

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

Franny Woods
4-H Program Assistant

Tommy Byers
Better Living for Texans
Program Associate
Nutrition Educator

Office 409-882-7010



Sunday May 9th



County Judge
John Gothia

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Theresa Beauchamp

Commissioner Precinct 3

Kirk Roccaforte

Commissioner Precinct 4

Robert Viator



Monday May 31st
Office closed this day



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



Texas A&M
AgriLife Extension
Orange County



DO WELL, BE WELL WITH DIABETES

TEXAS A&M
AGRI LIFE
EXTENSION

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

Dates: May 3rd, 10th, 17th, 24th, & 25th

Time: 10:00 am to 12:00pm

Location:

City of Orange - Neighborhood Facilities Bldg

5

classes

To register, contact your local county agent!

Neighborhood Facilities Bldg
303 North 8th St
Orange, TX 77630

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

Call 409-882-7010 to register.

Taught by:

Fallon Foster, M.P.H.

Orange County Extension Agent

Family & Community Health

Learn how to manage your diabetes through food & exercise.

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

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

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Texas Department of State Health Services accredited food handlers program



FOOD HANDLER'S Training Class

May 4th
August 3rd (3 pm)
November 4th
6 pm to 8 pm

\$20 per person paid day of class

Make check or money order payable to

Food Handlers #230202

No cash accepted



To PRE-REGISTER Call
409-882-7010

Class will be held at
AgriLife Extension Office
11475 FM 1442 Orange



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

TEXAS A&M
AGRI LIFE
EXTENSION

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

Food Safety
It's our business

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Sewing For Adult Beginners

Saturday, May 8th, 15th, & 22nd
10 am to 12 pm
\$25 per person
(due April 30th)

Texas A&M AgriLife Extension
11475 FM 1442 Orange, TX
Call 409-882-7010
to reserve your spot.

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



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Do You Want a Fresh Start to a Healthier You?

Join us for a 4 week series beginning May 6th, 13th, 20th, & 27th at the Raymond Gould Community 385 Claiborne St. from 6PM—7PM

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

Free give a ways at each class!

Recipe Samples

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

Covid-19 Guidelines
will be followed!

TEXAS A&M
AGRI LIFE
EXTENSION

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Texas A&M AgriLife Extension Service 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.



Summer Youth Cooking Camp 2021

AGES 8 TO 14
(No exceptions)

FOOD CHALLENGE HELD THURSDAY

JUNE 21-24
10 AM TO 2 PM &
JUNE 25
10 AM TO NOON

LIMITED TO 60 KIDS

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

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

LIMITED SCHOLARSHIPS AVAILABLE. CALL TO INQUIRE.

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

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

TEXAS A&M AGRILIFE EXTENSION

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

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.

YOUTH CANNING CLASSES

AGES 9 TO 14

THURSDAY, JULY 22, 2021
9 AM TO 3 PM
TEXAS A&M AGRILIFE EXTENSION
ORANGE COUNTY
409-882-7010
CLASS LIMITED TO FIRST 12 TO REGISTER




\$25 PER PERSON WITH LUNCH INCLUDED

PAYMENT DEADLINE FRIDAY, JULY 2ND

REGISTRATION OPENS ONLINE JUNE 1ST

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

Don't wait till payment deadline to register, class may be full.

TEXAS A&M AGRILIFE EXTENSION

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

CLOVER KIDS

Day Camp Adventures
Youths Ages 5-8

July 27th-29th, 2021
5 to 6 yr olds: 9 am-11 am
7 to 8 yr olds: 2 pm to 4 pm
At the Orange County Convention & Expo Center
409-882-7010
Registration fee of \$25 due by June 30th

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

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

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

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TEXAS SPEAKS

TEXAS A&M AGRILIFE EXTENSION

YOU HAVE A VOICE.

Take the state-wide survey assessing needs of all Texans

10 MINUTE ONLINE SURVEY

tx.ag/texasspeaks

2021 Kids Beginner Sewing

July 13th thru 15th

9 am to 2 pm

Be sure to
Bring a
Sack lunch
& drink

Ages 9 to 14

Limited
To the 1st
20 to register

409-882-7010

Location
Orange County
Convention &
Expo Center

TEXAS A&M
AGRI LIFE
EXTENSION

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

Registration
Opens Online
June 1st @ 9:00 am

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

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

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2021



Certified Food Managers Two Day Course with Test



May 25th & 27th; Registration Deadline: May 3rd
August 10th-11th; Registration Deadline: July 26th
November 9th-10th; Registration Deadline: Oct 25th

Classes are held 9 am to 4 pm each day

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



Must pre register by obtaining the
registration form from
<http://foodsafety.tamu.edu>
Must submit payment of \$125 per person
payable to AgriLife Extension Acct. # 230202
along with registration form to FPM prior to
deadline dates.

