

As most of you know the best use for "spent" coffee grounds is either as a soil amendment or in your compost pile/bin. By adding them directly to the garden soil or your compost, you are adding a small amount of nitrogen in. When you do add them, it is very important to mix them into the soil or compost, not let them sit as a thick layer in either one.

Plants will slowly take in the available nitrogen from the grounds over time and it also helps retain the soil's moisture. Grounds contain the three major components of nutrients for plants and grasses to survive - N (Nitrogen), P (Phosphorus) and K (Potassium). There are also small amounts of micronutrients found in the grounds such as magnesium, copper, and calcium.

There are tests being done to see the effect of coffee grounds on turf grass, sports fields and golf courses. They could improve how fertilizer preforms and would be a rival to peat moss for organic amendments along with being less expensive.

Other uses for grounds are:

- Odor neutralizer. They absorb and remove odors. Place an open container in your refrigerator, small cloth bag for gym bags and can help remove odors from your hands when used with soap
- Cleaning scrub. The abrasive quality helps on hard-to-clean surfaces, buildup in sinks and caked-on foods
- Exfoliating scrub. Now, do not laugh but the grounds can be used as an exfoliant to remove dirt and dead skin cells. Mix with water and coconut oil and apply to skin, rub gently and rinse.
- Natural dye. Using grounds will dye cotton, linen rayon and other natural materials thus giving it an older or vintage look. You can even dye your hair with it.
- Furniture renewal. You can disguise a small scratch of scuff mark with a mix of one tablespoon coffee grounds and one teaspoon olive oil. Put some on a cloth and apply and wipe dry.
- Cosmetic purposes. For a long time, used tea bags have been used for dark circles under the eyes. Coffee grounds are just as good as they contain antioxidants and caffeine that will help the appearance of aging and shrink under-eye circles. Add water or coconut oil to used ground and apply under eyes being careful not to get any in your eyes. Relax for 5-10 minutes then rinse off.
- Cooking. Did you know they are a meat tenderizer because of the natural acids and enzymes they contain helping soften meat? Add a few tablespoons of used grounds to your favorite rub 2 hours before cooking. It will add a darker, crisp crust to the meat. Using instant coffee or brewed coffee instead of water to chocolate cakes and chili can enhance their flavor.

Tests have been done using them as an insect or fire ant repellent, but they were not successful removing them.

There are many innovative products being made from either fresh or used grounds. Some include components in soaps, facial creams, yarn, fabrics, printing ink and even furniture.

Other parts of the coffee bean are recycled even before it comes to you in the form of grounds. When the "cherry" is picked from the trees, the shell has to be removed to expose the bean. These are used on the coffee farms frequently in compost. Once the shell is dried and processed it can be sold sometimes at a higher price than coffee and is used as tea-like infusions and making flour for cooking. When trees are pruned the remnants are also used in composting or turned into bio-char for a soil amendment.

Oils have also been extracted from spent coffee grounds and used in the production of biodiesel, mixed in with polymers to make household products such as cups and plants along with briquettes and fireplace logs.

While researching for this article, I was amazed at all the uses for spent/used coffee grounds. I am going to try some of the uses above myself.

For your horticultural questions, please contact our Hot Line at 409 882-7010 Tuesday and Thursday's from 10AM – 2PM, email <u>ocmg1990@gmail.com</u> or post on our Facebook page Orange County Texas Master Gardeners.



"Egg"cellent Food Safety Tips for National Egg Day

National Egg Day on June 3 finds eggs finally breaking out of their shell.

Eggs had some tough years as health experts fretted about the high cholesterol content. But after a revision of the American Heart Association's guidelines in 2000, the health benefits of eggs seemed to outweigh the concerns. The AHA says healthy adults can enjoy an egg per day and easily remain within the daily cholesterol limit.

Also, a single egg has only 75 calories, which is great for those looking to lose weight. And the seven grams of protein in an average egg almost makes this a superfood with a great calorie-to-protein ratio. So those of us who are big fans of poached, scrambled, over easy, hardboiled, fried, sunny-side-up, or soft-boiled eggs can feel free to use National Egg Day to utter that timeless phrase, "How do you want your eggs?" And it doesn't matter if it's 7am, 7pm, or somewhere in between.

Eggs are great to eat anytime ... or any day, for that matter.



<u>Ten tips to help protect against</u> <u>foodborne illness</u>

- Wash hands often
- Do not wash store bought eggs
- Check the eggs for chips or cracks
- Eggs should be stored in their original container
- Two hour rule-at room temperature before and/or after cooking
- No runny yolk
- Store hard-boiled eggs (shelled or peeled) in refrigerator for one week
- Eggs with blood spots or cloudy whites are safe to eat
- Keep eggs cold when transporting
- Know the symptoms of Salmonella

Amber McNeil. Orange County Environmental Health and Code Compliance Retail Food Program Specialist



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



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

Why are my tomato leaves turning yellow? By Laura Muntean

Texas A&M AgriLife Extension Service from the weekly online newsletter Texas Gardener's Seeds

As a tomato plant grows, it is often thought that it is in the plant's nature for the lower leaves to turn yellow and die off. However, that is simply not true according to Joe Masabni, Ph.D., Texas A&M AgriLife Extension Service vegetable specialist in Dallas.

