

Orange County AgriLife Newsletter September 2021

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

Franny Woods
4-H Program Assistant

Tommy Byers
Better Living for Texans
Program Associate
Nutrition Educator

Office 409-882-7010



Office will be closed Monday, Sept. 6th in observance of Labor Day



County Judge
John Gothia

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Theresa Beauchamp

Commissioner Precinct 3

Kirk Roccaforte

Commissioner Precinct 4

Robert Viator



Wednesday Sept. 22nd



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

Texas A&M
AgriLife Extension
Orange County



COMPLETE THE SURVEY
TODAY!

2021 Orange County 4-H Annual Pecan Fundraiser



PRE-ORDER DEADLINE
OCTOBER 11th Thanksgiving order
NOVEMBER 8th Christmas order



Plain Pecans Pieces

1 lb. bag	\$10.75
3 lb. box	\$31.00
5 lb. box	\$51.00

Plain Pecans Halves

1 lb. bag	\$12.25
3 lb. box	\$35.50
5 lb. box	\$58.00

Peanuts & Specialty Nuts

12 oz Chocolate Peanuts \$5
 12 oz Honey Roasted Peanuts \$5
 1 lb. Hot and Spicy Peanuts \$3.25

1 lb. Roasted and Salted Cashews \$10.25
 1 lb. Walnuts \$8 1 lb. Raw Almonds \$8
 1 lb. Roasted and Salted Pistachios \$11.25

Frosted or Flavored Pecans

12 oz. bag \$9.50 each

Chocolate Covered or White Chocolate or
 Chocolate Toffee Covered
 Praline Frosted or Amaretto Frosted
 Cinnamon Frosted or Honey Toasted Glazed

Sugar Free Chocolate (contains Malitol) \$12.00

Samplers

1 lb. Pecan Sampler \$14

White Chocolate, Chocolate, Cinnamon & Praline
 Halves

2 lb. Pecan Sampler \$25

Chocolate, White Chocolate, Amaretto, Cinnamon,
 Pina Colada & Praline Frosted

Specialty Mixes

Texas Deluxe Nut Mix \$8.50

Pecans, Cashews, Almonds and
 Brazil Nuts

Hunter's Mix \$5.25

Cashews, Cocktail Peanuts,
 Sesame Sticks, Sesame Seeds,
 Natural Almonds, Fancy Pecan
 Halves, Peanut Oil and Salt

California Mix \$6.00

Almonds, Walnuts, Dried
 Apricots, Diced Dates, Banana
 Chips, Seedless Raisins, Coco-
 nut Chips, Cashews and Sun-
 flower Seeds

Trash Mix \$4.25

Sesame Sticks, Jumbo Runner
 Peanuts, Pretzels, Hot and

Spicy Peanuts, Peanut Oil and
 Salt

Fiesta Mix \$4.50

Bar-B-Que Corn Sticks, Taco
 Sesame Sticks, Nacho Cheese
 and Hot & Spicy Peanuts

Cran-Slam Mix \$6.25

Dried Cranberries, Raw Wal-
 nut Pieces, Roasted and Salted
 Sunflower Seeds, Roasted and
 Salted Pumpkin Seeds, Diced
 Pineapple and Black Raisin

Mountain Mix \$5.50

Roasted and Salted Cashews,
 Roasted and Salted Peanuts,
 Roasted and Salted Almonds,
 Raisins and M&M's

Baskets

1 lb. Texas Wicker Basket \$22

Chocolate & White Chocolate Mixed

3.5 lb. Round Wicker Gift Basket \$50

1/2 lb. each of Milk Chocolate Pecans, White
 Chocolate Pecans,
 Praline Frosted Pecans, Texas Deluxe Mix and
 Hunter's Mix

3.94 lb. Big Tex Gift Basket \$66

Texas shaped basket filled with 11 oz. Pecan
 Topping, 12 oz. each
 of Milk Chocolate Pecans, White Chocolate Pe-
 cans, Praline
 Frosted Pecans and 1 lb. Raw Pecan Halves.

Orders can be placed through
 Orange County 4-H Member or by calling the
 club manager

Clay Busters 4-H 409-767-6222

Dusty Trails 4-H 409-988-4873

Mighty Pirates 4-H 409-201-8523 or
 409-554-1960

OC 4-H Judging Club 409-679-2441

CHECKS PAYABLE TO: ORANGE 4-H COUNCIL



TEXAS A&M
AGRI LIFE
 EXTENSION

You can also call the AgriLife
 office to place an order
 Orange County 4-H Office
 409-882-7010

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



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.

TEXAS A&M
AGRILIFE
EXTENSION



Vegetable Pressure Canning Class

September 25, 2021

10 am

\$20 per person*

*Cash or Check payable to HOPE or if you want to pay using Paypal, pay to "Friends & Family" to orange-tx@ag.tamu.edu.



Class will be held at the Extension office. Limited to 15 participants.
Call the Extension office for your reservation, 882-7010.

**Deadline to register & pay
is September 17th.**

**Class taught by
Fallon Foster, CEA
Family & Consumer Science**

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.

Pumpkin Pie Eating CONTEST!

**Saturday, October 2nd
at Orangetober Fest**

Age Divisions & Time of Contest
Youth ages 8-12 @ 1pm
Teens ages 13-17 @ 2pm
Adults ages 18 and up @ 3pm
Winners announced @ 4 pm



**Prize given to winner
of each age division.**

Free to enter!

**Entry, Rules, and Regulations available
online at
orange.agrilife.org
or call the office 409-882-7010.**



HELPING ON PURPOSE EVERYDAY

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TEXAS A&M
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EXTENSION

DO WELL, BE WELL WITH DIABETES

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

Dates: October 5th, 7th, 12th, 14th, & 19th

Time: 10:00 am to 12:00pm

Location: Raymond Gould Community Center

5

classes

**To register, contact
your local county agent!**

**Raymond Gould Community Ctr
385 Claiborne St
Vidor, TX 77662**

**Learn how to
manage your
diabetes
through food &
exercise.**

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

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

Call 409-882-7010 to register.

