

TEXAS A&M AGRI LIFE EXTENSION

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Orange County AgriLife Newsletter February 2022



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Happy Valentine's DAY

MONDAY, FEBRUARY 14TH



MONDAY, FEBRUARY 21ST



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



Texas A&M
AgriLife Extension
Orange County

BETTER LIVING FOR TEXANS
 YOUR SOURCE FOR EDUCATION

TEXAS A&M AGRILIFE EXTENSION

Your invited to join us for a
Fresh Start to a Healthier You 2022

January 4, 11, 18, 25 2 pm - 3 pm Whispering Oaks 2835 Western Ave	January 5, 12, 19, 26 2 pm - 3 pm Park Avenue Manor 2540 W Park Ave Orange	January 7, 14, 21, 28 2 pm - 3 pm Reserve at Cypresswood 1010 State Hwy 87 Orange
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January session should rsvp by Jan. 3rd

February 2, 9, 16, 23 2 pm - 3 pm Velma Jeter Manor 2500 Allie Payne Road Orange	February 3, 10, 17, 24 2 pm - 3 pm Willow Bend Apartments 4030 Sikes Rd Orange	February 4, 11, 18, 25 2 pm - 3 pm Twelve Oaks Apartments 2405 Highway 12 Vidor
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February session should rsvp by Feb. 1st

Come learn about food safety, shopping on a budget, and much more.



Incentive items will be given out at each class!

Partnering with  Health Services

To register contact:
 Tommy Byers BLT Nutrition Educator
 at 409-882-7010

Per ITEX masks are required!


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.

TEXAS A&M AGRILIFE 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: February 15th, 22nd, March 1st, 8th, & 15th
Time: 10:00 am to 12:00pm
Location: City of Orange -Neighborhood Facilities Bldg

5 classes

To register, contact your local county agent!

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

Orange County Extension Office
 11475-A FM 1442
 Orange, TX 77630
 Call 409-882-7010 to register.

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

THESE PROGRAMS ARE OFFERED FREE DUE TO SUPPORT OF GRANT FUNDING

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

TEXAS MASTER GARDENER
 TEXAS A&M AGRILIFE EXTENSION
 Orange County

Orange County Master Gardener Association's Annual Plant Sale

Saturday, March 12
8am to 1pm
CORMIER PARK
8235 FM 1442, ORANGEFIELD

Plants for Southeast Texas with many Texas Superstars
 Numerous varieties of bedding and flowering plants, vegetables, shrubs and trees including citrus, berries, figs and avocado.

Visit <https://txmg.org/orange> - Plant Sale for more information

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TEXAS A&M AGRILIFE EXTENSION **TEXAS SPEAKS**

TEXAS MASTER GARDENER
 TEXAS A&M AGRILIFE EXTENSION
 Orange County

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



Get a Free Car Seat Inspection

Are your children BUCKLED UP Correctly?

Nearly 2 out of 3 are used incorrectly!

BY APPOINTMENT ONLY

Date/Time: Wednesday, April 13 - 4PM-6PM

Location: Orange Co. Convention & Expo Center
11475 FM 1442
Orange, Tx

For More Information Call: Texas A&M AgriLife Extension Orange County, 409-882-7010



Save a Life™
Texas Department of Transportation

PASSENGER SAFETY
KidSafe Initiatives



ORANGE COUNTY

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.

Child Passenger Safety Laws

What is the maximum fine for a first car seat violation?

- \$25 minimum; maximum unlisted

When is a child restraint required?

- 7 years or under and under 57 inches tall

Seat Belt Laws

When can a child start using a seat belt?

- 8 years, and over 57 inches

In what seats does the seat belt law apply?

- All

Heatstroke

Does law give immunity to person rescuing child in hot car?

- Yes

Who is covered by the seat belt law?






- Riders 7 and under who are over 57 inches; Riders 8 and over

What is the maximum fine for a first seat belt violation?