Masabni, an assistant professor in the Department of Horticulture in Diseases may present with yellow provides a vegetable problem Texas A&M University's College of leaves Agriculture and Life Sciences, explains that a healthy plant that is Texas is a prime location for funwell maintained and not stressed gal diseases in tomatoes, simply by disease or nutrition should due to the heat and humidity that have green leaves from the bottom to the top.

Typically, yellowing leaves are a result of a nutritional imbalance on a regular basis, once every throw them away in case they are or disease outbreak, but other seven to 10 days, and up to 14 diseased so the disease will not causes can play a part.

Nutrition can be a cause for yellowing leaves on tomato plants

"Nitrogen is the most common cause, because people generally don't fertilize tomatoes enough," Masabni said.

meaning the plant requires twice the amount of fertilizer that a cucumber needs, and even four ten too late. times the amount as beans, he explained.

If you don't fertilize enough with nitrogen, the older leaves will begin turning yellow and, in many The most common fungal disease Placing a fertilizer solution on the cases, may fall off. The older seen in Texas is powdery mildew leaves turn yellow because they or early blight, which starts from are providing their nitrogen to the younger leaves to survive.

Yellowing of leaves can also be Physiological disorders can produce year, when mites may become a the result of an iron deficiency in yellowing of the leaf the plant, but this will be most prominent in the youngest leaves. Salt damage — not just table salt mites, and clean and cool the A magnesium deficiency however will produce yellowing that looks mineral - can result in yellowing. more like speckles or spots on the older leaves.

"Those three – nitrogen, iron and magnesium – are the most comnutritional mon growers should pay attention to and fertilize regularly for," Masabni said.

It is good to keep in mind, that itself.

with the use of a lot of fertilizer, Use caution with herbicides the plant will also require a lot of water.

how much water your tomato tive to Roundup," Masabni said. may need, but a good rule of thumb is to do a moisture test Roundup injury to tomatoes crewhere you place a finger several inches deep in the soil to test for moisture near the roots," he said. and affects the newest growth of "If it feels dry, it's time to water, the plant such as the youngest and as the tomato plants get leaves and shoots. closer to full maturity, they will require more and more water. Vegetable problem Better yet, buy a soil moisture **maintenance** meter and use it regularly as a guide on when to water."

are common in the state. Because yellowing is not good," he said. these conditions are ideal for spreading diseases, Masabni sug- Even if you don't know the cause, gests using a fungicide protectant remove any yellow leaves and days in a dry year.

think you need it or not," he said.

Fungicides are typically used as protective and not as a curative measure for fungus. So, this is a hands thoroughly before you conproactive approach that garden- tinue working on other healthy ers will want to start before see- plants to avoid spreading any dis-Tomatoes are heavy feeders, ing signs of disease to protect the ease between plants. plants from developing one. Once you can see the disease, it is of- Also, ask yourself if you have been

> Most fungal and bacterial diseases cause some kind of yellowing, he which may mean you need more explained.

> the bottom of the plant and occasion will also simulate a rainmoves up as the leaves die off.

or sodium chloride, but any excess

If you are growing tomatoes in a bles and gardening resources, visit container and your water con- the <u>Aggie Horticulture</u> website. tains a heavy amount of salt, once in a while water the condeficiencies tainer until it leaches out, so the salt can run through the soil and flush out of the container. This will help in preventing buildup of those salts within the container

"Gardeners should avoid Roundup near the vegetable garden be-"There is no perfect recipe for cause tomatoes are super sensi-

> ates a bleaching effect from the inside to the outside of the leaf

solver and

On the Aggie Horticulture website, the vegetable resources link <u>solver</u> where you can look at different common problems you may encounter in Texas.

"The bottom line – any form of

spread and infect others. Then, spray a fungicide and hopefully "Spray on a schedule whether you the problem will be resolved by early diagnosis. When removing leaves, be sure to remove them with a clean hand and properly dispose of the leaves. Wash your

> fertilizing regularly. Does the plant look tall enough or is it the same height as a month ago, fertilizer?

> end of your hose and washing off your plant from top to bottom on fall situation, he explained. This will be especially helpful in a dry bigger issue. Washing the plant with water will wash off the plant, all while fertilizing it.

For more information on vegeta-

SUMMER VISION



People often believe that failing eyesight is an inevitable result of aging or eye strain. In truth, a healthy lifestyle can significantly reduce the risk of eye health problems.