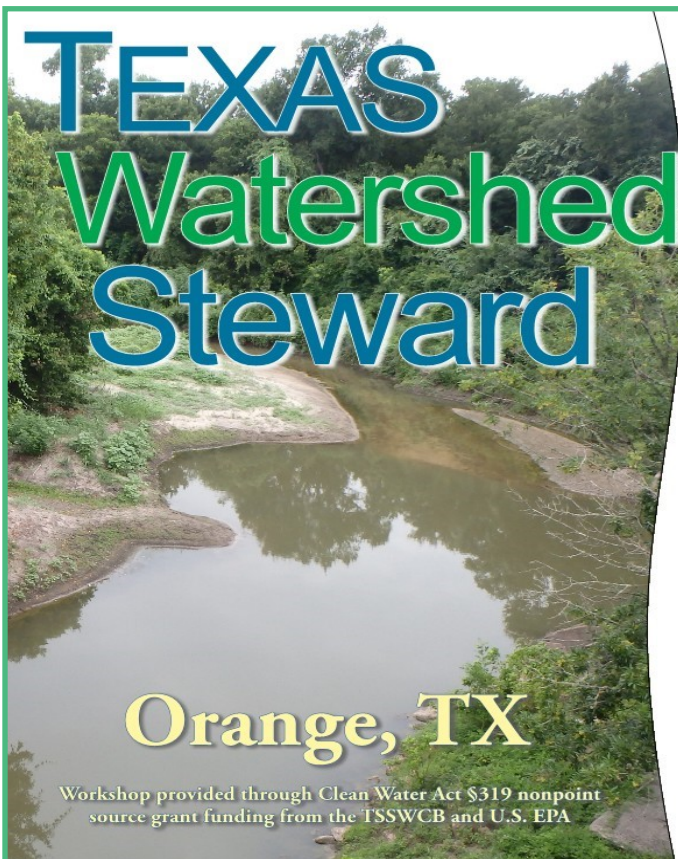
Taught by:

Fallon Foster, M.P.H.

**Orange County Extension Agent
Family & Community Health**

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

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TEXAS Watershed Steward

Orange, TX

Workshop provided through Clean Water Act §319 nonpoint source grant funding from the TSSWCB and U.S. EPA



The Texas Watershed Steward program is a free, educational workshop designed to help watershed residents improve and protect their water resources by getting involved in local watershed protection and management activities.

**October 21, 2021:
8:00 am - 12:00 pm**

Orange County Convention and Expo Center
11475 FM 1442
Orange, TX 77630

In-Person & Virtual Attendance Options Available
Preregistration Required

The workshop will provide an overview of water quality and watershed management in Texas, including a discussion on the Sabine River basin and local bayous. Efforts by the Sabine River Authority, and best management practices local stakeholders may use to help improve and protect their water quality, will be highlighted. Free continuing education credits/CEUs offered for a wide variety of professional disciplines. For a complete list of continuing education offered, or to register, visit our website or call the number below.

Pre-register for the workshop by going to:
<https://tw.s.tamu.edu/workshops/registration>
or call 979.862.4457

TEXAS A&M
AGRI LIFE
EXTENSION

TEXAS STATE
Soil & Water
CONSERVATION BOARD

Backyard Pond Program

Tuesday, October 5, 2021

5:30 p.m. to 7:30 p.m.

TEXAS AGRILIFE EXTENSION SERVICE AUDITORIUM
1225 Pearl Street, Suite 200
Beaumont TX 77701

SPEAKERS:

Tyler Fitzgerald, AG/NR Agent
Nikki Fitzgerald, Coastal & Marine Agent

TOPICS INCLUDE

Water Quality
Pond Designs
Stocking
Aquatic Weed Management

Cost: \$25 per person (meal included)

RSVP by October 4, 2021 to (409) 835-8461

or

<https://www.eventbrite.com/e/pond-management-program-tickets-167332442841>

One TDA Pesticide IPM CEU

Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact Cary Erickson, Jefferson County Human Resources Director at (409) 839-2391 five working days prior to the meeting so appropriate arrangements can be made. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

TEXAS A&M
AGRI LIFE
EXTENSION

Sea Grant
Texas Sea Grant Extension

Holiday Wreath Making Class

November 20, 2021

10:00 AM

\$25

Texas A&M AgriLife

Extension Office

11475 FM 1442

Orange, TX



Deadline to register and pay is November 12th, 2021.

Make checks payable to HOPE.

If you would like to pay using Paypal, send payment as "Friends and Family" to orange-tx@ag.tamu.edu

Reference the class in the notes.

Call 409-882-7010
to reserve your spot

TEXAS A&M
AGRI LIFE
EXTENSION

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Greek Meatballs with Tzatziki Sauce

What is tzatziki, and how do you say it? Tzatziki, pronounced (tuh-zee-kee) is a dip or sauce found in Greek cuisines. It is made of strained yogurt, garlic, salt, cucumber, dill, lemon juice, and sometimes olive oil and vinegar. Tzatziki is a much healthier option to add flavors to foods instead of mayonnaise-based dressings and dip, like ranch. You can enjoy tzatziki with veggies, pita bread, pita chips, and Greek meatballs.

Meatballs

- 1 lb. 93% lean ground turkey
- 1 teaspoon garlic powder
- 1 teaspoon oregano, ground
- 1/2 teaspoon pepper, ground
- 1/4 teaspoon salt
- 1/4 cup plain breadcrumbs, dry, grated
- 10 ounces frozen spinach leaves, thawed and drained
- 1/2 cup reduced fat feta cheese, crumbles



Tzatziki Sauce

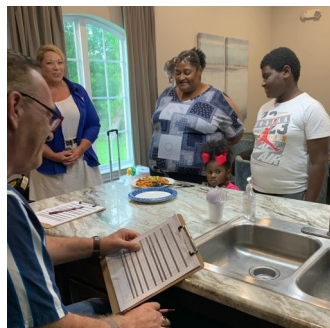
- 1 English cucumber, shredded and drained
- 1 1/2 cups Greek yogurt plain, nonfat
- 2 garlic cloves, minced
- 1/4 teaspoon salt
- 1/4 cup fresh dill, chopped
- 2 tablespoons lemon juice, fresh

1. Wash your hands and clean your preparation area.
2. For the tzatziki, use a box grater or food processor to shred the cucumber. Drain any excess liquid.
3. In a small bowl, combine all ingredients evenly in a bowl. Cover and refrigerate for flavors to meld up to 2 hours before serving.
4. In a large bowl, mix ground turkey, garlic powder, oregano, salt, pepper, and breadcrumbs.
5. Stirring evenly, add thawed and drained spinach, then add feta cheese.
6. Make meatballs using a tablespoon for a perfect measurement.
7. Warm a skillet or pan to medium, heat. Evenly coat with cooking spray and arrange meatballs around the pan.
8. Cook for 2-3 minutes and rotate individually on all sides until browned and cooked to an internal temperature of 165 degrees F.
9. Serve with some tzatziki on the side or as a dip.

Nutrition Facts: 7 servings meatballs, 12 servings tzatziki serving per container. Serving size 4 meatballs, 2 tablespoons of tzatziki. Calories 200, Total Fat 8g, Saturated Fat 2.5g, Cholesterol 40mg, Sodium 470mg, Total Carbohydrate 20g, Dietary Fiber 2g, Total Sugars 3g, Protein 24g.

dinnertonight.tamu.edu

Better Living for Texans Family food challenge with Itex at Whispering Oaks



Garden Myths – are they fact or fiction?