- Riders under 17: \$200 (driver); Riders 15 and over: \$50

safekids.org

USE THE RIGHT ONION

SWEET ONION	RED ONION	WHITE ONION	YELLOW ONION	SHALLOT
				
Best for frying	Best for eating raw	Crunchiest & sharpest zing	Cooking onion	Milder & more subtle
USE FOR: ONION RINGS GRATINGS ROASTED VEGETABLES	USE FOR: GUACAMOLE PICKLED ONIONS SALADS	USE FOR: CHITNEYS SALSAS STIR FRYING	USE FOR: SOUPS STEWS SAUCES	USE FOR: DRESSINGS SALADS GARNISHES

ALKALINE VEGAN NEWS

Sewing *For* Adult Beginners

Saturday, April 23rd, 30th, & May 7th
9 am to 12 pm

\$25 per person
(due April 8th)

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



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



TEXAS A&M AGRILIFE 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.

H.O.P.E.

HELPING ON PURPOSE EVERYDAY



6 week challenge

HEALTH

INITIATIVE

March 15th - April 21st

Classes held on Tuesday & Thursday of each week
6 p.m. to 7 p.m.

Orange County Convention & Expo Center

30 minutes exercise
30 minutes
healthy snacks
&
food demonstration

1st, 2nd & 3rd
Place Prizes Award
to the top 3 individuals
who lost the most weight

Call the AgriLife Extension Office by
Wednesday March 9th
to sign up 409-882-7010



Texas A&M AgriLife Extension is an equal opportunity employer and program provider. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas cooperating.

Texas A&M AgriLife Extension Orange County & Committee on Aging
Invite our Senior Citizens to join us



FREE LUNCH!

Health & WELLNESS Vendors

"A race for better health"

Tuesday May 10, 2022
9 a.m. to 1 p.m.
Orange County
Convention
&
Expo Center

Body Works / Silver Works
Chair Exercise Presentation
by
Instructor
Anne Richard



Wear Your Kentucky Derby Attire

BINGO
10 am - 10:45 am

TEXAS A&M
AGRI LIFE
EXTENSION

Amerigroup

Questions Contact
Orange County AgriLife Extension
409-882-7010

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. Persons attending our programs and needs auxiliary assistance, please contact the AgriLife office 3-5 business days before the program, 409-882-7010.

Holiday Wreath Making Class

Ms. Kathy



Discover the Health Benefits of Produce

Research suggests eating enough fruits and vegetables is linked to a lower risk of many chronic diseases and may help protect against certain types of cancer. Despite these health benefits, most people don't eat enough produce.

Whether fresh, frozen, canned or dried, fruits and vegetables are major sources of nutrients we need. Since the nutrients in fruits and vegetables vary, it's important to eat a variety on a regular basis. And be sure to opt for dark green, red and orange vegetables, and beans and peas throughout the week.

The *Dietary Guidelines for Americans* recommend filling half your plate with vegetables and fruit. Here are some tips on how you can add more produce to your meals:

- Keep frozen, canned and dried fruit and vegetables on hand, especially when fresh produce isn't in season. Buy canned fruit that's packed in 100% juice or its own juices for less added sugars and calories, and choose low-sodium or no salt added canned vegetables.
- Try new types of fruits and vegetables and prepare them in different ways. Texture is everything when it comes to sandwiches, so experiment with veggie toppings such as raw cucumber, avocado slices or pickled carrots. Add flavor to breakfast by topping oatmeal, frozen waffles or cereal with berries or banana slices. Create a naturally sweet dessert with fresh fruit or serve it as a topping on low-fat yogurt.
- In the U.S., a large portion of fruit intake comes from juice, which can often contain a significant amount of added sugar. Instead, try to focus on whole fruits, which contain fiber and other nutrients without the added sugar. When drinking juice, make sure it is 100% juice, without the added sugars.

For more tips on improving your health through nutrition and foods that taste great, consult a registered dietitian nutritionist in your area.

eatright.org



Ms. Veletta Simmons completed a Fresh Start to a Healthier You at Whispering Oaks Apartments. During this series Ms. Simmons learned how to eat healthier, to be mindful of her diet, heart healthy meal planning, and she enjoyed the patient and professional teaching styles of Better Living for Texans Nutrition Educator Tommy Byers and Orange County Public Health's assistant Ally Wray.