The Age-Related Eye Disease Study (AREDS), published in 4. Citrus fruits 2001, found that certain nutrients — zinc, copper, vitamin C, Citrus fruits are rich in vitamin C. Just like vitamin E, vitamin vitamin E, and beta carotene — may reduce the risk of age- C is an antioxidant that is recommended by the AOA to fight related decline in eye health by 25 percent Trusted Source.

This study was updated in 2013 to test different versions of Vitamin C-rich citrus fruits include: the original formula. The variations included omega-3 fatty acids, zeaxanthin, lutein, and beta carotene; the study found that certain combinations may work better than others.

Further studies agree that Trusted Source omega-3 fatty acids (including DHA), copper, lutein, and zeaxanthin are vital for eye health.

In this article, we look at the evidence for 10 nutrient-rich foods to boost eye health. We also discuss other tips for healthy eyes and eye health warning signs.

Ten best foods for eye health 1. Fish

Many fish are rich sources of omega-3 fatty acids.

Oily fish are fish that have oil in their gut and body tissue, so eating them offers higher levels of omega-3-rich fish oil. The fish that contains the most beneficial levels of omega-3s include:

- tuna
- salmon
- trout
- mackerel
- sardines
- anchovies
- Herring .

Some studies have found that fish oil can reverse dry eye, including dry eye caused by spending too much time on a computer.

2. Nuts and legumes

Nuts are also rich in omega-3 fatty acids. Nuts also contain a high level of vitamin E, which can protect the eye from agerelated damage.

Nuts are available for purchase in most grocery stores and online. Nuts and legumes that are good for eye health include:

- walnuts
- Brazil nuts
- cashews
- peanuts
- Lentils

3. Seeds

Like nuts and legumes, seeds are high in omega-3 and are a rich source of vitamin E.

Seeds are available for purchase in most grocery stores and online. Seeds high in omega-3 include:





- chia seeds
- flax seeds
- hemp seeds

age-related eye damage.

- lemons
- oranges
- grapefruits

5. Leafy green vegetables

Leafy green vegetables are rich in both lutein and zeaxanthin and are also a good source of eye-friendly vitamin C.

Well-known leafy greens include:

- spinach
- kale
- collards

6. Carrots

Carrots are rich in both Vitamin A and beta carotene. Beta carotene gives carrots their orange color.

Vitamin A Trusted Source plays an essential role in vision. It is a component of a protein called rhodopsin, which helps the retina to absorb light.

Research on beta carotene's role in vision is mixed, though the body needs this nutrient to make vitamin A.

7. Sweet potatoes

Like carrots, sweet potatoes are rich in beta carotene. They are also a good source of the antioxidant vitamin E.

8. Beef

Beef is rich in zinc, which has been linked to Trusted Source better long-term eye health. Zinc can help delay age-related sight loss and macular degeneration.



The eye itself contains high levels of zinc, par-

ticularly in the retina, and the vascular tissue surrounding the retina.

Meats such as chicken breast and pork loin also contain zinc, but at lower levels Trusted Source than beef.

9. Eggs

Eggs are an excellent source of lutein and zeaxanthin, which can reduce the risk of age-related sight loss. Eggs are also good sources of vitamins C and E, and zinc.

10. Water

It may come as no surprise that a fluid essential to life is also vital to eye health.

Drinking plenty of water can prevent dehydration, which may reduce the symptoms of dry eyes.

For more nutrition information contact: BLT Nutrition Educator **Tommy Byers** 409-882-7010





Texans, Get Ready! Be Prepared to Survive and Recover from a Disaster

You can help protect yourself and your household during and immediately after a catastrophe by making a disaster plan and a disaster kit. You and all members of your household need to be able to take care of yourselves without outside help for at least 3 days.

Special considerations include keeping food safe to eat, sheltering-in-place, and discussing a disaster with children.

Make a disaster plan

Create a disaster plan that fits your household's needs. Make sure that everyone knows how to respond to severe weather or any disaster that could occur in your area.

The plan should address escape routes, communicashutoff and tions, utility safety, important records, people with special needs, safety skills, and pet care.

Escape routes: Map out escape routes from each room shelters generally do not accept pets, designate a safe in your house or apartment. Each room should have place to take yours. Most animal control shelters acat least two exit points.

Conduct a practice session with all members of the household to make sure they know the escape routes. Choose a site outside the home for everyone to meet.

For neighborhood escape routes, keep a map on hand that shows the local streets. You can use it when the authorities provide evacuation instructions.

Communications: Designate a person for everyone to contact if the group is separated during a disaster. Each person should have the names and phone numbers for the designated person as well as all other household members. Have everyone carry this information in a cell phone, wallet, purse, or backpack at all times.