By Sheri Bethard, Orange County Master Gardeners Association

Garden Myths – are they fact or fiction? Let's look at 10 of them and see what the research says.

Myth 1 – Compost piles smell awful

FACT: If your compost pile has anything but a pleasant earthy smell, it's not being properly worked. Anaerobic composting means there might be a lack of oxygen in the pile. It will break down slowly but still have a swampy odor. You must turn the pile regularly to introduce oxygen and help mitigate any odor. Adding dry leaves and some soil will help keep the materials from turning slimy. Remember DO NOT ADD any meat products.

Myth 2 – To ripen green tomatoes, set them on a sunny windowsill

FACT: Sunlight is not needed to ripen tomatoes. For slow ripening, wrap in newspaper individually to contain the ethylene gas given off by other fruit therefore hasten ripening. Place in a cool place such as a pantry or closet. You can store ripe and unripe fruit together.

Myth 3 – You can't grow anything near a black walnut tree

FACT: Black Walnut trees release an allelopathic chemical called juglone, which inhibits the growth of some plants, many others can grow beneath or near them such as Zinnia, daylilies, phlox, Shasta daisy, begonias, and purple coneflower to name a few.

Myth 4 – Newspaper and cardboard are superb weed barriers

FACT: These materials can be used as weed barriers and covered with mulch. The problem is they could impede water penetration and gas exchange if they become too wet or even too dry. The same goes if they are applied too heavily. Use no more than 4 sheets of newspaper or one layer of cardboard before mulching.

Myth 5 – Paint tree wounds after pruning

FACT: This is an old practice of tree care which has fallen out of favor. In most cases, painting a wound doesn't serve a purpose and could negatively affect the tree. One exception is if you are pruning a tree that could be threatened by disease-carrying beetles attracted to a fresh wound, then paint it. Some oaks should be painted as they are susceptible to oak wilt.

Myth 6 – For the best garden soil, cultivate regularly

FACT: Some cultivation is good for heavy or compacted soil but too much can turn the topsoil into a powdery dust, thus repelling water and is not conducive to root growth. Frequent tilling can dry the soil out as it is exposed to the sun and cut down on the number of beneficial microbes it contains. Remember the great dust bowls back in the early 20th century you read about in history class? They were from too much cultivation and not rotating crops.

Myth 7 – Pepper plants aren't setting fruit because of rich soil

FACT: Overly rich soil will favor foliage over flowers, it won't stop plants from bearing fruit. The lack of flowering could be due to the weather. Most plants, have flower drop if the temperatures are below 55 degrees F or higher than 85 degrees F. Many pepper plants are temperature sensitive.

Myth 8 – Wood chips make the best mulch

FACT: This depends on where you are using them. They make a wonderful mulch for a natural garden but hold too much moisture for cacti and succulents. Don't spread more than 3 inches thick and don't pile against plant stems as this can cause problems with disease and bugs.

Myth 9 – Water plants daily

FACT: Container plants may need watering daily but those in the landscape do not. Water them 1-2 times per week and water deeply. Shallow watering encourages roots to stay close to the surface, thus the plants could require more frequent watering. You want roots to go deep so they are self-sufficient during dryer periods.

Myth 10 – Leaving grass clippings on lawn will cause thatch to build up

FACT: Short grass clippings do not contribute to thatch – a thick layer of dead plant debris that makes it difficult for new turf to emerge. It is best to leave the clippings in place and not bag them especially if you have a mulching mower. It is a free source of nitrogen for your lawn. Always keep your mower blades sharp.

For more horticultural information please check our website <https://txmg.org/orange> and if you have any questions, please call our Hot Line at 409 882-7010 Tuesday and Thursdays from 10AM – 2PM or email ocmg1990@gmail.com.



2021 Kids Clover Camp



Celebrate Fall with cooking in the garden



Learn to cook healthy vegetables for your family.

Taste all the cooked vegetables.

Take home a collection of recipes.

Receive vegetable seeds.

September 25, 2021 @ 10:00 a.m. (masks requested)

The Field of Plenty, 2120 Wickard, Orange TX

(Behind Orange Christian Services)

Seating limited to 10

No charge for the class

RSVP: 409 233-7927

<https://www.facebook.com/fieldofplenty>

thefieldofplenty@gmail.com

Watch our FB page for last minute notification. No login required to view

Age division will be divided as follows

Junior Grades 3rd-5th

Intermediate Grades 6th-8th

Senior Grades 9th-12th

Must be enrolled in a public, private or homeschool to entry contest.

Divisions that can be entered

Food

Industrial Arts

Family & Community Science

Art

Photography

Horticulture

Visit our website

Orange.agrilife.org

To enter, rules, and regulations.

1/2 SIDE OF BEEF CUSTOM CUT & WRAPPED

RAFFLE

Support our local Livestock Kids

Drawing : Second Saturday
in October
\$5 each

SPONSORED BY
ORANGE COUNTY LIVESTOCK SHOW ASSOCIATION

NAME _____

CONTACT NUMBER _____

Reminders

- 100% of all donations go back to the students to assist them with the cost of showing livestock
- Tickets are non-refundable
- Winners will be notified via phone
- Drawing held at Livestock Auction on the Second Saturday in October at 7pm at T2 Arena
- You are invited to attend the Auction. So, come out and support these kids and purchase an animal or two.

Tickets can be purchased from Orange County 4-H & FFA Members

Sponsored by Texas A&M AgriLife Extension Orange County in
conjunction with
2021 Orange County Livestock Show Association

Country FAIR

Youth
Food & Craft
Project Contest

Friday Oct. 8th @ 7 pm
Tin Top 2 Arena
Old Peveto Road Orange

BIGGER and BETTER!

Open to youth 3rd grade to 12grade an are enrolled in a public, private, or homeschool.

Entry forms, rules and regulations available online at
orange.agrilife.org or
Call the AgriLife office 409-882-7010

online Entry Deadline
Wednesday Oct. 6th.

Texas A&M AgriLife Extension provides equal opportunities to its programs and encourages 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 Commissioner's Court of Tarrant County, Texas.

What is a Rain Garden?

By Sheri Bethard, Orange County Master Gardeners

A Rain Garden is kind of a misnomer for what it actually is. A Rain Garden is a lower area in landscaping where water loves to pool after a rainstorm and certain types of plants have been planted there. It could be in your yard, a public park or even a spot in a parking lot, anywhere rainwater collects.

Storm water runoff can be a big problem after heavy thunderstorms or just from our daily rain showers we have been getting the last couple of months. This water runs off of roofs, driveways, parking lots, streets and yards to eventually drain into the municipal storm drains or in my case, into the local gully which drains into Bessie Heights Marsh, then into the Neches River. When this water comes off these surfaces, it is picking up such things as oil & gas, chemicals & fertilizers from yards and such along with other pollutants on the way to the drains and ditches. The EPA estimates 70% of the pollution in our streams, rivers and lakes is carried there by storm water.

