

Orange County AgriLife Newsletter December 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 Closed
Thursday Dec. 23rd
Friday Dec. 24th
Monday Dec. 27th



County Judge
John Gothia

jgothia@co.orange.tx.us

Commissioner Precinct 1

Johnny Trahan

jtrahan@co.orange.tx.us

Commissioner Precinct 2

Theresa Beauchamp

tbeauchamp@co.orange.tx.us

Commissioner Precinct 3

Kirk Roccaforte

kroccaforte@co.orange.tx.us

Commissioner Precinct 4

Robert Viator

rviator@co.orange.tx.us



HAPPY NEW YEAR!!!

Office Closed
Friday, Dec. 31st



Scan and go directly to
AgriLife website or click
link below
orange.agrilife.org



Texas A&M
AgriLife Extension
Orange County

4-H Christmas Party

Thursday
December 2, 2021
6:30 pm to 8:30 pm
Orange County
Convention &
Expo Center

Bring your best
Pot Luck Dish!

Games & Lots
of Fun

Merry Christmas

Questions Call the
AgriLife Office at
409-882-7010

TEXAS A&M
AGRI LIFE
EXTENSION

—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.

Meat Canning Class

Tired of freezing meat, poultry and game?
Then join us for a hands-on

**December 4, 2021
10:00 AM**

Texas A&M AgriLife Extension Office
\$25 per person due by Nov. 24th

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

**Class Participation Limited to 15.
If you would like to attend call
409-882-7010**

Class taught by
Fallon Foster
Family & Community Health Agent

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We Have the Best & Freshest Pecans Available for Sale at the AgriLife Office



Orange County 4-H has been selling the Durham-Ellis Pecans for over 40 years as their primary fundraiser each year. The proceeds from the fundraisers allows us to send our youth to leadership training, educational opportunities, supplies for projects, scholarships, provide fun events for our youth, assist with 4-H enrollment scholarships along with much more!

As we always say about Orange County 4-H "No child will be left behind or left out"

Call or come on in and check out our selection of goodies. We have the following available:




- Plain Pecans
 - Pieces & Halves
- Frosted Flavor Pecans
 - Cinnamon, Amaretto and Praline
- Covered Pecans
 - Chocolate, Sugar-Free Chocolate & White Chocolate
- Peanuts
 - Chocolate Covered, Honey Roasted, and Hot & Spicy
- Pistachios, Cashews, Almonds, Walnuts
- Specialty Nuts Mixes
 - Deluxe, Hunters, Fiesta, Cran-Slam, California, Trash, Mountain
- 1 lb. Pecan Sampler Gift Box - 4 flavors individual packaged
 - Chocolate & White Chocolate, Covered, Praline and Amaretto
- Pecan Sampler Gift Box - 6 flavors individual packaged
 - Chocolate & White Chocolate Covered, Praline, Amaretto, Cinnamon and Pina Colada

Be Well, Live Well

Beginning Wednesday, December 1st, 2021
Dec. 8th, 15th, 22nd, 29th
9 AM—10 AM
Texas A&M AgriLife Extension
11475-A FM 1442
Orange, TX 77630



Calling all senior citizens. Come join us for a five week series and learn how to stay independent, how to read nutrition labels, be creative with meal planning, and much more.



This is a **free** program offered by Better Living for Texans, in partnership with Orange County Health Services. **Incentive items** will be given out at the conclusion of all programs.

For more information or to RSVP
Contact Tommy Byers, BLT Nutrition Educator
409-882-7010

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

Walk & Talk

FREE! Incentive Items AT EACH CLASS!

8 week challenge— Beginning Tuesday Nov. 30, 2021
Dec. 7th, 14th, 21st, 28th
Jan. 4th, 11th, 18th
1:30 PM—2:30 PM
Register & Sign In 1:15 PM
Meet us at the Raymond Gould Community Center Gazebo
385 Claiborne St. Vidor, Texas 77662

Come Walk & Talk with us...
Friendly competition, Improve your health, Establish the habit of regular physical activity, Increase fruit and vegetable intake, keep track of your weekly progress, free gifts.

For additional information contact:
Tommy Byers, Better Living for Texans Program Associate
Nutrition Educator
409-882-7010.

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Come Celebrate a Fresh Start to a Healthier You!

Thursday January 6, 13, 20, 27, 2022
Time: 2 PM— 3 PM
Raymond Gould Community Center
385 Claiborne St, Vidor, TX 77662

This event is free to anyone 18 years and up!
Recipe Samples, hands on activities, and incentive items will be given out at the end of all four sessions.




For questions or to R.S.V.P
Contact: Tommy Byers BLT Nutrition Educator
At 409-828-7010

New Recipes

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

Are the following sentences truth or myth?

After opening canned foods, it is safe to refrigerate the unused food in the can.

A: Yes! Unused portions of canned food may be refrigerated in the can, but to preserve optimum quality and flavor, place unused portion in a glass or plastic storage container.

Hot food will spoil if refrigerated before cooling to room temperature.

A: Never leave perishable foods out of refrigeration for more than 2 hours. If the food is exposed to temperatures above 90 Degrees F (like a hot car or summer picnic), refrigerate within 1 hour.

Source: USDA Food Safety & Inspection Service



Debugging Plants: *Before Transitioning Them Indoors for Winter*

Edited by John Green. Originally Published
by Alexandra Jones



When warm weather comes around, it's a great idea to bring your sun-loving houseplants outside to your yard, deck, or balcony to catch some extra rays. Once temperatures cool and days shorten, however, you'll want to bring your plants inside. But this process isn't as simple as carrying your plants back indoors. You'll need to help them adjust to the lower-light indoor environment and make sure they're not bringing any pests, diseases, dead growth, or unwanted dirt in with them.

Here's how to get your plants bug-free and ready to come inside for the winter, including some tips from plant expert and lifestyle blogger Ren Lenhof.

When to Debug Plants to Bring Indoors

Since our region experiences temperatures below 50 degrees winter, you'll need to bring potted plants inside. Tropical plants can be damaged at temperatures as low as 45 or 50 degrees, and many succulents can't survive below 40 degrees.

Before bringing plants back inside for the winter, clear space for them on windowsills and counters. If you have hanging baskets, add ceiling hooks or plant hangers as needed. It's also a good idea to clean your windows so that you can maximize the light filtering through.

Start acclimating your plants to the lower-light conditions of your home before temperatures require you to bring them indoors. Begin moving them a little closer to your house each day, in spots with bright, indirect light rather than full sun.