Communicating with emergency personnel: If you are injured in an accident or disaster, you may be unable to speak with emergency medical technicians. To help them determine your identity and contact your loved ones, add an ICE (In Case of Emergency) entry in your cell phone. Enter the name and phone number of the person whom the emergency services should call on your behalf.

Utility shutoff and safety: Teach all responsible household members how to turn off the gas, electricity, and water supplies. Ask the local utility company Store the kits in a portable, airtight plastic containfor proper shutoff procedures.

Caution: Never turn gas service back on by yourself. Service should be restored only by a trained professional.



Important records: Make copies of your important documents and keep them in a safe place away from home. Such documents could include:

- List of medications
- Insurance policies
- Driver's license or other photo ID
- Bank account information
- Credit card information
- **Financial records**
- Inventory of home possessions

People with special needs: Take additional steps to

help people who are disabled, elderly, or chronically ill (such as those who are on dialysis), as well as those who do not speak English. Determine how to overcome the challenges of those who are hearing or visually impaired.

Well before any disaster, call 211 to ask about services that are available for people with special needs and to register for evacuation and transportation assistance.

Safety skills: Family members should know how to administer first aid and cardiopulmonary resuscitation (CPR) and how to use a fire extinguisher.

Pet care: Because emergency

commodate lost and stray pets first. They will probably be unable to take your pets.

When creating a disaster plan for pets, consider these tips:

- Ask hotels about their policies concerning pets and whether they would waive a "no pets" policy in an emergency.
- Make a list of pet-friendly places.
- Make a list of phone numbers and addresses of veterinarians and pet-boarding facilities.
- Ask friends outside the area if they would be willing to care for your pets.

Create a disaster supplies Kit

A disaster supplies kit contains the basic items that members of a household will need during and immediately after a disaster. Every household should assemble a kit and keep it up to date. The kit should contain enough supplies to enable you and your family to take care of yourselves without outside help for at least 3 days.

Individual disaster kits can be packaged in backpacks. Larger kits can be stored in a portable trunk or sealable plastic trash can.

er or rubber trash can, and make sure they are easy to reach.

Continued next page

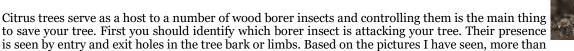
A basic disaster supplies kit will contain:

- Water: Pack enough bottled water to last for 3 days. Each person will need 1 gallon of water each day.
- Food: Choose foods that you know your family will eat; that need no refrigeration, preparation, or cooking; and that can be eaten cold or heated on an outdoor grill. Examples are crackers, canned juices, dried fruit, nuts, peanut butter, and protein or fruit bars. Also pack a hand-operated can opener and disposable eating utensils and plates.
- Clean air items: If there is an explosion, you may need to create a barrier between yourself and the airborne contaminants. Pack nose and mouth protection masks (N-95 rating), plastic sheeting, and duct tape.
- Extra clothes: Pack one complete change of clothes, a pair of shoes, and a blanket for each person.
- First aid kit: Include antibiotic ointment, antibiotic towelettes, adhesive bandages, burn ointment, over-the-counter medications, prescribed medications and medical supplies, soap, sterile gauze, two pairs of sterile gloves, and a thermometer.
- Emergency items: Pack a battery-powered radio, flashlights, extra batteries, a whistle, shovel, basic tools, baby wipes, garbage bags, toilet paper and a state map.
- For infants: Pack bottles, baby wipes, diapers, formula, medications, powdered milk, and diaper rash ointment.
- For adults with special needs: Ask the doctor about storing prescription medications such as heart and high blood pressure medicines, insulin and other prescription drugs. Include supplies for dentures and contact lenses.
- Important documents: In addition to the set of important document kept offsite, you may also want to keep an extra set of copies in your disaster supply kit.
- Cash and change in a waterproof container: Cash can come in handy if ATMs or credit card machines aren't working in the days immediately after the disaster.

https://agrilifeextension.tamu.edu/library/disasters-safety/texans-get-ready-be-prepared-to-survive-a-disaster/

Citrus Borers are abound By Sheri Bethard, Orange County Master Gardeners

This week I have received a number of emails and texts asking what the stuff is that is sticking out of their citrus trees is. So, my article is regarding citrus borer insects. First let me say if you have green growth at the bottom of your tree, this is more than likely growth from the original rootstock your tree was grafted on to produce a quality tree. There are two common rootstocks used in Texas which are Flying Dragon and Trifoliate Orange. Neither one has a good tasting fruit if you are thinking about growing this tree out. If the growth is more than about 6 inches or so above the ground it is possible it could be from above the graft and your tree might be on a comeback.



is seen by entry and exit holes in the tree bark or limbs. Based on the pictures I have seen, more than likely the borer that is attacking the citrus in our area is the locust borer. It produces a sawdust like material called frass where they have bored. If you see the adults flying around your tree this is a good sign they are about.