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FREE FOOD SAFETY CONFERENCE



August 3, 2021
9 am - 3 pm
Orange County Convention
& Expo Center
11475 FM 1442
Orange, TX
409-882-7010



Speakers
Continental Breakfast
Lunch
Door Prizes
Vendors

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

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

Deadline to register July 10, 2020

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

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



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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
AGRI LIFE
EXTENSION



Lower Sabine-Neches
SWCD #446

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.

Souper Rice

Yield 4 people



- * 1 (10.75 oz. can cream of chicken soup (can use 98% fat free)
 - * 1 1/2 cups chicken broth
 - * 1 1/2 cups uncooked instant white rice
 - * 1/4 cup grated Parmesan cheese (green can or fresh)
1. Heat the soup and broth in a 2-quart saucepan over medium-high heat to a boil.
 2. Stir the rice, cheese, and pepper into the saucepan. Cover the pan and remove from heat.
 3. Let stand for 5-8 minutes, until rice is cook and most of the liquid is absorbed.

Notes:

- This recipe is specifically made for Instant White Rice. Using any other kind of rice will not work with this particular recipe
- You can use any can of condensed cream soup that you enjoy. Cream of chicken, mushroom, celery, or broccoli all works fine.
- You can use any cheese that you prefer.

plainchicken.com

Game Plan for New Health

Tuesday October 19th 2021

**2nd Annual Senior Citizen
Rally Day**

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

A
hand-written
note
is a hug
you get to
keep

Orange County Food Safety

Researchers review traceback investigations for the deadly romaine outbreaks

The current edition of *The Journal of Food Protection* reports on another study into three outbreaks involving romaine lettuce contaminated with Shiga toxin-producing *Escherichia coli*. This one focuses on determining the source of the outbreak vehicle through traceback investigations.

The Food and Drug Administration personnel traceback investigation experts employ a standardized process to initiate, execute, and interpret the results of traceback investigations in collaboration with the Centers for Disease Control and Prevention and state and local health departments.

This latest study was done by FDA and CDC professionals including [Kari Irvin](#); [Stelios Viazis](#); [Angela Fields](#); [Sharon Seelman](#); [Karen Blickenstaff](#); [Ellen Gee](#); [Matthew Wise](#); [Katherine Marshall](#); [Laura Gieraltowski](#); and [Stic Harris](#).

Their focus was on the traceback investigation of the three outbreaks of STEC infections linked to romaine lettuce in 2018 and 2019. As part of it they took another look at the demonstrated challenges, limitations, and opportunities for improvement.

The three outbreaks occurred in 2018 and 2019 and caused a total of 474 illnesses, 215 hospitalizations, and five deaths. These illnesses were linked to the consumption of romaine lettuce from three distinct growing regions in Arizona and California.

.According to the study abstract :

- Some of the challenges encountered included the time it took to initiate a traceback, limited product-identifying information throughout

the supply chain, lack of interoperability in record-keeping systems, and co-mingling of products from multiple suppliers.

These challenges led to time delays in the identification of the farm source of the leafy greens and the inability to identify the root cause of contamination. The researchers said implementation of technology-enabled traceability systems, testing of these systems, and future regulations to incentivize the adoption of traceability systems are some of the initiatives that will help address these challenges by improving traceback investigations and ultimately preventing foodborne illnesses and future outbreaks from occurring.

Leafy greens contaminated with Shiga toxin-producing *Escherichia coli* (STEC) have continued to cause foodborne illness outbreaks and remain a present threat to public health.

The *Journal of Food Protection*® includes refereed scientific research and authoritative review articles on a variety of food safety and protection topics. *JFP* is the leading publication in the field of food microbiology and remains the premier journal dedicated to food safety. The journal is published by the International Association for Food Protection which is supported by the largest food science community.