Crepe Myrtles: Stop Murdering and Start Pruning

By John Green, Certified Texas Master Gardener



Spring is drawing near fellow gardeners and with it comes a host of garden tasks. One of my personal favorite gardening tasks in spring is small tree and shrub pruning. There is one small, multi-trunked tree (*or large shrub*) which comes to mind, where simply too many fellow gardeners succumb to the practice of crepe myrtle butchery. It is more commonly known as crepe myrtle “murder.” In 1997, a Southern Living Magazine article referred to the late fall and winter practice of severely cutting crepe myrtles down to stubs as “**crepe myrtle murder**”. The coined phrase remains in use today, unfortunately as does the practice.

Many of you know exactly of what I’m speaking. Drive around in any of our towns and neighborhoods within the golden triangle and the effects of this unfortunate type of cutting back (pruning) is evident everywhere. Some gardeners and landscapers believe severely pruning or cutting back crepe myrtles to a few shorter trunks quick and easy work and is a good way to reduce its size or force them to “fit” into a small garden area. Crepe myrtles are trees not small shrubs and should not be forced into being something they cannot be nor quickly topped using a chainsaw.

Pruning crepe myrtles using a chainsaw and removing all top growth might initially seem the fastest and best path for us to take, as it most definitely speeds up the pruning process. At what cost to the tree? Note the fastest pruning method is **NEVER** going to be the best pruning method. Butchering crepe myrtles’ trunks and cutting their trunks to the same height or length forces the tree to grow from where the pruning occurred, the area where the trunks were cut. Employing this “*murderous*” technique year-after-year, the tree will form mangled knots diminishing its beauty for many years. Further by utilizing this quick pruning method can also cause injury to the tree, weakening the multiple and damaging limbs, possibly even shortening the trees’ life. Simply remember crepe myrtle “*murder*” is harmful to the tree’s aesthetic diminishing its beauty making them appear unattractive with unsightly knots and having black fungus growing on the knots after a few years. Slender, weak branches will grow from cut areas which can’t support the weight of flowers and that will break with wind gusts. The knots formed grossly detract from what should be a large, graceful, billowy, vase-shaped tree structure lending a profusion of blooms for spring and summer months.

The following tips will be your guide to prune Crepe Myrtles:

- The best time to prune is now (Winter)
- Start by removing shoots from around the base of the tree (called suckers)
- Remove dead and crossed branches (branches which are rubbing against each other)
- Misaligned branches (branches that are incongruous with trees’ vase shaped form)
- Remove branches growing inward towards the center (maintain vase-like structure and circulation)
- Never leave partial branches, cut branches back to the trunk



Copyright © Robert Offman

Fun fact: Did you know the spelling of crepe myrtle changes depending upon your geographic location? Crepe myrtle is the most accepted “Southern” spelling but North of some unspecified crepe-myrtle line, it changes and becomes crape myrtle.

For more information or to have your gardening questions answered by Orange County Texas Master Gardeners:

Website: <https://txmg.org/orange> **Facebook:** Orange County Texas Master Gardeners

Orange County Food Safety

2022 Food safety trends: Learning to live with COVID



As the United States enters its third pandemic year, the influences of the virus on the food industry will continue, even as supply chain partners embrace new trends and discard

old ones this year not just to survive, but thrive.

John Rowley, vice president of NSF International's Global Food Division, recently discussed his views on 2022 trends in the food industry, with a focus on food safety issues. NSF specializes in food safety training, testing, consulting and other services.

Rowley said all segments of the supply chain, from producers through retailers and restaurants, continue to shift to meet challenges, even as the pandemic has led to staffing woes and exacerbated supply chain gridlock.

The major trends anticipated for the industry, according to Rowley, include:

- Rising demand for home delivery;
- Staffing crisis;
- Opportunities to cut food waste; and
- Sustainability.

Knock Knock. Who's there? Dinner

As coronavirus variants continue to curb dining at restaurants and elevate uncertainty in the sector, home meal delivery will remain popular in 2022, Rowley said. That includes traditional restaurants, pop-ups and ghost kitchens. [An NSF survey](#) released this month highlights pandemic concerns among quick service restaurant employees and decision makers across the globe.

According to the survey of almost 700 people, 38 percent of poll respondents said they feel added pressure to prepare food faster. NSF reported 22 percent said home delivery has increased food risks.

Rowley said foodservice establishments, regardless of their business models, have an obligation to serve quality, safe food. That includes preparation and how food is treated during transportation to the consumer, or the "post-order supply chain," as Rowley calls it.