With the cold temperatures we had it has taken a toll on the citrus in our area. The borers attack trees which are in declining states of health and ours were because of the 20+ degree temperatures we had for 3 or so days.

If borers only appear in one part of your tree, cut those areas off and discard or burn them to prevent further infestation. DO NOT PUT IN YOUR COMPOST PILES!! If all the limbs have not produced any new leaf growth, then you should cut that part back until you reach green wood.

There are many chemicals you can use for control of borers but Spinosad insecticides are normally recommended for use on citrus trees since it is naturally occurring (organic). Using insecticides can be difficult since the borers are protected underneath the bark. Be sure to follow the manufacturer's instructions on how to use to successfully eradicate them.

As I stated, borers are usually a sign of an unhealthy tree. Normally they will attack dead or dying limbs or trees. So, the quicker you can remove the dead wood or trees in some cases this will help keep the borers from spreading to other nearby trees. Remember you can call our Hot Line Tuesdays and Thursdays from 10AM – 2PM to have your questions answered. You can also send an email to <u>ocmg1990@gmail.com</u> or post on our Facebook page Orange County Texas Master Gardeners. If you are interested in joining the Orange County Master Gardeners, we have online classes ongoing for training. In person classes are still on hold at the current time. Please check our website <u>https://txmg.org/orange</u> for more information.



Orange County AgriLife Newsletter

- 1 pound lean ground beef, cooked
- * 1 medium yellow onion, chopped
- * 3 cloves garlic, minced
- * 1 28 ounce can crushed tomatoes , unsalted
- * 116 ounce can petite diced tomatoes, no salt added
- * 1 teaspoon kosher salt
- * 2 tablespoons Italian seasoning
- * 2 teaspoons crushed red pepper
- * 1 teaspoon garlic powder
- * 1 teaspoon onion powder
- * 1/2 cup water
- * 2 cups 1% cottage cheese, unsalted
- * 2 cups nonfat mozzarella cheese
- * 1/4 cup Parmesan cheese
- * 8 ounces lasagna noodles, uncooked
- * cooking spray
- 1. Wash your hand and clean your preparation area. Wash the lid and rim area of the cans before opening.
- 2. In a large pan, add ground beef and cook until brown.
- 3. Once the beef is lightly browned, add the chopped onion and garlic to the pan. Cook until the onion turns translucent.



- Next, add diced and crushed tomatoes, salt, Italian seasoning, crushed red pepper, garlic powder, onion powder, and water and stir together. Reduce heat after 5-10 minutes.
- 5. Add cottage cheese, 1 1/2 cups of mozzarella cheese, and parmesan cheese to a bowl and mix until combined.
- 6. Spray slow cooker with nonstick cooking spray and add the sauce mixture to the bottom of the slow cooker covering the entire bottom.
- 7. Next, layer with noodles (noodles can be broken up to better fit the slow cooker) and top with a portion of the cheese mixture.
- 8. Continue adding layers of sauce, pasta, and cheese mixture until finished. Finish with sauce on top and sprinkle remaining mozzarella cheese to top it off.
- 9. Cook lasagna on low for 4-4.5 hours. Serve and enjoy!

Nutrition Facts

12 serving 2/3 cup: Calories 190, Total Fat 3.5g, Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 35mg, Sodium 560mg, Total Carbohydrate 15g, Dietary Fiber 3g, Total Sugars 5g, Protein 24g.

DIY Rope Ottomans

Materials

- * An old tire (check your local junkyard or auto shop if you don't have a old tire lying around!)
- * Sisal rope (about 150' of 3/8" thick rope, or 100' of 1" thick rope)
- * 50' of 3/8" nylon rope
- * Hot glue gun & Glue sticks
- * Scissors
- * Sealer & paintbrush (optional)

Directions

Step 1 Wrap the tire around with nylon rope, so that the rope criss crosses in every directions and your form a nice, taut cover for the open sides of the tire. Tie the rope to itself to hold tightly in place.

Step 2 Beginning at the edge of one side of the tire, wrap the sisal rope around the tire and hot glue to the nylon rope as you go. Keep wrapping until the entire sides of the tire are covered.

Step 3 Continue wrapping when you reach the top of the tire, forming concentric circles across the nylon rope base. You'll need to glue the sisal rope to itself as well as to the nylon rope as you go. When you reach the center of the top of the tire, trim the excess rope and glue the end in place.

Step 4 You can paint the rope with a light coat of sealer if you're planning on keeping your ottoman outside.





stylemepretty.com

How to Grill Safely for Fathers Day

Food poisoning peaks in the summer months when warmer temperatures cause foodborne germs to flourish.

Chill

Follow these steps for a safe and enjoyable grilling season.