By [Dan Flynn](#) on April 19, 2021



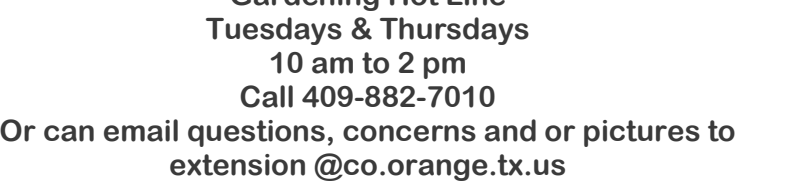
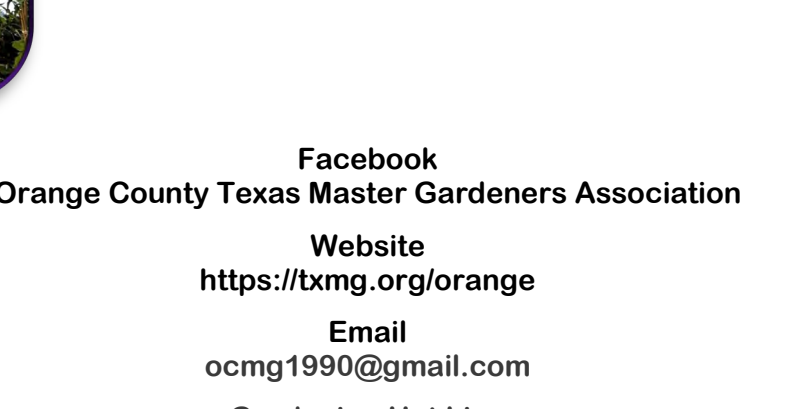
James Scales, Health Inspector
Deputy Director
Orange County Environmental
Health and Code Compliance



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

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

It was a great morning with good company, and another Master Gardeners' plant sale is down in the record books. Thank you to all who came and shopped, and a big THANK YOU to the dedicated effort of all the Master Gardeners who made the process a great success. 364 days and counting until next year's sale



Facebook
Orange County Texas Master Gardeners Association

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

Email
ocmg1990@gmail.com

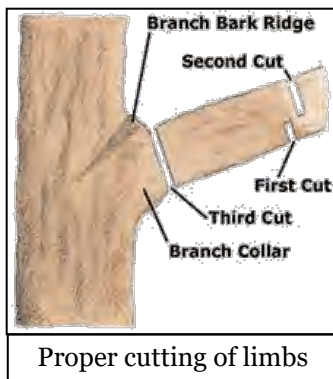
Gardening Hot Line
Tuesdays & Thursdays
10 am to 2 pm
Call 409-882-7010

Or can email questions, concerns and or pictures to
extension @co.orange.tx.us



Tree topping – Yes or No?

Since the winter storm Uri, a lot of people have asked what to do about their trees. Some want to top their trees. In researching this subject, I found this information from Texas A&M AgriLife Extension Service the reasoning why you **should not top a tree**.

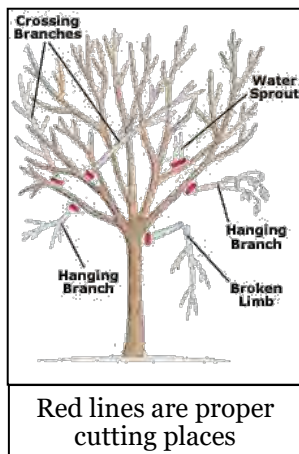


"Many people have the misconception that cutting the main branches of a tree back to stubs in an effort to reduce the height is the proper way to prune. In reality, the cutting of a tree back to stubs permanently disfigures and **actually weakens** a tree.

There are some tree service companies that promote and practice this drastic form of "pruning." Apparently, a short tree is thought to be safer and healthier than a tall tree regardless of how the result is attained. In fact, topping a tree in this manner is one of the worst things man can do to trees.

In addition to the unsightly appearance, topping directly results in several other problems for trees, the most severe being internal decay. When a branch is correctly pruned at its point of attachment to the trunk just outside of the branch collar and the branch bark ridge, internal decay is usually stopped from progressing into the trunk by a barrier inside the collar. Also, a correct cut results in more rapid wound closure by callus tissue so that the bark's continuity is eventually re-established. Branch stubs produced by topping harbor decay fungi which eventually break down the barrier in the collar and then proceed into the trunk. Whenever a cut is made in the main leader by topping, there is nothing to prevent decay from developing in the trunk. The tree may be structurally weakened, and its useful life span reduced. Other adverse effects of topping are:

- Topping removes a major portion of a tree's leaves which are necessary for the production of carbohydrates.
- Once-shaded bark in the canopy becomes scalded by exposure to direct sunlight.
- Stubs are likely to attract wood-boring insects. Stubbing stimulates the development of watersprouts just below the cut. These shoots grow rapidly, causing a topped tree to grow back to its original height faster and denser than a properly pruned tree. The watersprouts are also weakly attached and are easily broken off in storms.