To help reduce the excess water runoff, many towns and cities are encouraging businesses and homeowners to install rain gardens. They are specially constructed gardens located in lower areas of the landscaping where the rainwater can collect. The rain garden collects the water, filtering it and is slowly absorbed into the soil and the plants growing in the rain gardens, thus lowering the amount of runoff. When visiting the Bay Area in California, I noticed some of the parking lots drained to the center of the rows, collecting the water in the 3–4 foot grassy area. There were signs asking not to walk on the grass in these areas as they were for holding water.

Rain gardens don't have to be very large, but you can make them any size you want as anything will help with filtering the water. You may not realize it, but a marsh is actually a huge rain garden. The plants in the marsh filter and clean the water along with the plants stabilizing the ground below the water.

To make a rain garden select an area in a lower part of your yard. If you have gutters, you could arrange to have them drain into this area. If you do not have gutters, then maybe you could funnel the rainwater to this area.

To plant your rain garden, check the soil first to see how long it holds water. It should not hold water but for a couple of days. If the soil is not a well-draining soil, you can amend it to be more porous. A good mix of sand (50%), topsoil (20-30%), and compost (20-30%) is a good start. Dig the area to loosen the existing soil and mix in the above mixture to a depth of about 2 feet before planting.

Choosing the right plants are key to making a rain garden successful. They need to be tolerant of sitting in water for a couple of days and then being able to withstand the dry times.

Selecting native plants and wildflowers are good choices as they are very adaptable. Many of the native plants usually have fewer disease and insect problems. Some of the plants that can be used are – ferns, iris, swamp milkweed, asters, black-eyed Susan along with Bluestar (Amsonia), Joe Pye weed, Coneflowers, Summersweet, Daylilies, Coral Bells, and Cardinal Flower. Some of the Hardy Hibiscus and Texas Star Hibiscus will do well planted in rain gardens also.

A couple of websites you can check out for more information on building a rain garden are: <https://watersmart.tamu.edu/rain-garden/> and <http://rainwaterharvesting.tamu.edu/files/2011/05/Rain-Garden-Plant-List-11-02-09.pdf>

For your horticultural questions, please call our Hot Line at 409 882-7010 Tuesday and Thursdays from 10AM – 2PM or email your question to ocmg1990@gmail.com

Our next Master Gardener certification class will start 8-26-2021. Classes will be held at the Orange County EXPO Center each Thursday thru Dec. 9. There will be some Saturday classes and field trips. Class fee is \$150 which includes all your supplies, speaker's fees and you training/handbook. For more information check our website at <https://txmg.org/orange> or email the address above.



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

Refreshing Water!

Tommy Byers, Program Nutrition Educator



Drinking water does more than just quench your thirst — it's essential to keeping your body functioning properly and feeling healthy. Nearly all of your body's major systems depend on water to function and survive. You'd be surprised about what staying hydrated can do for your body.

Here are just a few important ways water works in your body:

- **Regulates body temperature**
- **Moistens tissues in the eyes, nose and mouth**
- **Protects body organs and tissues**
- **Carries nutrients and oxygen to cells**
- **Lubricates joints**
- **Lessens burden on kidneys and liver by flushing out waste products**
- **Helps dissolve minerals and nutrients to make them accessible to your body**

Every day, you lose water through your breath, perspiration, urine and bowel movements, which is why it's important to continue to take in water throughout the day. For your body to function at its best, you must replenish its water supply with beverages and food that contain water.

Mayo Clinic recommends this minimum daily intake of water:

- **Women — 11.5 cups**
- **Men — 15.5 cups**

By consuming the minimum recommendation of water, you're helping your body function better and improving your overall health. Read tips and a recipe if you have difficulty drinking enough water daily.

For more information about ways to consume more water and find out if you're getting enough for your body's needs, talk to your health care provider.

Water and Your Heart Health: Drinking water is very good for your heart. Your heart is working continually to pump 2,000 gallons of blood throughout your body a day. By drinking water and keeping hydrated, you are helping your heart do its job. Your heart is able to pump blood more easily when hydrated (consuming more water than you are losing) and allows the rest of the muscles in your body to work much better.

FUN FACT: IF YOU ARE THIRSTY, YOU ARE ALREADY DEHYDRATED.

Water and Weight Loss: Water naturally has zero calories, therefore, substituting water for soda or juice can reduce your caloric intake. Switching out one 20 oz. sugary beverage for water reduces your caloric intake by 240 calories.

There are no recommended standards for how much plain water one should drink daily because intake varies based on age, sex, weight, and many other factors. It is recommended for an adult male over the age of 19 to consume 3.7 liters of water per day. An adult non-lactating female over the age of 19 is recommended to consume 2.7 liters of water per day. Females that are pregnant or lactating are recommended to consume 3-3.8 liters of water per day. These values include the water you get from food and other (non-water) beverages throughout your day.

Hydration: Drinking water keeps you from becoming dehydrated, a condition that can cause confusion, mood change, overheating, constipation, and other symptoms. The CDC (Center for Disease Control) recommends, to decrease your risk of becoming dehydrated, that you have a drink with every meal, and drink whenever you are thirsty. An

easy way to determine if you have had enough water is to check your urine. If it's a darker yellow, you need more water. If it's a pale yellow or clear you're doing great.

Dehydration happens when your body doesn't have as much water as it needs. Without enough, your body can't function properly. You can have mild, moderate, or severe dehydration depending on how much fluid is missing from your body.

Causes

It's normal to lose water from your body every day by sweating, breathing, peeing, and pooping, and through tears and saliva (spit). Usually you replace the lost liquid by drinking fluids and eating foods that contain water. If you lose too much water or don't drink and eat enough, you can get dehydrated.

You can lose more water than usual with:

A fever
Diarrhea
Vomiting
Excessive sweating
Peeing a lot (Diabetes and some medications like water pills -- also called diuretics -- can make you pee more often.)

You may not replace the water you lose because:

You're busy and forget to drink enough.
You don't realize you're thirsty.
You don't feel like drinking because you have a sore throat or mouth sores, or you're sick to your stomach.
Symptoms

Signs of mild or moderate dehydration include:

- Thirst
- Dry or sticky mouth
- Not peeing very much
- Dark yellow pee
- Dry, cool skin
- Headache
- Muscle cramps

Signs of severe dehydration include:

- Not peeing or having very dark yellow pee
- Very dry skin
- Feeling dizzy
- Rapid heartbeat
- Rapid breathing
- Sunken eyes
- Sleepiness, lack of energy, confusion or irritability
- Fainting

Symptoms for babies and young children can be different than for adults:

- Dry mouth and tongue
- No tears when crying
- Dry diapers for 3 hours
- Sunken eyes, cheeks, soft spot on the top of the skull
- Sleepiness, lack of energy, or irritability

Severe dehydration is a medical emergency and needs to be treated immediately.