Tools and Supplies You Will Need Before you begin, gather the following materials:

- Gardening gloves
- Fresh potting soil
- Pruning shears
- Rubbing alcohol
- Cotton swabs or balls
- Mild soap like Dawn
- Large bucket or tub
- Scrub brush
- Small strainer with handle

Before Getting Started

When you're finally ready to bring your plants inside, plan to spend an afternoon (or a day, depending on how many plants you have) getting them ready. Identify any plants that need to be repotted. Use clean, sharp pruning shears to cut back any dead or damaged growth or if it has become overgrown during the summer.

"For your larger plants— such as palms or Ficus, you can clip away any dead or dying branches and leaves, pull out any dead fallen leaves and branches from inside the planter," Lenhof says.

Quick Tip: Take care to sanitize the shears by wiping the blades down with a cloth or cotton ball soaked in rubbing alcohol between plants.

Step 1: Remove Insects from Soil

Before debugging the aerial portion of your plant, push out any insects that may have burrowed into the soil. Take note that this meth-

od only works with plant containers that have drainage holes.

Step 2: Soak Your Plants in Water

Fill a tub or bucket large enough to submerge your plant's container with tepid water. Soak the container in the water for around 15 minutes to push any pests out of the soil. Remove the pot from the bucket and allow it to drain for an hour.

Step 3: Inspect Each Plant

While the soil drains, inspect the leaves and stems of each plant for insects like scale, aphids, spider mites, or mealybugs. Aphids, which are tiny, light-green bugs, can be washed off with a mix of mild liquid soap and water; the soap will kill the aphids on contact.

Step 4: Check for Spider Mites

Tiny spider mites often form webs on the undersides of leaves but are so small they may be difficult to see. Spray leaves with a hose to remove spider mites, then treat the plant with insecticidal soap to remove any remaining mites. Severely infested plants should be discarded.

Quick tip: Avoid composting infested plants or plant material - always bag the plant material and put it in the trash to avoid spreading pests.

Step 5: Clean Your Pots

Once plants are debugged, clean your pots with a brush and soapy water. Rinse the containers off and let them dry outdoors, then bring them inside. To start, keep them in the sunniest window in your home before gradually moving them to their usual indoor spot over the next few weeks to help them acclimate to the lower light conditions indoors.

Step 6: Continue Care as Usual

Keep an eye on soil moisture and monitor the leaves and stems for signs of pests. If pests return, treat as described above to remove them.

If you have gardening questions, please contact
Orange County Master Gardeners:
Website: <https://txmg.org/orange>
Facebook: Orange County Texas Master Gardeners
Association
Orange County Master Gardener Helpline:
(409) 882-7010
Email: extension@co.orange.tx.us

Field of Plenty "The Giving Garden"

4-H Members & Families Digging Sweet Potatoes



Traveling with Children for the Holidays? Avoid the 5 Most Common Car Seat Mistakes!

Christmas is just around the corner. With the pandemic slowing down, families will be traveling by car and airplane to visit with relatives and friends. Sadly, the risk of being in a crash is even higher this year than last with vehicle fatalities in the first six months of 2021 up more than 18% from the same time period in 2020. This is a good time to stop and think about having your child in the proper car seat before planning your trip. Although parents always want to protect their children, studies show that nationally, 2 out of 3 car seats are not used correctly. For a car seat to best protect your child, it must be the right seat for your child's age, weight, height and developmental stage, and must fit properly in your vehicle while being installed correctly and securely.

Children are at greater risk than adults in a vehicle crash. In fact, motor vehicle crashes are one of the leading causes of death for children 13 and under. Safety belts and car seats are the single most effective tool in reducing these deaths and injuries. Unfortunately, in 2020 alone, less than 39% of the children killed in vehicle crashes in Texas were known to be restrained.

That's why the Texas A&M AgriLife Extension Passenger Safety Project and Orange County Extension Agent, Fallon Foster, is urging all parents and caregivers to

avoid the 5 most common car seat mistakes and secure children properly in age- and size-appropriate child safety seats in the back seat of your vehicle — which is the most effective thing you can do to protect them in the event of a crash. Child safety seats reduce the risk of fatal injury by 71 percent for infants and by 54 percent for toddlers. Get a free inspection by a certified Child Passenger Safety Technician to make sure you are using the child safety seat correctly. To

locate a technician in Texas, visit: <http://buckleup.tamu.edu>. Technicians can provide hands-on advice and instruction.

If you are traveling by plane, it is always safest to purchase a separate seat for your child and bring an FAA-approved car seat. Most car seats, except for booster seats, are approved for use on an airplane. Turbulence is the greatest danger for a child on an airplane trip, and a properly installed car seat can protect your child from injuries due to being thrown around in the plane. Traveling with your car seat will also ensure that you will have it ready for your use when you arrive at your destination.

Here is a list of the 5 most common mistakes that technicians see when they are inspecting car seats and how they can be avoided.

1. Selection Errors:

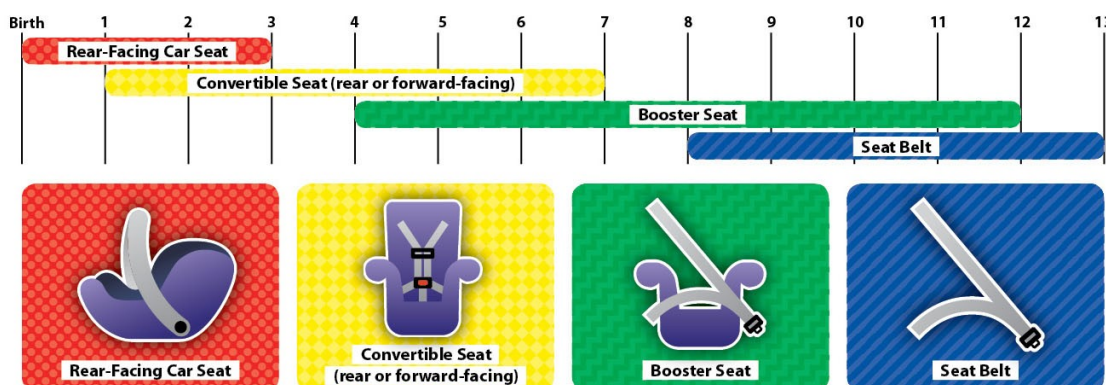
Most children leave the hospital in a rear-facing only infant seat or a rear-facing convertible seat. Children should remain rear-facing until they reach the maximum height or weight limit for the rear-facing convertible seat. Most convertible seats go to at least 40 pounds rear-facing, while there are some that go to 45- and 50-pounds rear-facing. At 40 to 50 pounds, it could accommodate an average 3-to-4-year-old.