If the height of a tree has to be reduced because of storm damage or interference with electrical wires, it can be correctly done by a method called crown reduction or drop crotch pruning. The procedure involves the removal of a main leader or main branch at the point of attachment of a lateral branch. The final cut should be parallel to the lateral branch bark ridge without cutting into the bark ridge. The lateral branch should be at least one-third the size of the branch or leader that is being removed."

THINGS TO DO:

- Do approach the tree and look for any limbs that might be a hazard to someone underneath it or to a building/structure nearby. Broken branches, weak branches, narrow crotch angles, and other obvious faults should be identified. First and foremost, these limbs should be taken care of.

- Do remove any dead or dying material on the tree.

- Do remove limbs that are rubbing each other or cross over one another. Limbs that rub will develop wounds that attract insects and diseases.

- Do remove excessive vertical sprouts. Some may need to be left in place to encourage caliper growth.

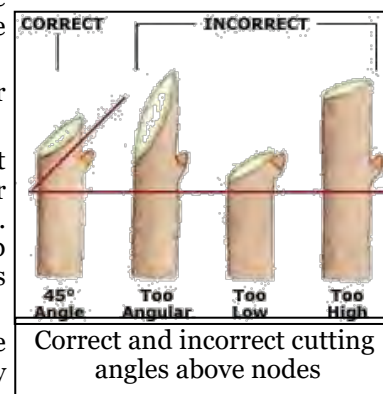
- Do prune to encourage fruiting. In the case of fruit trees, thinning out of limbs will allow allocation of nutrients, etc., for fruit production. In addition, practices such as open-center pruning allow sunlight penetration for fruit ripening.

- Do choose to keep branches with wide crotch angles. Wide crotch angles are generally from 40 to 90 degrees and are very strong as a result of being composed of solid wood. Narrow crotch angles are less than 40 degrees and contain a bark inclusion that causes them to be very weak. Narrow crotch angles should preferably be pruned out while the tree is still young. In older, established trees, bracing and cabling may be the only resort.

- Prune the tree to your liking. There are many different ways that one particular tree may be pruned. Even experts will have differing opinions on which branches to remove. The bottom line: whatever you like is what you should do, so long as you utilize proper cutting techniques and pruning methods.

Do keep in mind you should always have a reason for every cut made.

For your horticulture questions, please call our hot line at 409 882-7010, Tuesday or Thursdays, 10AM – 2PM or email ocmg1990@gmail.com or visit our Facebook page Orange County Texas Master Gardeners.



SOUTH TEXAS STATE FAIR

Sponsored by YMBL



ORANGE
COUNTY
4-H



SOUTH TEXAS STATE FAIR

Sponsored by YMBL



ORANGE COUNTY 4-H

Hearts & Hares

Shreveport, Louisiana



Mexican Street Corn (Elote)

Elote is a traditional street food in Mexico. In America, it is typically called Mexican street corn. It is corn on the cob charred on an open grill and smothered in cheese, a cream sauce, and chipotle seasoning.

Ingredients

- ◆ 6 ears corn husked and all silk removed
- ◆ Olive oil
- ◆ 2 teaspoons chipotle chili powder
- ◆ 1/4 - 1/3 cup cotija cheese, crumbled
- ◆ 1/4 cup fresh parsley finely, chopped
- ◆ Sea salt
- ◆ 2 limes, juiced

Mexican Cream Sauce:

- ◆ 1 cup heavy cream
- ◆ 2 tablespoons sour cream
- ◆ 1 lime, juiced
- ◆ 1/4 teaspoon chipotle chili powder
- ◆ 1/4 teaspoon salt

Instructions:

1. Place each ear of corn on a piece of foil. Brush olive oil on each ear of corn and lightly sprinkle all sides of corn with sea salt. Wrap foil tightly around corn.
2. Preheat the grill to medium heat and place all 6

ears of corn on the grill grates. Close lid and cook for 15 -20 minutes or until the corn on the cob can easily be pierced with a fork. Turn often while the corn is cooking to prevent burning the corn cob.

3. When the corn is done cooking carefully remove the foil.
4. Lightly brush each ear of corn with Mexican Cream Sauce mixture and sprinkle additional chipotle chili power, cotija cheese, fresh parsley, and fresh lime juice over each ear of corn.
5. Serve hot and enjoy!