Attracting Birds to your Backyard

By Sheri Bethard, Orange County Master Gardeners

Want to attract more birds to your backyard? Start by growing berry bushes for the birds in your landscape. Birds love to eat the berries!

There's something inspiring about seeing a flock of Cedar Waxwings in the winter suddenly settle into your American Holly tree plucking every berry within reach, gulping the fruits down one quickly before leaving as fast as they arrived. Not only are berries among the most natural and essential food sources for birds, they're also easy to grow. You don't have to be much of a gardener to grow berry bushes for birds!

Take a look at the top picks for berry bushes that attract backyard birds. From one birder to another, I hope this advice allows you to simply plant, walk away and then get your binoculars ready to enjoy the view.

American Beautyberry Bushes, *Callicarpa Americana*, Zones 5 to 9

One of the most notable characteristics of a beautyberry shrub is the purple or white berries growing in clusters very close to the stem. American beautyberries reach only 3 to 5 feet tall, which is perfect for small spaces. The fruits are attractive to many birds: mockingbirds, robins and brown thrashers.

Coralberry, *Symphoricarpos Orbiculatus*, Zones 2 to 7

In summer, enjoy coralberry's bell-shaped pinkish white blooms, are said to be particularly attractive to bees. Come fall, clusters of red berries emerge. They'll persist throughout winter until songbirds like cardinals, chickadees and robins devour them. This berry bush is compact, reaching 3 to 5 feet tall and 3 to 6 feet wide, and a fast grower. Plus, it is a good plant for shady areas.

Dogwood, *Cornus*, Zones 5 to 9

Several species are native to North America, and over 40 kinds of birds have been documented eating their berries. It is neat to watch the gray catbird, whose long tail and stubby wings are perfectly suited for flying through dense dogwood thickets. The plant is available as either a small tree or a bush.

Holly, *Ilex*, Zones 5 to 9

What's more festive than holly's bright-red berries clustered among dark-green leaves? Although the fruit can be mildly toxic and irritating to humans, birds seem to have no problem with it. Research suggests the berries lose some of their toxicity after the first frost, which is when birds tend to chow down on them. Another thing to know about these berry bushes: It's dioecious, meaning you need to have both male and female plants to ensure that fruit will be produced.

Juniper, *Juniperus*, Zones 3 to 9

Any of the juniper species can offer double benefits for birds, providing good cover and choice nesting locations as well as fruit. While they're less appealing to some other birds, they still offer valuable winter nutrients. And for the gardener, these hardy berry bushes require little maintenance.

Red Chokeberry, *Aronia Arbutifolia*, Zones 4 to 9

Growing 6 to 12 feet tall, this resilient native berry bush does well even in poor soil, tolerating wet and dry conditions. It has small white or reddish blooms in spring, glossy dark green foliage in summer and bright red berries in fall and early winter. Besides the berries, reddish brown bark boosts color within a cold-weather landscape.

Viburnum, *Viburnum*, Zones 2 to 9

With around 150 different species, this is a versatile choice for your backyard berry patch. These shrubs can do well clumped as a hedgerow. They also make a good transition species at a forest's edge. The berries are favorites of both birds and larger wildlife.

Plant any of these choices, and watch the show begin! A Northern Mockingbird will vigorously defend a berry patch to hoard the pickings, enjoying them at a leisurely pace.

Yaupon Berry Bush, *Ilex Vomitoria*, Zones 7 to 10

This evergreen berry bush forms a dense thicket ideal for a screen, hedge, windbreak and barrier. It can be espaliered or trained as a small tree or topiary. The red berries brighten the winter landscape and provide food for birds. Female plants need a male pollinator in order to produce fruit. The shrub's adaptability along with drought and disease tolerance make it a long-living native alternative to boxwood.

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



Orange County Food Safety

Food safety tips for students heading back to college this fall.

For most people, the college experience isn't remembered for its balanced diet and safe eating practices. College students have huge demands on their time, from studying to social events, and this means they often eat what they can find, when they can find it. However, this can lead to certain risks that should be avoided. Here are some answers to common food safety questions from students and their parents from the United States Department of Agriculture Food Safety and Inspection Service:

Q: Several slices of pizza have been left out overnight. Is the pizza still safe to eat?

A: No. Perishable food should never be left out of refrigeration for more than two hours. This is true even if there are no meat products on the pizza. Foodborne bacteria that may be present on these foods grow fastest at temperatures between 40 degrees F and 140 degrees F and can double in number every 20 minutes. Other takeout or delivered foods such as chicken, hamburgers, cut fruit, salads and party platters, must also be kept at a safe temperature. The rule is to "keep hot food hot and cold food cold." To keep hot foods safe, keep them at 140 degrees F or above. Cold food must be kept at 40 degrees F or below in the refrigerator or freezer. Bacteria grow rapidly between 40 degrees F and 140 degrees F. Discard all perishable food left at room temperature longer than 2 hours; 1 hour in air temperatures above 90 degrees F. Use safely refrigerated food in 3 to 4 days; frozen leftovers, 1 to 2 months.

Q: I am living off-campus this year. My two roommates and I will be preparing our own meals. What do we need to know to cook food safely?

A: When using frozen meats, thaw them in the refrigerator — not on the counter. Don't allow raw meat

or poultry juices to drip on other foods. Wash your hands before and after preparing foods. Always use clean paper towels. Wash used cutting boards and utensils in hot, soapy water. Use a food thermometer to check internal temperatures. Cook hamburger and other ground meats (veal, lamb, and pork) to an internal temperature of 160 degrees F and ground poultry to 165 degrees F. Beef, veal and lamb steaks and roasts may be cooked to 145 degrees F for medium-rare. Whole poultry should be cooked to 180 degrees F as measured in the thigh; breast meat to 170 degrees F. All cuts of pork should reach 160 degrees F. Foods from the microwave should be steaming hot and checked with a food thermometer. Finally, if you feel food has not been handled safely, throw it out.

Q: I don't have a car on campus so I have to take the bus to get my groceries. Will the food be safe by the time I get it to my apartment?

A: Whether you use public transportation or have your own car, it's important that perishable purchases are refrigerated within 2 hours (1 hour when the temperature is above 90 degrees F). First, when buying food, avoid cross-contamination by placing raw meat, poultry, and seafood in plastic bags and keep them separate from other foods in your grocery shopping cart. Make cold foods the last items you place in your cart. After your purchases are bagged, go home immediately. If you can't get home within the recommended times, you may want to take a cooler with frozen gel packs to keep perishable food safe in transit. If there are perishable raw meats you don't plan on using soon, freeze any ground meats, poultry or fish within 2 days; beef, pork, veal or lamb steaks, roasts or chops within 3 to 5 days.