Separate

When shopping, pick up meat, poultry, and seafood last, right before checkout. Separate them from other food in your shopping cart and grocery bags. To guard against cross-contamination, put packages of raw meat and poultry into individual plastic bags.

Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work space, utensils, and the grill before and after cooking.

Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker at 225°F to 300°F to keep meat a safe temperature while it cooks.

- 145°F – whole cuts of beef, pork, lamb, and veal (stand-time of 3 minutes at this temperature)
- 145°F fish •
- 160°F hamburgers and other ground beef
- 165°F all poultry and pre-cooked meats, like hot dogs After Grilling:
- 140°F or warmer until it's served



Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).

Amber McNeil. Orange County Environmental Health and Code Compliance Retail Food Program Specialist



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



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



Keep meat, poultry, and seafood refrigerated

until ready to grill. When transporting, keep

below 40°F in an insulated cooler.

<u>Most clubs and projects do not meet during the</u> <u>summer. Check with your club manager.</u>

Dusty Trails 4-H & Clover Kids Club

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

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

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

Clay Busters Shooting Sports

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



OC 4-H Judging Club

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

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

2021-2022 4-H Year

Registration opens

August 15, 2021

project Groups

Equine Riders & Non-Riders 3rd Monday 6pm Tin Top 2 (T2) Arena Old Payata Paad

Old Peveto Road Orange Sharon Dowden Co-Leader Martha Weaver Food & Nutrition 3rd Tuesday 6pm 4-H Office

4th Monday 4-H Office

Robotics

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.



Auroa, Elizabeth, Rebecca and Karma

Orange County's 4-H Chefs had fun competing in the Food Challenge at District 9 4-H Roundup Montgomery County





Do you love learning about & caring for animals? Are You Interested in learning More about the Veterinary Science Project?

Did you know that this program provides the training and experience needed to receive a veterinary assistant classification?

Join us, to learn more about how you can participate and earn your certificate! Tuesday, July 15, 2021 Don't forget to Pre-Register!

Veterinary Science Certificate Program

If you are interested in a career as a veterinarian, start with your veterinary assistant certificate!

Informational Meeting Tuesday, July 15, 2021

6:00 p.m. 1135 Redwood, Kountze, TX 77625 Must Pre-Register to <u>tammy.goodman@ag.tamu.edu</u>

Age limit is 14 & up This meeting will cover all requirements and costs for the project. Meeting dates & times also. Project will begin in September

Open to all County 4-H members with their Agents
Permission

Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact the Jefferson Gounty Human Resources Director at (409) 559-2591 five working days prior to the meeting an appropriate arrangements can be made. discational programs of Texas A&M AgriLife Ditension Services are open to all prograve hittor trapent to nee, color, see, religion, disability, national origin, age genetic information, voteran status, or gender identity.

4-H Youth Ages 15 and up

Are welcomed to be a youth volunteer at our Youth Summer Cooking Camp

June 21st - June 25th

If interested, please contact the office as soon as possible,

4-H Record books

Due in the office by 5 pm

Monday June 14th

Validating

Spring Heifers, Major Steers and

Dallas Swine

The week of June 7th

Citrus Perler Bead Coaster (Fun Children's Craft)

Do your kids lover perler beads? They are so fun and inexpensive and the possibilities of things you can create are endless.

For this project you just need a few things.



So you simply place the perler beads in the proper shape on the pegboard, your

beads will come with a little piece of paper to use in between the iron and the beads whenyou iron the beads to make them stick together so easy!

Here is the layout for the citrus fruits. You can use yellow and white for lemons, green and white for lime, pink, orange and white for grapefruit and orange and white for oranges.

You can use the exact same layout for each citrus coaster and just change out colors.

11 beads in total from the center point out gives a perfect



size coaster-so to start you will add the center white bead, the six beads surrounding the center and then do the white lines straight out. To clarify again including the center bead there are 10 white beads going in a straight line and then dark green rind makes 11.

Sometimes the beads and the peg board can vary a little in size but for the ones used this worked perfectly. Once you put the white lines out, do the white circle around and filled in the sections with the colored beads and finished up with the rind circle.

Then you grab a little sheet of ironing paper included in the perler beads (or use parchment paper if you lost it) and press firmly down to melt your beads so it becomes

one piece. Allow that to cool until you can handle it and flip it over, put the paper on top of the perler beads and iron again.

Once you are done ironing, set something hard on top like a candle or a mug or book just to be sure the coaster stays completely flat as it cools down and doesn't curl on the edges.

Let your imagine develop your design.

myfrugaladventures.com



The South East Texas Regional Planning Commission (SETRPC) is conducting a study of community needs and resources across Hardin, Jefferson and Orange counties. The goal is to identify crucial service needs in areas such as employment, education, housing, healthcare, childcare, transportation and more.