Children should ride in a forward-facing harnessed seat until they reach the height or weight limit for the seat. The average forward-facing seat goes to at least 40 pounds in the harness, with many available that go to 50, 65, 70 or even 85 pounds.

When the limit of the forward-facing seat has been reached, caregivers can consider a booster seat if the child is at least 4 years old, 40 pounds, and mature enough to stay correctly seated and buckled for the entire trip. Booster seats should be used until the child correctly fits the seat belt. This is usually sometime between 8 and 12 years old when the lap and shoulder belt fit correctly.

Seat belts can be used when the child can sit up straight, bend their knees at the edge of the vehicle bench,

How to Choose the Right Car Seat



Traveling with Childs continued

touch the floor, and have a good fit of the lap belt over the upper thighs and the shoulder belt across the middle of the shoulder and flat against the chest.

2. Direction Errors:

Most parents are turning their child forward-facing too soon. Parents are understandably anxious to see their child forward-facing so that they can better interact with them. However, research shows that rear-facing is the safest way for a small child to travel. Rear-facing helps to align the child's head, neck and spine and spreads the crash forces over the child's body rather than concentrating them in any one area. The American Academy of Pediatrics recommends keeping a child rear-facing until they reach the maximum weight or height limit for the rear-facing convertible. Do not worry about the child's legs against the back of the seat. Their joints are flexible and they can sit comfortably that way.

3. Harnessing Errors:

Many children are riding with a loose harness system that is not at the correct position in relation to the child's shoulders. For rear-facing seats the harness should be at or below the child's shoulders, and at or above for forward-facing seats. The plastic chest clip that comes on all harnessed seats needs to go across the chest armpit to armpit to make sure that the straps are properly positioned on the child's shoulders.

Test the webbing at the child's shoulders to make sure it is snug. If you can pinch up any of the webbing, it is too loose. Proper harnessing helps to prevent movement, which in turn helps to protect the child from injuries. Do not put on bulky jackets under the harness.

4. Installation Errors:

Installing a car seat using the vehicle seat belt requires the car seat to be locked and stay locked. Vehicles made in 1996 and newer are required to have a way to lock in a car seat in every position except the driver's seat. Most vehicles have a shoulder belt retractor that — when gently pulled all the way out — will change from locking in an emergency to locking all the time for a car seat. Some car manufacturers put the locking mechanism in the latch plate instead of the shoulder belt.

Vehicles model 2003 and newer have LATCH (Lower Anchors and Tethers for Children) installed in at least two seating positions. The lower anchors and the tether take the place of the seat belt and should not be used together with the seat belt unless both the car seat and vehicle instructions allow this. Neither LATCH nor the seat belt are safer than the other. Whether installing with the seat belt or the lower anchors, the tether is important to reduce forward head movement.

Check the car seat at the belt path to make sure it is secure. It should not move more than 1 inch side-to-side or front-to-back when tugged on at the belt path.

5. Skipping a Free Inspection

It is important to read the car seat manual as well as your car owner's manual to make sure you are using the car seat correctly and installing it correctly in the vehicle. In addition, have your car seat inspected by a certified child passenger safety technician.

Watch the video – *5 Most Common Car Seat Mistakes* - <https://vimeo.com/535890960> (English) or <https://vimeo.com/456716811> (Spanish).

Remember: All child passengers under age 13 should ride securely restrained in the back seat, where they are safest — every trip, every time!

Take time before you leave to make sure that the holidays will be a safe and enjoyable time for your family. Buckle everyone up correctly on every trip!



8 Tips for Diabetes Care During the Holidays

1. Pick and choose your battles. When confronted with holiday delights, realize that you are human and proceed accordingly.
2. Pick the one item you absolutely must splurge and put a small amount of it on your plate, guilt free. But now, remember that it is on your plate and avoid the other things on that buffet table that you don't really want or need.
3. Fill your plate with healthy things (you'll always find veggies).
4. If you know ahead of time that you will be in a situation of temptation, plan your day accordingly. Eat healthy at home and consider filling up on good nutritious foods before you go out, in order to minimize cravings.
5. When going to a dinner party, there is certainly no reason why you shouldn't let your host/hostess know of any dietary restrictions you may have in advance. Most people appreciate knowing there are specific needs so that they can make their guests comfortable. It may be something as simple as setting out an artificial sweetener with the coffee.
6. Another important thing to remember is that alcohol does have calories and can interfere with medications. If you have specific questions about how much you can drink on certain medicines, don't hesitate to ask your physician or pharmacist.
7. In addition, if you are on insulin, you may want to speak with your physician about how to plan ahead for situations in which your carbohydrate intake may increase. Together, you can decide if an increase in short-acting insulin should be used in certain situations.
8. Remember if you become ill with a cough or cold over the holidays, some medicines have a lot of sugar or may react with medications you are currently taking. Ask your doctor or pharmacist what the best choices are to make sure you won't suffer serious drug reactions.

MedicineNet.com

Creole-Style Black-Eyed Peas

Serves 8

- * 3 cups water
- * 2 cups dried black-eyed peas
- * 1 teaspoon low-sodium chicken-flavored bouillon granules
- * 2 cups canned unsalted tomatoes, crushed
- * 1 large onion, finely chopped
- * 2 stalks celery, finely chopped
- * 3 teaspoons minced garlic
- * 1/2 teaspoon dry mustard
- * 1/4 teaspoon ground ginger
- * 1/4 teaspoon cayenne pepper
- * 1 bay leaf
- * 1/2 cup chopped parsley



1. In a medium saucepan over high heat, add 2 cups of water and black-eyed peas. Bring to a boil for 2 minutes then cover saucepan and remove from heat and let stand for 1 hour.
2. Drain the water, leaving the peas in the saucepan. Add the remaining 1 cup of water and the remaining ingredients.
3. Stir together and bring to a boil. Cover, reduce heat and simmer slowly for 2 hours, stirring occasionally. Add water as necessary to keep the peas covered with liquid.
4. Remove the bay leaf, pour into a serving bowl and garnish with parsley. Serve immediately.

Healthy Tip:

Most dried peas and beans, including black-eyed peas, are an excellent source of folate. One serving of this dish provides 70 percent of the daily recommended amount.

Nutrition facts per 1 cup serving: Calories 168, Carbohydrate 31 g, Dietary fiber 6 g, Sodium 50 mg, Saturated fat trace, Total fat <1 g, Trans fat 0g, Cholesterol 0 mg, Protein 11 g, Monounsaturated fat trace, Added sugars 9 g, Total sugars 6g.