Q: Our dorm has a kitchen with a microwave on each floor. When I microwave the food according to the package's instructions, it's still partly frozen. Why doesn't it get hot enough?

A: In a large building like a dorm, electrical equipment such as computers, toaster ovens, hairdryers and irons compete for current and reduce the electrical wattage of a microwave. A community oven that has been used just before you, will cook slower than a cold oven. To compensate, set the microwave for the maximum time given in the instructions. Avoid using an extension cord with the microwave because power is reduced as it flows down the cord. Also, the cord might not be grounded. Cover foods during cooking. Remember to stir or rearrange food and rotate the dish. Allow for standing time: the food continues to cook during this period. Finally, use a food thermometer to ensure the food reaches the safe internal temperature of 165 degrees F. If the food has not reached that temperature or is not steaming hot, add more cooking time.

Q: What containers are safe for microwaving foods?

A: Plastic cold-storage containers such as margarine tubs, takeout containers, whipped topping bowls and other one-time use containers should not be used in microwave ovens. These containers can warp or melt, possibly causing harmful chemicals to migrate into the food. Microwave plastic wraps, wax paper, cooking bags, parchment paper, and white microwave-safe paper towels should be safe to use. Do not let plastic wrap touch foods during microwaving. Never use thin plastic storage bags, brown paper or plastic grocery bags, newspapers, or aluminum foil in the microwave oven.

Q: How do you thaw frozen foods in the microwave safely?

A: Remove food from packaging before defrosting. Do not use foam trays and plastic wraps because they are not heat stable at high temperatures. Melting or warping may cause harmful chemicals to migrate into food. Cook meat, poultry, egg casseroles, and fish immediately after defrosting because some areas of the frozen food may begin to cook during the defrosting time. Do not hold partially cooked food to cook later.

Q: Several of us are planning a tailgate party at the stadium. How can we handle the foods safely?

A: Keeping food safe from home, a store or restaurant to the stadium helps prevent foodborne illness. If bringing hot takeout food, eat it within 2 hours of purchase. To keep food like soup, chili and stew hot, use an insulated container. Fill the container with boiling water, let it stand for a few minutes, empty, and then put in the piping hot food. Keep the insulated container closed and the food should stay at a safe 140 degrees F or above for several hours.

Or, plan ahead and chill the food in your refrigerator before packing for your tailgate. Carry cold perishable food like raw hamburger patties, sausages, and chicken in an insulated cooler packed with several inches of ice, frozen gel packs, or containers of frozen water. Perishable cooked food such as luncheon meat, cooked meat, chicken, and potato or pasta salads must be kept refrigerator cold, too. Tuck an appliance thermometer into the cooler to make sure the food stays at 40 degrees F or below.

When packing the cooler for an outing, be sure raw meat and poultry are wrapped securely to prevent their juices from cross-contaminating ready-to-eat food. In addition to a grill and fuel for cooking food, pack a food thermometer to be sure the meat,

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Orange County Environmental Health
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Orange County

Orange County Food Safety

Continued...Food safety tips for students heading back to college this fall.

poultry, and casseroles reach a high enough temperature to destroy harmful bacteria that may be present (see temperatures above). Include lots of clean utensils, not only for eating but also for serving the safely cooked food. Bring water for cleaning if none will be available at the site. Pack clean, wet, disposable cloths or moist towelettes and paper towels for cleaning hands and surfaces.

Q: How long will food stay safe at a tailgate party?

A: It's important to keep hot food hot and cold food cold. Bacteria multiply rapidly between 40 degrees F and 140 degrees F. Never leave food in this "Danger Zone" more than 2 hours, 1 hour when the outside temperature is above 90 degrees F. Cook meat and poultry completely. Partial cooking of food ahead of time allows bacteria to multiply to the point that subsequent cooking cannot destroy them. Meat and poultry cooked on a grill often browns very fast on the outside, so use a food thermometer to be sure they are cooked thoroughly all the way through. Cook hamburgers, sausage and other ground meats (veal, lamb and pork) to an internal temperature of 160 degrees F and ground poultry to 165 degrees F. Beef, veal and lamb steaks and roasts may be cooked to 145 degrees F for medium-rare. Poultry breast meat should be cooked to 170 degrees F and dark meat to 180 degrees F. All cuts of fresh pork should reach 160 degrees F; fully cooked ham, 140 degrees F.

Q: Are leftovers from a tailgate party safe to eat later?

A: Some people have so much fun at tailgate gatherings, they never actually make it into the stadium to see the football game. But that doesn't mean it's safe for the food to stay unrefrigerated before, during and after the game. Store perishable food in the cooler except for brief times when serving. Cook only the amount of food that will be eaten

to avoid the challenge of keeping leftovers at a safe, high temperature. Discard any leftovers that are not ice cold after the game. Food should not be left out of the cooler or off the grill more than 2 hours or 1 hour when the outside temperature is above 90 degrees F. Holding food at unsafe temperatures is a prime cause of foodborne illness.

Q: I don't have time to go to the dining hall for lunch. How can I safely pack a lunch to eat between classes?

A: Insulated, soft-sided lunch boxes or bags are best for keeping perishable food cold, but metal or plastic lunch boxes and paper bags can also be used. If using paper lunch bags, create layers by double bagging to help insulate the food. An ice source, such as a small frozen gel pack or frozen juice box, or frozen bottle of water should be packed with perishable food in any type of lunch bag or box. Of course, if there's a refrigerator available, store perishable items there upon arrival. It's important to keep perishable food cold. Harmful bacteria multiply rapidly in the "Danger Zone" — the temperatures between 40 degrees F and 140 degrees F. So, perishable food transported without an ice source won't stay safe long. Prepackaged combos that contain luncheon meats along with crackers, cheese, and condiments must also be kept cold. This includes luncheon meats and smoked ham that are cured or contain preservatives.

Q: My math club is having a pot-luck dinner. What's important to remember for food safety?

A: When you serve food, use clean containers and utensils to store and serve food. Do not use a plate or utensils previously used with raw meat, poultry, or seafood unless they have first been washed in hot, soapy water. When a dish is empty or nearly empty, replace it with a fresh container of food, removing the previous container. Place cold food in containers on ice. Hold cold

foods at or below 40 degrees F. Food that will be portioned and served on the serving line should be placed in a shallow container. Place this container inside a deep pan filled partially with ice to keep food cold.

Food like chicken salad and desserts in individual serving dishes can also be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently. Keep hot food hot by using a heat source. Once food is thoroughly heated on stovetop, oven or in microwave oven, place it in chafing dishes, preheated steam tables, warming trays and/or slow cookers. Check the temperature frequently to be sure food stays at or above 140 degrees F.