"As an industry, we need to help these companies be successful, help them have a opportunity to be successful so the consumer can get a satisfactory product," Rowley said.

Now Hiring

A staffing crisis in the foodservice and other industries threatens recruitment and retention, he said.

"The staffing shortages are a fundamental issue, but what are the unintended consequences?" Rowley said, pointing out that retail and foodservice outlets are under pressure to perform with pre-pandemic hours of operation, staffing and services. "Does that put food safety to the fore?" he said.

The issue won't disappear once the pandemic is over — however that's decreed — and Rowley said efforts need to focus on a campaign to promote food safety careers at the college level.

"I think as an industry we have to make sure this (food safety) is seen as an interesting job and a critical role for the industry," he said. "We need to do a better job marketing that, working together to make it a satisfactory and enjoyable career for those who do it."

Rowley said long-time food safety professionals are choosing to retire from the industry as the pandemic continues. Their collective institutional knowledge is critical to retain, he said.

Waste Not ... Waste Not

The food industry has taken great strides in recent years to curb food waste, from "upcycling" expired but edible food to selling "ugly" produce that doesn't fit industry standards. This year's food waste issue will be ensuring the failing supply chain doesn't escalate a food safety concern to food wastage, Rowley said.

"When food gets delayed in transportation, it puts pressure on the storage and distribution quality controls," he said. "... If the food safety standards are good, it's not really a food safety issue. It becomes more of a food wastage issue."

In the early days of the pandemic, some retailers and foodservice operators began sourcing from closer suppliers. One example are the Eastern U.S. retailers that bought leafy greens from nearby small hydroponic indoor farms. Switching to local growers is trend that continues, he said.

Sustainability, as a Trend, Sustains

As more corporations chart their sustainability programs and release annual reports showcasing those steps, sustainability programs are gaining steam in every food sector. Rowley said sustainability is a huge metric to measure the performance of a company, along with food safety and finances.

"As we go forward, companies need to be measured on not just traditional financial metrics, which tend to be the core measurement of a company's performance. I think we should elevate the importance of sustainability," he said.

Post-Pandemic View

Rowley cautions companies against reverting to pre-pandemic trends once life returns to "more normal," without assessing the business climate first.

"I think when the crisis is over, it doesn't mean these trends will — or should — stop. Never waste a good crisis, if there is good that can come out of it."

Chris Koger/Food Safety News



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

Shrimp with Bow Tie Pasta Salad

For the Salad:

- * 1/2 lb. of dry farfalle (bow tie) pasta
- * Splash of olive oil
- * 1/2 cup chopped Vidalia, or other sweet onion
- * 1/2 cup of chopped green bell pepper
- * 1/2 cup of sliced celery
- * 3/4 cup of sliced black olives
- * 1 lb. of seasoned boiled shrimp
- * 1 teaspoon kosher salt, or to taste
- * 1/4 teaspoon of freshly cracked black pepper, or to taste
- * 1/4 to 1/2 teaspoon of Cajun seasoning (like Slap Ya Mama) or to taste, optional
- * 1/4 teaspoon of garlic powder
- * 1 medium tomato, seeded, cleaned and chopped (add just before serving)
- * 1 tablespoon of chopped fresh parsley, reserve a pinch for garnish (add just before serving)

For the Dressing:

- * 2/3 cup of mayonnaise
- * 1/8 cup of olive oil
- * 2 tablespoons of apple cider vinegar
- * 1 tablespoon of spicy mustard
- * 1/4 cup of milk

Instructions:

1. Prepare the pasta al dente according to package direc-

tions. Rinse well and drain. Place into a large serving bowl and toss with a small splash of olive oil. Add the onion, bell pepper, celery, black olives and shrimp; toss.

Add the salt, pepper, Cajun seasoning and garlic powder; toss. Reserve the tomatoes and parsley to add just before serving.



2. Whisk together the mayonnaise, olive oil, vinegar and mustard until well blended. Whisk in the milk until smooth, taste and adjust seasonings, and pour over the pasta. Toss well, cover and refrigerate for several hours or overnight.