Notes

- Make sure your heat isn't too high on the grill. You don't want a direct flame on the foiled corn.
- Rotate corn often to ensure it doesn't burn on one side.
- You can substitute butter for olive oil when foil wrapping your corn.
- The Mexican Cream can be stored in the refrigerator and used on other recipes for 4-5 days.

<https://princesspinkygirl.com/elote-mexican-street-corn/>

Pollinators need your help!!!

By Sheri Bethard, Texas Certified Master Gardener, Orange County

Winter Storm Uri took a toll on a lot of our flowering plants, both native and perennials. Pollinators such as bees, butterflies, moths, small animals, birds and even bats need our pollinator plants in order to continue thriving. Even though most of the wildflowers are starting to bloom, many of our plants have been set back many weeks before getting to the point of forming flowers. While we wait for our native and perennial plants to come back to life, you can help our pollinators by planting “ready made” flowering plants for them, thus helping until the natives and perennials are back to their norm.

Planting already flowering annuals or fast-growing perennials which bloom the first year will provide relief for these creatures. Some good plants to start with are Sweet Alyssum and Calendula. Most of them are now blooming in the stores. Sunflowers are fast growing and bloom early and this is the year of the Sunflower.

Some herbs you can consider planting is Basil and Bee Balm (Monarda) as bees love them. Salvia/Sages are also good plants to use with most of them being perennials. If you want to keep it year after year, check the tag to make sure your selection is a perennial and not an annual Salvia/Sage so you won't be upset if it does not return the next year. Hummingbirds like their deep throat.

Butterflies and moths like the composite type flowers like those in the Aster Family. Cosmos and Calendula are fast-growing producing flowers early. Some of the plants you can select for your pollinator garden or any garden are:

Aster, Bush Morning Glory, Catnip, Flame Acanthus, Greg's Blue Mist Flower, Larkspur, Mexican Hat, Zinnias just to add a few to the ones listed above.

If you are interested in being a pollinator friendly yard year-round, here are some tips to get you started. Start out with woody plants such as Red Maple since they are a great bee pollinator in early spring. Vines such as Native Honey-suckle (not the Japanese kind we all are familiar with), Crossvines, Coral Vines and Flame Acanthus are good perennial vines with flowers most of the summer.

Shrubs to consider are Almond Verbena and Glossy Abelia which bloom for about 5-6 months. Roses are also good, but they should be the old-fashioned single rose, not the hybrids which are currently available. Then for mid-summer to fall bloom the butterfly bush is a good option. They come in shades of blue and purple along with pink but the blue and purple are the best for pollinators.

Then there are vegetables which support our pollinators along with pollinating them in order to produce. Peppers and strawberries are well liked by them. Vegetables, such as cabbage and kale, which bolt and flower, do not remove them for a while longer as these are well liked also.

Pollinators also need places to shelter such as small boxes, pieces of wood they can bore into, or cut sections of bamboo just to give examples. When making your garden, leave some bare soil for those needing the soil for making nests in. Water is another thing they need. Placing a water source in your garden will help since all do not get their moisture from the flowers.

For more on pollinators check out <https://tpwd.texas.gov/education/bioblitz/guides> by the Texas Parks & Wildlife. There you will find many links to refer to on pollinators.

The Orange County Master Gardeners Association would like to thank all the people who visited and purchased plants at our Annual Bloomin' Crazy Plant Fair & Sale. We had an outstanding turnout. We apologize to those of you waiting in line, but we wanted to make sure everyone would be as safe as possible during the COVID-19 pandemic and to keep the pavilion from being overcrowded. Thank you to those volunteering to wear their masks to help make it a safer place to shop. We are sorry we ran out of many items you were looking for as the demand was much greater than we anticipated, and plants were hard to come by due to the February storm. We also lost plants we had been growing since September.

Remember if you have a horticultural question, please contact our Hot-Line Tuesday and Thursdays from 10AM – 2PM at 409 882-7010, email at ocmg1990@gmail.com, on Facebook Orange County Texas Master Gardeners or thru our website Contact page at <https://txmg.org>.