Q: My buddies and I are going on a camping trip over the weekend. How can we take food along safely?

A: If you are traveling with cold foods, take a cooler with a cold source. If you are cooking, use a hot campfire or portable stove. It is difficult to keep food hot without a heat source when traveling, so it's best to cook foods before leaving home, refrigerate or freeze the food overnight, and transport it cold. If you don't want to lug a cooler or portable stove, consider taking shelf-stable food. Advances in food technology have produced relatively lightweight staples that don't need refrigeration or careful packaging. These include dehydrated foods; beef jerky and other dried meats; dried noodles and soups; peanut butter in plastic jars; canned ham, chicken, beef and tuna; juice boxes; dried fruits and nuts; and powdered milk and fruit drinks. Don't drink water from a lake or stream, no matter how clean it appears. Take bottled or tap water for drinking.

Food safety tips for parents:

Q: I frequently send "care packages" to my son at college. What other foods besides cookies,

crackers and candy can I mail?

A: College students away from home always love receiving their favorite home-baked goods: Brownies and loaf-type cakes, like banana bread, carrot, applesauce or sour cream cakes, ship well if wrapped in aluminum foil and packed in a can or heavy cardboard box. Shelf-stable, microwavable entrees are another option. These foods are not refrigerated or frozen and will stay fresh without refrigeration for about 18 months. Canned meats and fish as well as dried meat and poultry, such as beef and turkey jerky, are safe to mail. Bacteria can't grow in foods preserved by removing moisture. If mailing perishable foods, pack them with a cold source, such as frozen gel packs or dry ice, and ship them by overnight delivery. Perishables must not be at temperatures between 40 degrees F and 140 degrees F for longer than 2 hours (1 hour when the temperature is above 90 °F). Pathogenic bacteria can grow rapidly at these temperatures but they do not generally affect the taste, smell or appearance of a food. So if food has been mishandled or is unsafe to eat, the student will not be able to tell it's dangerous.

Q: My daughter's college is only a four-hour drive away, so she comes home often. How can I safely pack home-cooked foods for her to take back to school?

A: For a four-hour drive, food must be handled properly to keep it safe from spoilage and pathogenic bacteria. Cooked foods should be divided into shallow containers and cooled in the refrigerator before the trip. To transport the food, place it in an insulated cooler packed with several inches of ice, frozen gel packs or containers of frozen water. Add the cold containers of food from the refrigerator when she's ready to leave. Freezing foods before the return trip also helps keep food safe. Advise your daughter to refrigerate the food as soon as she arrives at college.



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foodsafety.gov

How (and How Often) to Clean Bird Feeders

Adapted from Birds & Blooms by Lori Vanover

Follow these tips for maintaining seed and suet feeders to keep your backyard birds healthy in every season.

A clean bird feeder is essential, and it's definitely something to keep in mind when you're buying or building a new one. In addition to how attractive the feeder looks, how sturdy it feels, and how much seed it holds, consider how to it.

When birds eating at feeders come in close proximity, the spread of bird disease is more likely. Summer heat and rains can cause seed and suet to spoil or mold much quicker, especially if your feeders are in the sun. Accumulated bird droppings also create an unhealthy environment.

How to Clean Bird Feeders

It's important to keep feeders and the surrounding area clean to avoid spreading illness. Clean your seed and suet feeders thoroughly every few weeks (and even more often in hot and humid weather). Remove and discard any leftover seed. Spray and wipe feeders with a 10 percent bleach solution (one part bleach to nine parts water) and a stiff brush. Rinse well with clean water. Allow feeders to dry completely before filling and putting them back up.

Each time you clean your feeders is the perfect time to assess the condition of feeders that have been outside all winter. Check for cracks, broken perches or damaged baffles. Repair or replace them if necessary. Once or twice a season, take them down and give them a full wash with hot water and soap. Or run them through the dishwasher. Many birds feed on the ground, so be sure to sweep up the husks and dropped seeds under and around feeders.



The Best Fall Flowers (That Aren't Mums)

Adapted from Birds & Blooms by Melinda Myers



Plan on adding some of these blooming plants to your garden to get more flowers and color in the fall.

Q: "Besides mums, what should I plant to get more flowers and color in autumn?"

A: Mums definitely signal the end of the growing season, but native asters, turtleheads and goldenrods are also excellent options. Try sunny Ohio goldenrod or the cultivar Fireworks. They provide nectar for pollinators preparing for winter or migrating to their southern homes.

Asters are a late-blooming, bee and butterfly friendly flower that looks gorgeous in the garden and in a fall floral display. They are some of the best flowers that attract bees. Other fall blooming perennial lovers for pollinators are Bee Balm, Balloon Flower, Rudbeckia/Black-Eyed Susan, Blanket Flower/Gaillardia, Cardinal Flower, Celosia, Liatris, Gomphrena, and Sedum/Stonecrop. In addition, these annual fall flowers will also attract pollinators: Amaranthus, Borage, Cosmos, Calendula, Marigolds, and Mexican Sunflowers,

One favorite native plants is the toad lily. The flowers may remind you of miniature orchids and appear along or at the tip of the plant's stem. Native and noninvasive ornamental grasses also provide texture year-round, and many flower in fall, producing attractive seed heads that last through winter.

When landscaping, don't forget about shrubs for autumn beauty. Some of the best fall shrubs for your garden are Holly, Beautyberry, Hydrangea, Sweetspire, and Common Witch-hazel.

For more horticultural information please check out our website <https://txmg.org/orange> or our Facebook page Orange County Texas Master Gardeners. For your horticultural and gardening questions please call our Hot Line (409) 882-7010 Tuesday and Thursdays, 10AM – 2PM or email ocmg1990@gmail.com

Youth Club Member Participation Fee

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

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

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

Dusty Trails 4-H & Clover Kids Club

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

Adult Volunteer Application Fee
\$10**County 4-H Council**

All enrolled 4-H youth are welcome to be a part of County Council
 1st Monday 6 pm
 4-H Office

Mighty Pirates 4-H

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

Adult Leaders Association (ALA)

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

OC 4-H Judging Club

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

Clay Busters Shotgun Sports

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

Projects outside of clubs**Equine**

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

Food & Nutrition

3rd Tuesday
 6pm
 4-H Office

Robotics

4th Monday
 4-H Office

NEW TIMES

Youth 5-8
 6 pm-7 pm
 Youth 9-18
 6 pm to 8 pm
 Leader
 Cindy Childress

Fashion & Interior Design

4th Tuesday 6pm
 4-H Office

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

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

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

Healthy Lettuce Shrimp Avocado Salad

The salad

- * 1 lb. shrimp, peeled and deveined
- * 1 tablespoon extra-virgin olive oil
- * 1 teaspoon garlic powder
- * 1/2 teaspoon ground cumin
- * 1/2 teaspoon paprika
- * 2 cups shredded lettuce
- * 1 avocado, thinly sliced
- * 1/2 yellow onion, finely chopped
- * 1 small red bell pepper, diced
- * 1 green onion, sliced
- * Fresh chopped cilantro