Your participation in this survey is critical if we are to accurately assess and ultimately address the basic needs of residents in the tri-county area. We ask that you please complete the survey at your earliest convenience.

If you are part of an organization, please complete the survey at the link or scan the QR code below: https://www.surveymonkey.com/r/CNAforOrganizations



If you are a Public Official or Board member, please complete the survey at the link or scan the QR code below: https://www.surveymonkey.com/r/CNAforElectedOfficialsandBoardMembers



If you are a **resident of Orange, Jefferson or Hardin counties** and want to comment on social services, please complete the survey at the link or scan the QR code below: <u>https://www.surveymonkey.com/r/CNAforResidents</u>



Please feel free to contact Bonnie Brooks with any questions South East Texas Regional Planning Commission Community Services 409-924-3381, ext. 6278

Margherita Pizza

Having a girl's or boy's night in? What about a pizza and movie night with the kids? Or maybe you expect more protein from your pizza? What about a date

night? Build our Margherita Pizza to enjoy your pizza style.

Naan Bread Pizza Crust

- * 1 3/4 cup all-purpose flour
- * 2 teaspoons sugar
- * 2 teaspoon kosher salt
- 3/4 teaspoon baking powder *
- * 2 teaspoons olive oil
- 1/2 cup 2% milk
- 1/4 cup parmesan cheese reduced fat grated
- 1 tablespoon parsley, chopped *
- * 1/4 teaspoon garlic, minced

Pizza Sauce

- * 1 cup onion, diced
- 2 teaspoons garlic clove, chopped
- 2 tablespoons olive oil
- 14.5 ounce diced tomatoes, canned, Italian style, blended *
- * 1/4 teaspoon kosher salt
- 1/2 teaspoon sugar
- * 1/2 teaspoon chicken broth, dehydrated

Margherita Pizza Toppings

- 1/3 cup mozzarella cheese, part skim, diced
- 2 cups tomatoes, sliced
- 1/2 cup basil, fresh, chiffonade

Instructions

Naan Bread Pizza Crust

Wash your hands and clean your countertops. Rinse pro-1. duce under cool running water before slicing.

- Combine all dry ingredients, parmesan cheese, parsley, 2. and garlic in a medium mixing bowl. Create a well in the center of the ingredients.
- Add olive oil and milk to the well of the flour mixture. 3. Combine until it creates a ball of dough and allow to rest for 10 minutes.
- 4. Separate into 7 balls. Using a rolling pin, roll out the dough to be 1/8" thick. Making the bread thin will allow it to cook evenly.
- 5. Heat a non-stick skillet to medium-high heat. One at a time, cook the naan bread dough for about 90 seconds on each side. It will toast and get air pockets.

Pizza Sauce

- Wash your hands and clean your countertops. Rinse pro-1. duce under cool running water before slicing. Wipe down the tops of canned vegetables before opening.
- Using a medium-size non-stick skillet, sauté the diced 2. onion and chopped garlic in olive oil until they become translucent.
- Add kosher salt, chicken broth, and blended tomatoes to 3. the skillet. Bring to a simmer for 15 minutes or until the pizza sauce is thickened.

Margherita Pizza

- 1. Wash your hands and clean your countertops. Rinse produce under cool running water before slicing.
- 2. Preheat oven to 350°F.
- Add Pizza Sauce to a Naan Bread Pizza Crust. Add 2-3 3. slices of tomato. Top with cubed mozzarella cheese. Sprinkle basil on top.
- Bake for 8-10 minutes or until cheese is melted. 4.

Nutritional Facts

7 Servings Calories 230, Total Fat 6g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 10mg, Sodium 580mg, Total Carbohydrate 35g, Dietary Fiber 3g, Total Sugars 7g includes 3g Added Sugars, Protein 7g.









Orange County AgriLife Newsletter

Causes of Yellow Leaves on Hibiscus

Now summer is almost upon us, many of you have already purchased your tropical hibiscus. They are one of my favorite plants with such neat flowers. Some of the colors you can find are like they were out of a child's crayon box all mixed up. Then a lot of you like me, have brought them back outside from our greenhouse, garage or wherever you stored them for the winter.