Orange County Food Safety



Cinco de Mayo Group Cooking Food Safety Tips

Make sure your Cinco de Mayo gatherings are memorable for all the right reasons! Follow simple but important food safety tips to avoid food poisoning:

- **Keep hands, kitchen, dishes and utensils clean.**
 - Wash your hands constantly during preparation, serving and cleanup. Keep your kitchen, dishes and utensils clean. Be sure your serving dishes are clean.
- **Avoid Cross-Contamination.**
 - Separate raw meats from other foods to avoid cross-contamination. Also, do not serve food on plates that previously held raw meat or poultry.
- **Keep perishable foods refrigerated.**
 - Keep all perishable foods chilled until serving time. These include finger sandwiches, cheese platters, fruit or tossed salads, cold pasta dishes with meat, poultry, or seafood, and cream pies or cakes with whipped-cream and cream-cheese frostings.
- **Keep hot food hot and cold food cold.**
 - **Hot foods** should be held at **140°F or warmer**. On the buffet table, keep hot foods hot with chafing dishes, warming trays or slow cookers. Keep the covers on the hot food dishes to keep the heat inside the dish.
 - **Cold food** should be held at **40°F or colder**. Keep foods cold by nesting dishes in bowls of ice. Otherwise, use smaller serving platters and replace them often.
- **Use a Food thermometer. P**
 - Public health officials **recommend using a food thermometer** to make sure foods are cooked to a high enough temperature to kill pathogens and bacteria. Those temperatures are:
 - **145°F for whole beef, veal, fish, lamb, fresh pork and ham** — allowing the meat to cool for 3 minutes before carving or consuming;
 - **160°F for ground beef, veal, pork and lamb, and for egg dishes.**
 - **165°F for all poultry**, including ground chicken and ground turkey, and stuffing, leftovers and casseroles.
- **Safe serving tips.**
 - When serving foods on a buffet table, serve them in **several small dishes or platters rather than on huge platters.**
 - **Keep the rest of the hot food in your oven** (set at 200 to 250°F) or cold food in the refrigerator until serving. This way, the foods will be kept at safe temperatures for a longer period of time.
 - When the small platters are empty, **replace them with clean dishes** rather than add fresh food to a dish that already had food in it.
 - **Leftover food safety – Use the 2-hour rule.**
 - Bacteria will multiply if you let foods sit out too long. **Don't leave perishable goodies out of the fridge for more than two hours** (1 hour in temperatures above 90°F).
 - Refrigerate or freeze leftovers within two hours of serving. If the leftover foods were on your buffet longer than two hours, throw them out.
 - Eat your leftovers within three to four days. Use your freezer for longer storage. Reheat leftovers to 165°F.
- **Clean up after your party.** Use soap and water to wash the countertops, tables and the refrigerator door handle (one of the dirtiest spots in a busy kitchen). After washing and rinsing off the suds, follow up with a sanitizing solution of one teaspoon of bleach to one quart of water. Spray on the clean surfaces and air-dry.

4 SIMPLE
STEPS
TO FOOD
SAFETY



Clean



Separate



Cook



Chill



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

TEXAS A&M
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EXTENSION

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

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

Dusty Trails 4-H & Clover Kids Club

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

CCS Lions 4-H Club

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

OC 4-H Judging Club

Thursday's
6 pm 4-H Office
Club Manager
Melissa Pyatt
409-679-2441
Co-Manager
Sharon Richard
409-920-1333

Mighty Pirates 4-H

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

Clay Busters Shooting Sports

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

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

Adult Leaders Association (ALA)

1st Monday 6 pm
4-H Office

All enrolled Adult Volunteers are welcomed to be a part of ALA



Project Groups

Equine

Riders & Non-Riders

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

Food & Nutrition

3rd Tuesday 6pm
4-H Office
Leaders
Tonya Wright

Robotics

4th Monday
4-H Office
NEW TIMES
Youth 5-8
6 pm-7 pm
Youth 9-18
6 pm to 8 pm
Leader
Cindy Childress

Fashion & Interior Design

4th Tuesday 6pm
4-H Office
Leader
Darla Dempsey

If you need any type of accommodation to participate in this program or have questions about the physical access provided, please Orange AgriLife Office 409-882-7010, at least 2 weeks prior to the program or event you are interested in.

May 2021

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

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

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,**

Bloom Into Nutrition

Tommy Byers, BLT Nutrition Educator



Fruits: What foods are in the Fruit Group?

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, pureed, or cooked. At least half of the recommended amount of fruit should come from whole fruit, rather than 100% fruit juice.

How much fruit is needed daily?

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

What counts as a cup of fruit?

In general, 1 cup of fruit or 100% fruit juice, or $\frac{1}{2}$ cup of dried fruit can be considered as 1 cup from the Fruit Group. The table below shows specific amounts that count as 1 cup of fruit towards your daily recommended intake.

Why is it important to eat fruit?

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

Nutrition:

- Moat fruits are naturally low in fat, sodium and calo-

ries. None have cholesterol.