The Old Bay dressing

- * 1/3 cup mayonnaise or Greek yogurt
- * 1 1/2 teaspoon Sriracha
- * 3/4 teaspoon fresh lime juice
- * 1 teaspoon low sodium Old Bay seasoning, plus more for serving
- * Kosher salt (optional)

1. Make the dressing: Whisk together mayo, Sriracha, lime juice, Old Bay, and 1 teaspoon water. Season with salt, if desired.
2. In a large bowl or shallow plate, seasoning shrimp with paprika, cumin, and garlic powder. Stir until well combined.
3. Heat 1 tablespoon olive oil in a large skillet over medium heat and cook seasoned shrimp on both sides, stirring occasionally, until opaque and cooked through, about 4 minutes. Season with salt and pepper. Remove to a plate and set aside.
4. Assemble the salad: Add lettuce, bell pepper, onion, green onion, avocado, cilantro and shrimp to a salad bowl. Drizzle with the dressing and toss to combine. Serve immediately with more of the dressing and a sprinkle of old bay seasoning, if you like. Enjoy!



Eatwell101.com

Blueberry Slab Pie

Crust

- ◇ 2 1/2 cups Flour, all-purpose
- ◇ 3/4 teaspoons Salt
- ◇ 3/4 cup Butter Flavor Shortening
- ◇ 8-10 tablespoons Cold Water

Filling

- ◇ 6 cups Blueberries, fresh or frozen
- ◇ 1 teaspoon lemon juice
- ◇ 1 cup sugar
- ◇ 1/4 cup flour
- ◇ 1/2 teaspoon cinnamon

Crumb Topping

- ◇ 1 cup Oats, Quick Cooking
- ◇ 1 cup Brown Sugar, packed
- ◇ 1/2 cup flour, all-purpose
- ◇ 1/2 cup Butter, softened
- ◇ 1/2 cup Pecans, Chopped

Instructions

1. In the Food Processor or large bowl, combine flour and salt.

2. Mix in shortening until small pea size pieces of dough are formed
3. Add cold water, 1 tablespoon at a time until dough forms a ball
4. Roll dough on lightly floured working surface to 9x13 inches
5. Preheat oven to 375 degrees.
6. Add foil to rimmed cookie sheet, roll dough onto rolling pin and transfer onto pan.
7. Trim pastry if needed and use a fork to crimp the edges.
8. Place washed blueberries in a large bowl and add lemon juice, toss to coat.
9. In a small bowl, combine sugar, flour and cinnamon. Add to blueberries and toss to coat.
10. Spread evenly on top of crust.
11. In a medium bowl, combine oats, brown sugar and flour.
12. Add butter and mix until coarse crumbs form.
13. Stir in pecans. Sprinkle on top of blueberries.
14. Bake for about 30 minutes or until bubbly.
15. Serve warm or cold.

hoosierhomemade.com

Are Blue Orchids Real? The Ultimate Truth

Copied from <https://www.ohiotropics.com>

Phalaenopsis (or moth orchids) come in a variety of gorgeous colors. But have you ever seen blue orchids at florists or orchid shows? Are blue orchids even real? Learn the plain truth and everything you need to know!

While certainly striking, blue Phalaenopsis orchids have a bit of, let's say, human intervention to create this color. Blue moth orchids do not exist in nature!

ARE BLUE ORCHIDS REAL?

The answer is no and yes (at least for Phalaenopsis orchids)! The plants are real of course, but the blue color is not naturally occurring. Blue Phalaenopsis orchids are actually skillfully dyed by growers which utilize a patented process.

We have all seen these plants both at big box stores.

The fact is that true blue flowers are actually pretty rare in nature in orchids.

The issue becomes even more confusing because in many cases people claim that there are true blue orchids (namely Vandas), but they're more purple than anything. There are even many posts online where photos are posted of "blue orchids" and they are clearly purple.



David Lee, who wrote the book [Nature's Palette: The Science of Plant Color](#), states that "Less than 10 percent of the 280,000 species of flowering plants produce blue flowers."

HOW ARE ORCHIDS DYED BLUE?

Different growers use slightly different methods to create blue Phalaenopsis orchids.

The "Just Add Ice" grower uses a patented process to create blue orchids in their Watercolor Orchids line. (They even use dye to create green, orange, and hot pink flowers.)

To create blue orchids, a blue dye is injected into a small hole which is made in the orchid stem. The hole that is created is then covered with wax.

After about 24 hours, the dye works its magic and begins to change the color of the flowers.

WHEN MY ORCHID REBLOOMS, WILL IT BE BLUE?

Unfortunately, no. The plant will "revert" to whatever color the flowers were before being dyed. In many cases, white orchids are used.

So, when your orchid reblooms for you, the new blooms will not be blue and will likely be white. This is important to understand so you're not disappointed!

For more horticultural questions, please call our Hot Line at 409 882-7010 Tuesday and Thursdays from 10AM - 2PM or you can email ocmg1990@gmail.com your question.

Chocolate Banana Ice Cream 4 1/3 cup servings

- 4 medium bananas
- 1 cup spinach, chopped
- 1/4 cup unsweetened cocoa powder
- 1 1/2 tablespoons sugar



1. Peel and slice the bananas into chunks, place them in a sealable container and freeze them for at least 2 hours.
2. In a food processor or high power blender, place the frozen bananas, spinach, cocoa powder, and sugar. Process until very smooth - between 3-5 minutes.
3. Place the processed "ice cream" in a loaf pan or similar container. Cover and freeze for at least 3-4 hours.
4. Serve the chocolate banana ice cream and enjoy! Top with family favorites such as chocolate chips, chopped pecans or coconut flakes.

AgriLife Orange County 2021 Calendar

SEPTEMBER

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

OCTOBER

- * 5th, 7th, 12th, 14th & 18th Do Well, Be Well with Diabetes
- * 8th Youth County Fair Project Contest
- * 8th & 9th Orange County Livestock Show
- * 19th 52nd Annual Senior Citizen Rally Day
- * 21st Watershed Program

NOVEMBER

- * 4th Food Handlers Certification
- * 9th & 10th Certified Food Managers Certification
- * 20th Wreath Making
- * 25th & 26th Thanksgiving Holiday Ofc Closed

DECEMBER

- 4th Pressure Canning Meat
- 23rd, 24th & 27th Christmas Holidays Ofc Closed