3. Just before serving, toss in the tomatoes and the parsley; stir well and garnish with a few sprinkles of parsley.

Cook's Notes: Not a fan of shrimp? Try this with fresh or imitation crab, sliced or chopped smoked sausage, chopped smoked ham, pepperoni or salami sliced and chopped, or chopped cooked chicken. You'll want somewhere between 1 to 2 cups. Substitute dressing for a homemade or commercial ranch dressing if you like and sliced cherry or grape tomatoes.

deepsouthdish.com

Fried Asparagus Sticks

5 servings

- 1 cup vegetable oil for frying or as needed
- 2 cups buttermilk
- 1 teaspoon ground paprika
- 1 teaspoon ground black pepper
- 1 1/2 lemons, zested
- 1/2 cup all-purpose flour
- 1 bunch fresh asparagus, trimmed



1. Heat 1-inch vegetable oil in a deep-sided skillet over medium heat.
2. Whisk buttermilk, paprika, black pepper and lemon zest together in a wide bowl.
3. Pour flour into a separate wide bowl.
4. Place a paper towel-lined plate near the stove top.
5. Dip 1/3 of asparagus in buttermilk mixture.
6. Transfer asparagus to flour and coat thoroughly.

7. Repeat with a second layer of buttermilk mixture and flour.
8. Fry coated asparagus in the hot oil until golden brown, 2 to 4 minutes. Transfer to the paper towel-lined plate.
9. Repeat the battering and frying process until all the sticks are cooked. Serve immediately.

Cook's note:

Add a 1-inch cube of bread to the hot oil to check if it is ready. If it turns deep golden brown in color after a count of 40, the oil is ready. If the bread cube browns too quickly, turn down the heat and wait a few minutes for it to cool.

Editor's note:

We have determined the nutritional value of oil for frying based on retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature, ingredient density, and the specific type of oil used.

Nutritional Information: Calories 145, Carbohydrates 18.6, Dietary Fiber 2.7g, Sugars 6.5g, Fat 5.6g, Saturated Fat 1.2g, Cholesterol 3.9mg, Calcium 142.4mg, Potassium 363.6mg, 105.4mg.

allrecipes

ORANGE COUNTY HEALTH SERVICES



Different Covid-19 Tests

PCR- MOST ACCURATE

Swab Test

Also called a molecular test, this COVID-19 test detects genetic material of the virus. Results may be available in minutes if analyzed onsite or a few days if sent to an outside lab. PCR tests are very accurate when properly performed by a health care professional, but the rapid antigen test can miss some cases.

ANTIGEN

Swab Test

This COVID-19 test detects certain proteins in the virus. Most antigen tests can produce results in minutes. A positive antigen test result is considered accurate when instructions are carefully followed, but there's an increased chance of false-negative and false-positive results.

ANTIBODIES

Blood Test

An antibody test looks for antibodies that are made by the immune system in response to a threat, such as a specific virus. Antibodies can help fight infections. Antibodies can take several days or weeks to develop after you have an infection and may stay in your blood for several weeks after recovery. Because of this, antibody tests should not be used to diagnose an active coronavirus infection.



SCAN ME

This scan is a survey that will help determine the need for a Health Department.

Resources: FDA & Mayo Clinic

Made with PosterMyWall.com

HOW TO CHOOSE THE BEST PLANTS FOR HANGING BASKETS

‘A good rule of thumb when selecting the best plants for hanging baskets is to include a thriller, a filler, and a spiller,’ says Lisa Whittlesey, a Texas A&M AgriLife Extension Service specialist for horticulture.

‘Finding plants that fall into these three categories will create lovely hanging baskets that are sure to be the envy of all your neighbors.’

Thriller plants are the real standouts of your hanging baskets, often adding height and drawing the eye. “Think about large and colorful blooms,” says Whittlesey.

As their name suggests, filler plants will help to fill in your hanging basket, and are often more low-key. Go for foliage plants, or mists of dainty blooms.

Finally, spiller plants such as vines trail or tumble over the edge of the hanging basket. “The spillers add drama and size to the basket. adds Whittlesey.

It is good to consider plants that are adapted to your climate and have similar light and water requirements. This will ensure that your thrillers, fillers, and spillers will be happy together in their hanging basket home.”

However, don’t be afraid to plant up hanging basket with just one beauty variety, which can make a striking feature.

Bear in mind that hanging baskets need not just be reserved for the summer. As well as evergreen plants, there are some beautiful winter hanging basket ideas to add vibrancy in the darkest months of the year.