Source: www.mayoclinic.org

Homemade Cranberry Pecan Sauce

Serves 10

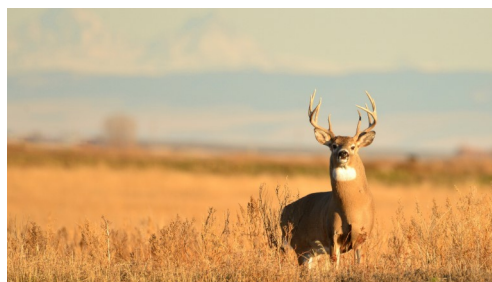
- 1 cup water
 - 1 cup artificial sucralose (for example, Splenda®)
 - 1 16-ounce bag cranberries, fresh or frozen
 - 1 cup apples, chopped
 - 1 cup pecans, chopped
 - 1/2 cup golden raisins
 - 1/2 orange, juiced
 - 1 teaspoon orange zest
 - 1/2 lemon, juiced
 - 1 teaspoon lemon zest
 - 1 teaspoon cinnamon
 - 1 teaspoon nutmeg, ground
1. Combine water and artificial sucralose in a large sauce pan and bring contents to a boil.
 2. Add cranberries and return to a rolling boil.
 3. Once boiling, lower the heat in order for the liquid to simmer. Then add the remaining ingredients.
 4. Cook for an additional 10 to 15 minutes.
 5. Remove the sauce pan from the heat and let it cool. Serve with turkey or your favorite holiday meal!

Nutrition Facts: Serving Size 1/8 cup, Calories 140, Total Fat 8g, Saturated Fat 0.5g, Trans Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 18g, Dietary Fiber 4g, Sugars 8g, Protein 2g.

dinnertonight.tamu.edu

Orange County Food Safety

Game food safety tips for hunters



It's hunting season, and just like hunters need to be well trained in gun safety to avoid accidents, hunters also need to be well trained in food safety to avoid foodborne illnesses.

Those who field dress animals, fish and birds are often unaware of the potential risks associated with foodborne pathogen contamination. As with any perishable meat, raw or undercooked game meat can contain harmful bacteria such as Salmonella and E. coli.

Contamination of meat or fish can occur through the initial wound as well as during field dressing, handling and transport.

Another huge food safety concern is cross-contamination. Even if proper technique is used while dressing or butchering, surfaces and utensils can easily become contaminated from microscopic amounts of pathogens found in wild game.

Improper handling or lack of temperature control allows pathogens the opportunity to grow, resulting in highly contaminated meat with serious health risks.

The environment and location that the hunter harvests adds another source of potential contamination.

Here are some tips from Penn State's Extension Service on how to minimize risks while field dressing wild game:

Clean hands and surfaces

- Plan to take paper towels or plastic to place down as a barrier between the ground and tools, minimizing the risk for cross-contamination during field dressing. A plastic drop cloth or new tarp serves as a great barrier.
- Carry disposable plastic gloves. Always consider protecting yourself from the possible risks of contracting a foodborne pathogen while field dressing, especially if you have any open wounds on your hand. Even a tiny opening from a hang nail is enough to allow infection from pathogens and parasites.
- Carry pre-packaged alcohol wipes to wash your hands before, during and after removing the entrails.

Temperature control

- When the outside temperature is above 41 degrees F, consider taking coolers packed with either bags or blocks of ice. Packaged dry ice is a good option.
- If you're working with small game, remove the hide as quickly as possible to allow the carcass to cool quickly when surrounded by ice.
- Large game should have the hide removed quickly after harvest if the outside temperature is above 41 degrees F.

- The worst practice is wrapping large game in plastic or a tarp to keep it clean when transporting it. Wrapping the carcass only traps the heat, leading the internal temperature of the meat to remain in the temperature danger zone. If at all possible, pack the internal cavity with ice to cool down the carcass.
- The longer you let the carcass remain at temperatures above 41 degrees F from the time of harvest till the time of processing, the greater the risk for foodborne pathogens to grow and become dangerous.

After the harvest

- The carcass should be cut within seven days after harvest if it was chilled rapidly and cold temperatures maintained. The sooner the better if warmer temperatures prevail.
- For best flavor, limit fresh venison to eight months of frozen storage and seasoned and cured venison to four months of frozen storage.

Infected animal and food safety

Chronic wasting disease

Chronic wasting disease (CWD) is a [prion disease](#) that affects deer, elk, reindeer, sika deer and moose. It has been found in some areas of North America, including Canada and the United States.

The Centers for Disease Control and Prevention advises that hunters should try to minimize the risk for exposure to the CWD and consult with their state wildlife agencies to identify areas where CWD occurs and continue to follow the advice provided by public health and wildlife agencies.

The agency also advises hunters to avoid eating meat from deer and elk that look sick or test positive for CWD.

Roadkill

Food safety issues regarding roadkill are not widely discussed in traditional food safety circles. However, the risks that exist with roadkill are similar to those from hunting wild game. Even if you see an animal hit and immediately pick it up there can be problems.

If an animal was hit, the force of being hit by a car can cause internal damage that being shot through the head or the heart — that killing with a gun or bow and arrow — wouldn't cause. This means that the chance for bacterial contamination is a bigger concern, because gut spillage from a ruptured bladder or torn intestines is very possible.

As with all food safety situations, it's always better to err on the side of safety.

State by state rules vary on the legality of taking home roadkill. But though this might sound odd, if you hit a deer, you can ask the responding officer if you can take it and they will often write a permit for you to take the deer. The deer generally will not count against a hunter's annual tag limit.

More Information

The next time you go hunting, start thinking about the safety of the meat you harvest while you prepare for your trip.