- Fruits are sources of many essential nutrients that many people don't get enough of, including potassium, dietary fiber, vitamin c, and folate.
- Diets rich in potassium may help to maintain healthy blood pressure. Fruits sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, orange juice, sapote, jackfruit, guava, and kiwi
- Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and many lower risk of heart disease. Fiber is important for proper bowel functions. Whole or cut up fruit are sources of dietary fiber; fruit contain little or no fiber.
- Vitamin C important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy. Vitamin C helps your absorb iron more easily.

Dairy What foods are included in the Dairy Group?

The Dairy Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt. It does not include foods made from milk that have little calcium and a high fat content, such as cream cheese, sour cream, cream, and butter.

How much food from the Dairy Group is needed daily?

The amount of dairy you need

depends on your age, sex, height, weight, and level of physical activity. For women, the amount can also depend on whether you are pregnant or breastfeeding. About 90% of Americans do not get enough dairy, therefore most individuals would benefit by increasing intake of fat-free or low-fat dairy, whether from milk (including lactose-free milk), yogurt, and cheese, or from fortified soy milk or yogurt. Find the right amount for you by getting your MyPlate Plan. For general recommendations by age, see the table below.

What counts as a cup in the Dairy Group?

In general, 1 cup of milk, yogurt, or soy milk, or 1 $\frac{1}{2}$ ounces of natural cheese can be considered as 1 cup from the Dairy Group. The table below lists specific amounts that count as 1 cup in the Dairy Group towards your daily recommended intake.

Why is it important to eat/drink dairy?

Consuming dairy products provides health benefits — especially building and maintaining strong bones. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.

Cheesy Pasta with Summer Veggies

- 4 cups assorted vegetables, fresh or frozen (sliced zucchini, chopped broccoli, peas, etc.)
 - 1 cup fresh tomatoes chopped and seeds removed.
 - 8 ounce whole wheat pasta (rotini, bow tie, penne)
 - 1 1/2 tablespoons vegetable or olive oil
 - 2 medium garlic cloves minced or 1/4 teaspoon garlic salt
 - 1/2 cup onion, chopped (about 1/2 medium onion)
 - 1 teaspoon dried Italian seasoning
 - 1/4 teaspoon salt
 - 1/8 teaspoon black pepper
 - 1/4 cup parmesan cheese
 - 1/2 cup shredded low fat mozzarella cheese
1. Wash vegetables before cutting in to them.
 2. Cook pasta according to package direction. Drain water from cooked pasta and save 1/4 cup of water.
 3. Heat oil in a large skillet as pasta cooks. Add garlic and onion to skillet. Sauté over medium heat about 1-2 minutes or until soft.
 4. Add any uncooked hard vegetables and cook for 3 minutes. Add soft vegetables and continue to cook. Add Italian seasoning, salt and pepper. Add tomatoes last and cook until warm.
 5. Add cooked drained pasta to the vegetables. Add a little of the water from the pasta if needed.
 6. Add cheese to mixture. Stir until cheese is mostly melted.
 7. Serve immediately.



Simple Mango Ceviche

- 1 lb. cooked shrimp
- 2 mangos
- 1/4 cup red onion, diced
- 1 heaping tablespoon jalapeno, diced and seeds removed
- 1 vine ripe tomato, diced and seeds removed
- 1 handful cilantro
- Juice of 1 lime
- Salt to taste

Chop everything up into bite-size pieces and place in a bowl.
 Drizzle with lime juice and salt.
 Serve with chips and enjoy!



<https://thealmondeater.com/simple-mango-ceviche/>

DISASTER ASSISTANCE FOR FARMERS AFFECTED BY RECENT WINTER WEATHER

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

VISIT FARMERS.GOV
FOR MORE INFO.



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

USDA offers several programs to help with recovery including:

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

Visit farmers.gov for more information on these programs!

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

DID YOU KNOW?

In 2019, AgriLife Extension engaged more than **93,600 volunteers** across all programming areas, with a total of **5.5 million hours** volunteered.

TEXAS A&M
AGRI LIFE
EXTENSION

#NATIONALVOLUNTEERWEEK



HYBRID PROGRAM

DEPARTMENT OF POULTRY SCIENCE

POULTRY INSTITUTE FOR YOUTH

JUNE 15TH~VIRTUAL
JUNE 16TH~IN-PERSON

VIRTUAL AND IN-PERSON PROGRAM
FOR HIGH SCHOOL STUDENTS
APPLY BY MAY 27TH, 2021
\$20 ATTENDANCE FEE IF ACCEPTED
APPLY AT : WWW.POSC.TAMU.EDU



THE IMPACT

Our volunteers were valued at an estimated **\$139.3 million** in 2019.