Now they are outside in the glorious sun, they are starting to bloom their beautiful blooms, but you are starting to see yellow leaves on your plants and are wondering what is wrong and what to do. Unfortunately, figuring out the cause of the yellowing leaves requires a bit of detective work, because it can come from lots of different causes. Here are some things to check on your hibiscus:

- Water: Too much or too little water is a primary cause of yellowing hibiscus leaves. Tropical hibiscus need lots of water, but they don't like to be soggy. Water more often (even daily) during heat waves, and less when it's cool or overcast. Make sure the plant doesn't sit in water and that the soil isn't constantly wet. Use a moisture meter to How to Care for Hibiscus determine if they need water or not so you don't overwater.
- Soil: Soil compaction, poor drainage, or lack of soil (becoming rootbound) are other causes of leaf yellowing in hibiscus, often because they contribute to water issues. Check the soil pH and keep it slightly on the acidic side. Gently probe the soil around your plant, or lift it out of the pot, to see if the roots are packed and circling. If your hibiscus needs repotting, use a light, well-draining potting mix or soilless medium. Don't plant in too big a pot, as hibiscus like to be just a wee bit crowded.
- Temperature Changes: Moving your hibiscus, bringing it indoors, and normal weather changes (including wind) can cause temporary stress. Hibiscus need temperatures in the upper 60s to low 80s F. Exposure to extreme temperatures or drafts can cause the leaves to drop. If you're growing your hibiscus indoors, keep it away from heat and air vents and drafty windows.
- Light: Hibiscus are full-sun plants. Lack of sunlight can cause overall yellowing of the leaves. On the other hand, if the plant is getting sunburned, the leaves can get yellow or white splotches. 6-8 hours of direct sun per day is enough for hibiscus plants.
- Insect Infestation: Spider mites and aphids are two major pests of hibiscus that can cause leaf damage and discoloration. Look for spider mites on the underside of leaves, and aphids clustering near the tips.
- Nutrition Problems: Overfertilizing is another common cause of leaf yellowing in hibiscus, because of the shock it causes to the plant. Feed plants lightly and regularly with an organic fertilizer, rather than heavily. Extremely poor soil can also cause hibiscus leaf yellowing due to

nutrient deficiency. If the leaves are turning yellow with green veins, a condition called chlorosis, it's a sign of nutrient (usually mineral) deficiency. The lack of iron is one of the major causes of chlorosis along with Manganese or zinc. To tell the difference between these deficiencies is check what foliage turned chlorotic first. Iron chlorosis starts on the younger or terminal leaves and later works inward to the older leaves. However, manganese and zinc deficiencies develop on the inner or the older leaves first and then progress outward. Plants need iron for the formation of chlorophyll as that is what gives plants their green color. Maintain a pH level between 6 and 7 per the American Hibiscus Society. Supplementing water with a weak vinegar solution to lower the pH. Mix 1 cup of vinegar to 1 gallon of water. Always test the pH before doing this or you could eventually harm your hibiscus.

- Chemical Shock: Pesticides can also cause leaf yellowing in hibiscus, especially if applied too heavily or during the heat of the day. Use organic pest control products, such as insecticidal soaps, and follow package instructions exactly.
- Dormancy: Tropical hibiscus often goes through a dormancy stage during the winter. When you bring your plant indoors in the fall, it will likely lose some leaves due to the seasonal and environmental changes.df

Once you've sleuthed out the cause of the problem, here are some tips for getting your plant back on track:

- Correct Problem: It probably goes without saying, but the first thing to do is change the conditions causing the problem! Water, repot, move, or protect your hibiscus plant to keep the growing conditions as stable as possible.
- Pruning: Once you've corrected the problem, your hibiscus plant should begin to sprout new leaves, but you may want to trim back bare branches to reduce water and nutrient needs as your plant recovers.
- Be Patient: Plant problems can be difficult to diagnose and often take trial and error to correct. Once you hit upon the right solution, your hibiscus plant should recover nicelv.

Today's information is from https://todayshomeowner.com/problem-with -tropical-hibiscus-leaves-turning-yellow/

Remember you can call our Hot Line Tuesdays and Thursdays from 10AM – 2PM to have your questions answered. You can also send an email to <a>ocmg1990@gmail.com or post on our Facebook page Orange County Texas Master Gardeners.

If you are interested in joining the Orange County Master Gardeners, we have online classes ongoing for training. In person classes are still on hold at the current time. Please check our website https:// txmg.org/orange for more information.



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Return Service Requested

AgriLife Orange County 2021 Calendar

JUNE

- * 1st Registration opens online for Youth Sewing, Canning & Clover Kids Camps
- * 7th Ag Committee Meeting
- * 10th Clover Camp Volunteer Meeting
- * 17th Virtual Cooking Camp Volunteer Orientation
- * 21st 25th Youth Cooking Camp

JULY

- * 5th Independence Day Holiday Ofc Closed
- * 8th Clover Camp Volunteer Meeting
- * 13th 15th Youth Sewing Camp
- * 16th 4-H Member Lock-In
- * 22nd Youth Canning
- * 27th 29th Clover Kids Camp

AUGUST

- 3rd Food Safety Conference & Food Handlers Certification
- * 7th 4-H Open House
- * 10th & 11th Certified Food Managers Course

14th Soap Making

SEPTEMBER

- * 6th Labor Day Holiday Ofc Closed
- * 18th Outdoor Awareness for Youth
- * 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
- * 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

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.