As all hunters know, it takes a lot of work, time and patience to have a successful hunt. The last thing you would want is to ruin the meat or end your hunt with foodborne illness.

foodsafetynews.com

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

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

Servers 12 cups

- 4 large russet potatoes, equal to 2 lbs.
- 3/4 teaspoon salt
- 3/4 cup sour cream
- 1 lb. ground beef, 85% lean
- 1 large yellow onion
- 3 cloves garlic, minced
- 3 tablespoons salted butter, separated
- 1/4 cup flour
- 3 cups chicken broth
- 3/4 teaspoon Worcestershire sauce
- 2 teaspoons Italian seasoning
- 1/2 teaspoon mustard powder
- 1/4 teaspoon ground sage
- 2 1/2 cups shredded cheddar cheese
- 1 1/2 cups mixed frozen vegetables
- Salt/Pepper to taste



1. **Prep Work:** Shred the cheese from a block, measure out the sour cream and half and half. Let them all sit out at room temperature.
2. **Cook the Beef:** Cook and crumble the ground beef over medium-high heat until cooked through. Drain grease. Remove the ground beef from the pot and set aside.
3. **Boil & Mashed Potatoes:** While the meat cooks, peel the potatoes and cut them into thirds. Add to a stock pot and cover the potatoes with 1 inch of water. Add the salt and boil gently for 10-15 minutes or until very fork tender. Drain, Then gently mash with 1 tablespoon of butter and sour cream. Set aside.
4. **Prepare the broth:** Melt 2 tablespoons of butter over medium

- heat. Add onions and cook until softened, about 5 minutes. Add the garlic and cook for 1 more minute.
5. Whisk in flour, use a silicone spatula to stir as the flour cooks for 1 full minute to remove the raw flour taste.
6. Add the chicken broth in splashes, stirring continuously. Use a silicone spatula to loosen and beef remnants from the bottom of the pot, this will add flavor.
7. Add the Worcestershire sauce, Italian seasoning, mustard powder, and sage. Slowly add the half and half. Bring to boil, then reduce to a simmer.
8. Stir in the potatoes until well combined into the broth. If possible, use an immersion blender to blend until creamy. You can also transfer it to a blender in batches.
9. Add the ground beef and frozen vegetables and allow them to heat through, about 5 minutes.
10. Remove from heat. Gradually sprinkle with shredded cheese and stir until combined. Make sure the base of the soup isn't too hot or the cheese won't melt creamy and smooth. The soup will continue to thicken as it sits.
11. Taste, season with salt/pepper if desired and serve!

Pro Tips:

Shred the cheese from a block so that it melts well. Bagged shredded cheese contains cellulose which prevents it from melting well.

Nutrition

Calories 368, Carbohydrates: 22g, Protein: 19g, Fat: 23g, Saturated Fat: 14g, Cholesterol: 86mg, Sodium: 615mg, Potassium: 658mg, Fiber: 2g, Sugar: 2g, Vitamin A: 1800IU, Vitamin C: 12mg, Calcium: 270mg, Iron: 2mg.

thecozycook.com

Our Orange County 4-H Youth (pictured below) enjoyed a weekend retreat at District 9 Jr. Leadership Lab *Welcome to the 4-H Jungle* at Camp Tomahawk in Livingston. The camp consisted of youth from 18 counties in District 9. Our youth participated in the following activities:

Business in the Jungle learning how to run effective meetings with parliamentary procedure with their 4-H Club

Capturing the Wild snapped some pictures of the nature around them with the 4-H Photography project

Creatures Among Us discover the skills you need to survive in the wild with the Natural Resources, Wildlife and Sportfishing Project

Taming the Public Speaker practice and get creative with public speaking

Service Project putting together boxes of items for Operation Christmas Child



Elizabeth, Aurora, and Ryder

4-H enrollment members will never be turned away from joining a club or participating in a project.

4-H Connect enrollment website

<https://v2.4honline.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.

Adult Volunteer Application Fee \$10

Dusty Trails 4-H & Clover Kids Club

1st Tuesday
6:30 pm 4-H Office
Club Manager
Casey Trahan
409-988-4873

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

**Clubs and Projects will NOT meet
December 20th -31st.
Resume regular schedule January 1st.**

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

Projects outside of clubs Robotics

Photography
2nd Monday 6 pm
4-H Office
Leader Cynthia Parish

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

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

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
Leader Lettie LeBert

Fashion & Interior Design

4th Tuesday 6pm
4-H Office
Leader Patience LeBert

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.



Storing & Reheating LEFTOVERS



Often times you may have leftovers from large dishes such as casseroles, but ask yourself ... are you storing your leftovers safely? Check out our tips below from the USDA on properly handling leftovers or [visit their website](#) for even more information on food safety.

Keep Food out of the "Danger Zone"

Bacteria grow rapidly between the temperatures of 40° F and 140° F. After food is safely cooked, hot food must be kept hot at 140° F or warmer to prevent bacterial growth. Within 2 hours of cooking food or after it is removed from an appliance keeping it warm, leftovers must be refrigerated. Throw away all perishable foods that have been left at room temperature for more than 2 hours (1 hour if the temperature is over 90° F, such as at an outdoor picnic during summer).

Cold perishable food, such as chicken salad or a platter of deli meats, should be kept at 40° F or below. When serving food at a buffet, keep food hot in chafing dishes, slow cookers, or warming trays. Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often. Discard any cold leftovers that have been left out for more than 2 hours at room temperature (1 hour when the temperature is above 90° F).

Cool Food Rapidly

To prevent bacterial growth, it's important to cool food rapidly so it reaches as fast as possible the safe refrigerator-storage temperature of 40° F or below. To do this, divide large amounts of food into shallow containers. A big pot of soup, for example, will take a long time to cool, inviting bacteria to multiply and increasing the danger of foodborne illness. Instead, divide the pot of soup into smaller containers so it will cool quickly.

Orange County Food Safety

Cut large items of food into smaller portions to cool. For whole roasts or hams, slice or cut them into smaller parts. Cut turkey into smaller pieces and refrigerate. Slice breast meat; legs and wings may be left whole.

Hot food can be placed directly in the refrigerator or be rapidly chilled in an ice or cold water bath before refrigerating.

Wrap Leftovers Well

Cover leftovers, wrap them in airtight packaging or seal them in storage containers. These practices help keep bacteria out, retain moisture, and prevent leftovers from picking up odors from other food in the refrigerator. Immediately refrigerate or freeze the wrapped leftovers for rapid cooling.

Store Leftovers Safely

Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.

After you've stored those leftovers safely, be sure you're reheating them safely as well:

When reheating leftovers, be sure they reach 165° F as measured with a food thermometer. Reheat sauces, soups, and gravies by bringing them to a rolling boil. Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through.

When reheating in the microwave, cover and rotate the food for even heating. Arrange food items evenly in a covered microwave-safe glass or ceramic dish, and add some liquid if needed. Be sure the covering is microwave safe, and vent the lid or wrap to let the steam escape. The moist heat that is created will help destroy harmful bacteria and will ensure uniform cooking. Also, because microwaves have cold spots, check the temperature of the food in several places with a food thermometer and allow a resting time before checking the internal temperature of the food with a food thermometer. Cooking continues for a longer time in dense foods such as a whole turkey or beef roast than in less dense foods like bread, small vegetables, and fruits.