But their service, loyalty and excellence are **invaluable**.

TEXAS A&M
AGRI LIFE
EXTENSION

#NATIONALVOLUNTEERWEEK

"This week is #NationalVolunteerWeek, and a time for us to pay homage to those who help us accomplish our mission.

I am deeply thankful for all our volunteers, and I am also thankful for the members of our organization that embrace volunteerism within our organization – creating opportunities and fostering relationships to make lives better.

Thank you for your dedication to this wonderful agency.

Thank you for embracing volunteerism in your AgriLife Extension programs and volunteering with your communities."

-JEFF HYDE, PH.D., DIRECTOR OF TEXAS A&M AGRILIFE EXTENSION

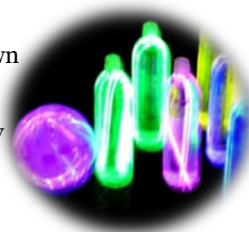
TEXAS A&M
AGRI LIFE
EXTENSION

#NATIONALVOLUNTEERWEEK

AFTER-DARK Family FUN

Night Bowling

Who needs a bowling alley when you can create your own glowing bowling alley in your own backyard? All you need are some empty soda or water bottles, some glow sticks, and a ball. It's a fun way to burn off some energy on a summer night before bed.



Swimming Pool Stargazing

Star gazing is fun, but this idea totally takes it up several notches. Just put a blow-up pool in the backyard and fill it up with lots of pillows and blankets. Not only is it more comfy, but it's perfect for keeping the itchy grass and bugs away.



Movie in Mom & Dad's Room



This one is SO easy to pull off, but my girls loved it. Just tape a sign on their door inviting them to a special movie night in mom and dad's room. We have family movie nights a lot, but for some reason just changing the location to our bed made it exciting and new for them. (And the special snacks didn't hurt either.)



Make Fairy Jars

This fairy jars are super easy to make and they glow for up to 8 hours. They're perfect for making together and then taking outside on a summer night. (If your boys are not into fairies- just call them glow jars.)
<https://www.momdot.com/fairy-jar-tutorial-diy/>



Glow-in-the-Dark Sidewalk Chalk

Make glow-in-the-dark sidewalk chalk and then play a fun family game of Pictionary on the front or back porch. If you try this one, you should totally make some glow-in-the-dark drinks to go with it!
<https://www.growingajeweledrose.com/2013/07/glow-in-dark-chalk-recipe.html>

Family Slumber Party

Here's another super easy one to pull off. Just blow up an air mattress and stick it in the living room for a fun family sleep over. Or if you don't have an air mattress, grab some sleeping bags or even just blankets and pillows. We popped popcorn, watched a movie, and played a couple of games. We even took turns telling "scary" stories by flashlight. (And I have to say, it's pretty funny what my little girls consider "scary.")



Glow-in-the-Dark Game Night

This fun group date night would also work *perfectly* as a fun family night! From glow-in-the-dark baseball to glow-in-the-dark ring toss and capture the flag- there are lots of fun game ideas for an after dark family party.
<https://www.thedatingdivas.com/glow-dark-group-date/>

Flashlight Games & Shadow Puppets

These games and ideas are perfect for some late night summer fun. Just stock up on

flashlights and batteries, then when the sun goes

Glowing Water Blob

You've probably seen all of the fun water blobs on Pinterest, but I bet you haven't seen this fun *glowing* water blob! Takes it to a whole new level, huh? Yes, this idea takes a little more time and preparation than the others, but I think it's worth it. My kids would totally LOVE this! What kid wouldn't?!
<https://pagingfunmums.com/2014/01/31/glowing-water-blob/>



What's Happening

MAY

3rd, 10th, 17th, & 24th Do Well, Be Well with Diabetes
4th Food Handlers Certification
8th, 15th, & 22nd Adult Sewing Class
25th & 27th Certified Food Managers Certification

JUNE

21st - 25th Youth Cooking Camp

JULY

13th - 15th Youth Sewing Camp
27th - 29th Clover Kids Camp

AUGUST

3rd Food Safety Conference & Food Handlers Certification
10th & 11th Certified Food Managers Course
14th Soap Making

SEPTEMBER

18th Outdoor Awareness
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

9th & 10th Certified Food Managers Certification
20th Wreath Making

DECEMBER

4th Pressure Canning Meat