Top Tips for Reheating Leftovers:

Reheating foods using the best method can help make your leftovers taste just

as great as the first bite. Here is a guide to help you decide which appliance and tips to use for reheating like a pro.

As a reminder, how you cooked your food is going to always be the best option for reheating. However, sometimes smaller amounts of leftovers and the amount of time you have to reheat can change things up. Always take the time to use a food thermometer to safely reheat your leftovers to 165 degrees F.

The best methods for reheating are using the oven, stovetop, and microwave. They all will do the job of heating, but overheating in either one can lead to dry or burnt food.

Oven- low temperatures, slow, and even heat circulation give the best quality food when reheating.

Stovetop- Lower temperatures heat thoroughly, reheating foods with moisture, such as soups and stews, reheat well.

Microwave- High heating temperatures along with faster reheating times can cause the textures of foods to change. Covering foods with a damp towel will create moisture to prevent food from drying out.

Let's take a look at some of the most popular leftovers:

Pizza- if reheating a large whole or half pizza, it is best to reheat in an oven. For 1-2 slices, reheat on the stovetop in a pan with a lid. The crust will toast and the cheese will melt perfectly.

Bread, Pastries, Breaded Foods, Grilled Sandwiches- the best reheating option is in the oven. Keeping a crisp crust will heat perfectly with the circulating dry air and a constant temperature.

Soups, Stews, Chilis- Both the microwave and stovetop will reheat these foods well. Since these foods have more moisture, they would heat evenly on the stovetop with consistent stirring.

Casseroles- Reheat in individual servings in the microwave. Smaller amounts to reheat warm faster and evenly when stirring often.

BBQ- reheat in the oven to prevent overcooking or meat drying.



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

Maintaining Mental Health During The Holiday Season (And A Pandemic)

The holidays can be a joy-filled season, but they can also be stressful and especially challenging for those impacted by mental illness.

A NAMI study showed that 64% of people with mental illness report holidays make their conditions worse. "For many people the holiday season is not always the most wonderful time of the year," said NAMI medical director Ken Duckworth (in an interview before the pandemic). For individuals and families coping with mental health challenges, the holiday season can be a lonely or stressful time, filled with anxiety and/or depression. If you're living with a mental health condition, stress can also contribute to worsening symptoms. Examples: in schizophrenia, it can encourage hallucinations and delusions; in bipolar disorder, it can trigger episodes of both mania and depression. The COVID-19 crisis has made maintaining mental health more challenging for so many.

Here are some suggestions for how you can reduce stress and maintain good mental health during the holiday season:



Take steps to stay safe. As COVID-19 continues to pose a severe risk to communities, California's Public Health Department and the Centers for Disease Control (CDC) have released guidelines for holiday gatherings. The safest way to gather is to spend time with people living in the same household or to gather virtually. For those planning to gather with others, follow these guidelines:

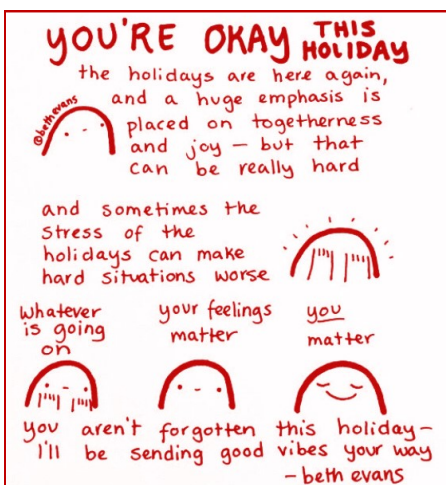
- Limit the number of people and households. Gatherings of more than 3 households are prohibited in California; this includes everyone present, including hosts and guests. The smaller the number of people, the safer.
- Gather outdoors.
- Don't attend gatherings if you feel sick.
- Don't attend gatherings if you are in a high-risk group.
- Practice physical distancing and hand hygiene at gatherings.
- Wear a face covering and keep your mask in a safe place when eating or drinking.
- Keep gatherings short: 2 hours or less.
- Frequently wash hands and surfaces.

Accept your needs. Be kind to yourself! Put your own mental and physical well-being first. Recognize what your triggers are to help you prepare for stressful situations. Is shopping for holiday gifts too stressful for you? What is making you feel physically and mentally agitated? Once you know this, you can take steps to avoid or cope with stress.

Write a gratitude list and offer thanks. As we near the end of the year, it's a good time to reflect back on what you are grateful for, then thank those who have supported you. Gratitude has been shown to improve mental health. 2020 has been an especially challenging year for us all. In the midst of it all, is there something or someone for whom you are grateful?

Manage your time and don't try to do too much. Prioritizing your time and activities can help you use your time well. Making a day-to-day schedule helps ensure you don't feel overwhelmed by everyday tasks and deadlines. It's okay to say no to plans that don't fit into your schedule or make you feel good.

Be realistic. Even pre-pandemic, the happy lives of the people shown in those holiday commercials are fictional. We all have struggles one time or another and it's not realistic to expect otherwise. Sometimes, it's simply not possible to find the perfect gift or have a peaceful time with family. (Yes, even Zoom family gatherings can be stressful!)



Set boundaries. Family dynamics can be complex. Acknowledge them and accept that you can only control your role. If you need to, find ways to limit your exposure.

Practice relaxation. Deep breathing, meditation and progressive muscle relaxation are good ways to calm yourself. Taking a break to refocus can have benefits beyond the immediate moment.

Exercise daily. Schedule time to walk outside, bike or join a dance class. Whatever you do, make sure it's fun. Daily exercise naturally produces stress-relieving hormones in your body and improves your overall physical health.

Set aside time for yourself and prioritize self-care. Schedule time for activities that make you feel good. It might be reading a book, going to the movies, getting a massage, listening to music you love, or taking your dog for a walk. It's okay to prioritize alone time you need to re-

charge.

Eat well. With dinners, parties, and cookie trays at every turn, our eating habits are challenged during the holiday season. Try to maintain a healthy diet through it all. Eating unprocessed foods, like whole grains, vegetables, and fresh fruit is the foundation for a healthy body and mind. Eating well can also help stabilize your mood.

Get enough sleep. Symptoms of some mental health conditions, like mania in bipolar disorder, can be triggered by getting too little sleep.
Mental Health Continued

Avoid alcohol and drugs. They don't actually reduce stress: in fact, they often worsen it. If you're struggling with substance abuse, educate yourself and get help.

Spend time in nature. Studies show that time in nature reduces stress. Need to break away from family during a holiday gathering? Talk a walk in a local park.

Volunteer. The act of volunteering can provide a great source of comfort. By helping people who are not as fortunate, you can also feel less lonely or isolated and more connected to your community.

Find support. Whether it's with friends, family, a counselor or a support group, airing out and talking can help. Consider attending a free support group provided by your local NAMI California affiliate. If you or someone you love is experiencing a crisis, you can call the National Suicide Prevention Line at 1-800-273-8255; use the Crisis Text Line by texting NAMI to 741-741 to connect with a trained crisis counselor for free, 24/7 crisis support via text message; or call the NAMI Helpline at 1-800-950-NAMI (6264) M-F, 7 a.m. -3 p.m. PT for free mental health info, referrals and support.

Keep up or seek therapy. If you're feeling overwhelmed, it may be time to share with your mental health professional. They can help you pinpoint specific events that trigger you and help you create an action plan to change them. If you're already seeing a therapist, keep it up.

National Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: Text NAMI to 741-741 to connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

NAMI Helpline: Call 1-800-950-NAMI (6264) M-F, 7 am to 3 pm PT for free mental health info, referrals and support. More from NAMI.

<https://namica.org/blog/handling-stress-during-the-holiday-season/>

NAMI offers information about holiday blues at: www.nami.org/newsroom

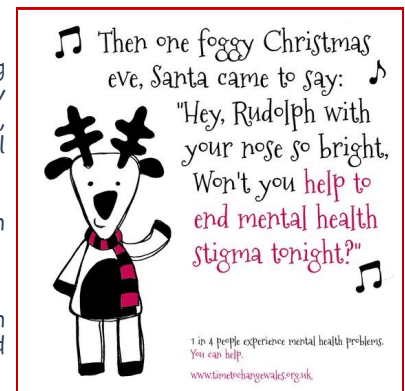
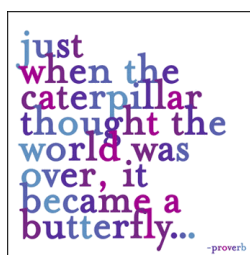
Key points include:

- Holiday blues are different from mental illness, but short-term mental health problems must be taken seriously. They can lead to clinical anxiety and depression.
- People already living with mental illness are often affected by the holiday blues. Individuals, families and friends should know symptoms and watch out for each other.
- There are many ways to avoid or minimize holiday blues.
- Alcohol is a depressant. Don't drink when feeling stressed or down.
- Local NAMI affiliates, https://www.nami.org/template.cfm?section=your_local_nami can be a source of support.
- It's a myth that suicides increase during the holidays, but suicide risks are always serious.
- Children and teens get the blues too. The highest rate for child psychiatric hospitalizations occurs in winter.

For tips on avoiding holiday blues, see www.nami.org/holidayblues

"Be patient. Keep expectations low. Inform family in advance of your limits," said one survey respondent.

"If holidays were a special time in the past and you try to recreate a time long gone, you are setting yourself up for sadness," said another. "Create new memories. Have some fun."



**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**



Is your citrus tree producing inedible fruit and thorny branches?

This may be the Trifoliate Orange. The citrus trees you purchase at the nursery have all been grafted onto a rootstock that is completely different type of citrus. Trifoliate Orange is often used as the rootstock.

Once you have located the graft union on the trunk, you must never allow any shoots to sprout from below the graft union. These shoots are called "suckers." If you let these vigorous suckers grow, you are allowing something that is not your desirable citrus variety to grow.

When a citrus tree produces atypical fruit, it generally means the rootstock has been allowed to sprout and grow. The trifoliata rootstock produces poor quality, seedy, sour, round yellow fruit...The growth from the rootstock often has different shaped leaves from your citrus and is thornier.

These notes have been provided by Dan Gill, retired LSU AgCenter Horticulturist.

Did you know you can use an acorn's shape, color and size to determine the oak species it's from?

Here are five of the most common oak trees found in Mississippi and how to identify the species using its acorns...

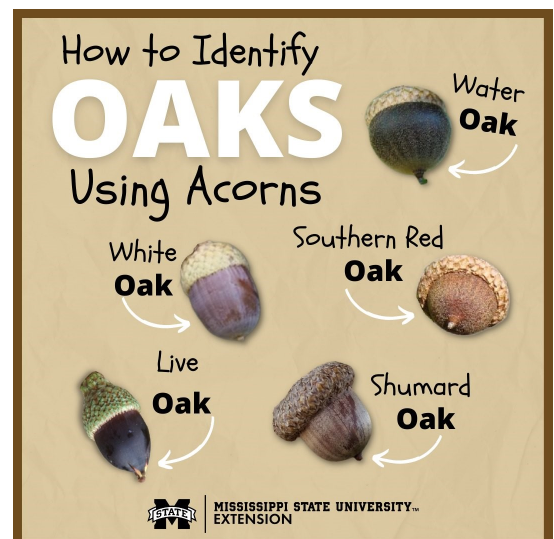
Live oak: Live oak acorns resemble the shape of a football and are $\frac{3}{4}$ to 1 inch long. Live oak acorns are generally a dark, reddish-brown color with caps that cover one-fourth of the acorn.

Shumard oak: Shumard oaks produce large, egg-shaped acorns, typically $1\frac{1}{4}$ inches long and 1 inch wide.

Southern red oak: Southern red oaks have small acorns, typically $\frac{1}{2}$ inch long. They are normally an orangish-brown color with a small cap that covers about a third of the acorn.

Water oak: Water oaks have saucer-shaped acorns that are around $\frac{1}{2}$ inch long. These acorns come in a variety of colors -- anywhere from light brown to black. They have a thin shoot, or pubescent apex, at the bottom of the acorn that's easy to identify.

White oak: Acorns of white oaks are oblong shaped and around $1\frac{1}{4}$ inches long. They are typically light brown and have a thick warty, bowl-shaped cap.



Full blog post: <http://ow.ly/sqt350GxJMF>
#ExtensionHasAnswers #MSUext

CHRISTMAS LIGHT

Scavenger Hunt

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Angel | <input type="checkbox"/> Lights Set to Music |
| <input type="checkbox"/> Manger Scene | <input type="checkbox"/> Snowflake |
| <input type="checkbox"/> Santa | <input type="checkbox"/> The Word "JOY" |
| <input type="checkbox"/> Reindeer | <input type="checkbox"/> Candles |
| <input type="checkbox"/> Candy Cane | <input type="checkbox"/> Christmas Tree |
| <input type="checkbox"/> Teddy Bear | <input type="checkbox"/> Multi-Colored Lights |
| <input type="checkbox"/> Star | <input type="checkbox"/> Icicle Lights |
| <input type="checkbox"/> Present | <input type="checkbox"/> Gingerbread Man |
| <input type="checkbox"/> Train | <input type="checkbox"/> Snowman |
| <input type="checkbox"/> Penguin | <input type="checkbox"/> Something Animated |

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MUST SEE Christmas MOVIE LIST

- o A Charlie Brown Christmas
- o Rudolph the Red-Nosed Reindeer
- o Frosty the Snowman
- o The Polar Express
- o The Nativity Story
- o Home Alone
- o Mickey's Once Upon a Christmas
- o Mickey's Twice Upon a Christmas
- o Mickey's Christmas Carol
- o Dr. Seuss' How the Grinch Stole Christmas
- o The Little Drummer Boy
- o The Star
- o The Year without a Santa Claus
- o Santa Claus is Coming to Town
- o Rudolph's Shiny New Year
- o National Lampoon's Christmas Vacation
- o A Christmas Story
- o Elf
- o A Christmas Carol
- o The Christmas Chronicles
- o The Santa Clause
- o The Santa Clause 2
- o The Santa Clause 3
- o Christmas with the Kranks
- o Jingle All the Way
- o It's a Wonderful Life
- o White Christmas
- o Miracle on 34th Street



MONEY SAVVY LIVING

Are winter squash part of your cold weather meals?

Winter squash are full of fiber, vitamins, and healthy carbs and there are so many to choose from.

To prepare, we cut them in half, scoop out the seeds (we can roast them), and slice or chop. Squash can be roasted, steamed, and sautéed.

Seasonings can be rosemary, thyme, ginger, or red pepper flakes.

Which winter's squash do you like?
BLT Montgomery County

Winter Squash



Delicata

Cut into rings, brush lightly with olive oil, season & roast on a baking sheet at 425F; use as a base for a pretty salad.



Acorn

Halve, bake at 425F cut side down for 30 mins; turn, add butter, salt, lots of pepper & maple syrup, then roast for 20 mins more.



Butternut

Transformed by steaming! Halve & steam cut side down for 20 mins. Then mash with cream or olive oil & stir in sautéed onions, garlic & thyme.



Pie Pumpkin

Small but just enough for a pie! Or cookies or muffins or pancakes or ... Halve & roast cut side down for 1 hr.



Spaghetti

Halve, bake cut side down in 1 inch of water for 30 mins at 350F. Use a fork to tease out the noodly goodness - toss with pesto.



Sweet Dumpling

Cut off the top, scoop out the seeds, add butter, olive oil or cream, put the lid back on & roast for 1 hr.



Kabocha

Cut into large cubes & use in stews, chunky soups or curries. The skin is edible & nutritious!



Red Kuri

Also known as Hubbard. Makes a lovely fluffy mash.



Butternut

Perfect for soups because of its size & density. Sauté with onions, garlic & tomato paste before simmering in stock.

****For all of the cooking suggestions, scoop out the seeds.****



DELIGHTFUL WAYS TO HAVE AN *Old-Fashioned Family Christmas*

Chemistry Cachet's Christmas Series

Today, we are bringing you back to by gone days with these delightful ways to have an old-fashioned family Christmas!

You can do them all, do a few, or pick out one to try. Either way, it will add simplicity and enjoyment to your Christmas season.

Go To a Christmas Tree Farm and Pick out a Tree

Most of us have not had a real Christmas tree since we were young. Probably one of the oldest Christmas traditions is going to cut down your own tree! While that isn't doable in most of the places we live today, they still have beautiful Christmas tree farms. The smell of evergreens in the cold December air is pure Christmas.

Buy A Real Christmas Wreath

Before there were artificial wreaths, people used real evergreen for wreaths. Sometimes they would adorn them with dried fruit pieces or things from nature or just keep them plain. Either way, it is a fresh and clean Christmas symbol for the home.

Enjoy Christmas Music From 1940's and 1950's

Did you know that most of our favorite Christmas songs we enjoy today were written in the 30's, 40's and 50's? While the majority were written in the 1940's.

Watch Some Magical Black and White Christmas Movies with an Old-Fashioned Family Christmas Theme.

Many of the favorite black and white Christmas movies popular in the 30s, 40s, and 50s are A Holiday Affair, It Happened on 5th Avenue, It's a Wonderful Life, Miracle on 34th Street, and Shop Around the Corner.



Christmas Caroling

Is there anything more old-fashioned than Christmas caroling? Most of us have not gone caroling in years. You can go to senior centers and nursing homes. If you can't find a place that has Christmas caroling, you can do it with your family! While you are driving around looking at Christmas lights, sing Christmas songs, it is such fun! Sometimes, it is nice to not have music on, just the singing.

Send Hand-Written Beautiful Christmas Cards to Family and Friends.

Every year, you send out Christmas cards and don't get many these days, but you enjoy picking most beautiful Christmas cards.

Play Games on Christmas Eve or Christmas Day

Before TV, families got together, had festive food and played games. This is so fun to do at Christmas.

Buy Some Old-Fashioned Hard Christmas Candy

Every year, someone's Grammy would have some old fashioned Christmas candy. It's been years since we've seen this candy, it begin in the 30s and 40s and is so nostalgic and pretty.

Bake Old-Fashioned Christmas Treats

There are so many neat Christmas treats you can find and make. Every family has their favorite.

Go see a Christmas Play or Concert

The Nutcracker Ballet reminds us of a way people used to celebrate the start of the Christmas season. Attend of Christmas play in your community or surrounding area.

Make Handmade Gifts for Family, Friends and Neighbors

Sometimes the best old-fashioned thing to do is make gifts for the people in your life. Back in the day, Christmas was usually about making everything when it comes to gifts it is still a special sentiment.

TEXAS A&M AGRI LIFE EXTENSION

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Orange, TX 77630
Phone: 409-882-7010

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AgriLife Orange County 2021-2022 Calendar



DECEMBER

2nd 4-H Christmas Party
4th Pressure Canning Meat
7th Volunteer Appreciation Dinner
7th, 14th, 21st & 28th Walk & Talk
8th, 15th, 22nd & 29th Be Well, Live Well
23rd, 24th & 27th Christmas Holidays Ofc Closed

JANUARY

4th, 11th, & 18th Walk & Talk
6, 12th, 20th, & 27th Fresh Start to a Healthier You
17th MLK JR. DAY Holiday- Ofc Closed



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.