PERENNIAL PLANTS FOR HANGING BASKETS

Perennials are the best plants for hanging baskets if you want containers that will last for several years, rather than having to plant up new ones every year.

Bear in mind that some perennials will not cope with frost, so you will need to bring these varieties indoors over winter if you want them to keep coming back.

Geraniums



Fuchsias

Erigeron
Karvinskianua



Calibrachoa



Dianthus

BEST TRAILING PLANTS FOR HANGING BASKETS

Black-Eyed Susan Vine



Ivy

Lobelia



Strawberries



Creeping
Jenny

BEST PLANTS FOR HANGING BASKETS IN FULL SUN

“One important point to consider is how much sun your hanging basket will receive as some plants will grow best in full sun, while others may still be able to thrive in partial sun.” says Rebecca Sears.

Sun-loving hanging basket plants are often particularly vibrant, and many are tolerant of heat and drought.



Petunias



Osteospermum



Verbena



Begonias



Sweet Alyssum

Continued next page

BEST PLANTS FOR HANGING BASKETS IN SHADE



Ferns



Heuchera



Bacopa



Kokedama Orchid

BEST LOW MAINTENANCE OUTDOOR HANGING PLANTS



Pansies



Golden Pothos



String of Pearls

WHAT FLOWERS LAST THE LONGEST IN A HANGING BASKET?

There are many fabulous flowers that last all summer in a hanging basket, with some enduring into the fall.

Some of the best to consider include calibrachoa, erigeron karvinskianus, fuchsias, geranium and osteospermums.

WHEN SHOULD YOU START HANGING BASKETS?

When planting summer hanging baskets, start them off early in the spring, to give the plants enough time to establish.

However, you will need to keep them in a greenhouse or conservatory until the frosts have passed

If you don't have anywhere suitable to keep them undercover, then plant your hanging baskets in mid to late spring, after the frosts have passed.


Winter hanging baskets can be planted early in the fall.

Melanie Griffiths
homeandgarden.com

How to remove permanent marker from everything!



- Clothes - hand sanitizer
- Walls - toothpaste or hairspray
- Wood - rubbing alcohol
- Carpet - white vinegar
- Dry Erase Board - dry erase marker
- Furniture - Milk



Green is for Friendship
Purple for Royalty
Gold for Purity

Orange County Food Safety

Food Safety and Eating Out

What You Need to Know

- Check a restaurant's inspection score.
- Make sure food is cooked to a temperature high enough to kill germs.
- Hot food should be served hot and cold food should be served cold.
- Eat leftovers within 3 to 4 days.
- If you think you got sick from food, report it to your local health department.



Going out to eat? Choose a restaurant that keeps food safety on the menu. Here are some tips to protect yourself from food poisoning while eating out.

Tips to Avoid Food Poisoning While Eating Out

- **Check inspection scores.** Check a restaurant's score at your health department's website, ask the health department for a copy of the report, or look for it when you get to the restaurant.
- **Look for certificates that show kitchen managers have completed food safety training.** Proper food safety training can help improve practices that reduce the chance of spreading foodborne germs and illnesses.
- **Look for safe food-handling practices.** Sick food workers can spread their illness to customers. If you can see food being prepared, check to make sure workers are using gloves or utensils to handle foods that will not be cooked further, such as deli meats and salad greens.
- **Order food that's properly cooked.** Certain foods, including meat; chicken, turkey, and other poultry; and fish, need to be cooked to a temperature high enough to kill harmful germs that may be present. If a restaurant serves you undercooked meat, poultry, seafood, or eggs, send it back to be cooked until it is safe to eat.
- **Avoid lukewarm food.** Cold food should be served cold, and hot food should be served hot. If you're selecting food from a buffet or salad bar, make sure the hot food is steaming and the cold food is chilled. Germs that cause food poisoning grow quickly when food is in the danger zone, between 40°F and 140°F.
- **Ask your server** if they use pasteurized eggs in foods such as Caesar salad dressing, custards, tiramisu, and hollandaise sauce. Raw or undercooked eggs can make you sick unless they're pasteurized to kill germs.
- **Refrigerate your leftovers quickly.** Refrigerate leftovers within 2 hours of when the food was prepared (or 1 hour if the food is exposed to temperatures above 90°F, like a hot car or picnic). Eat leftovers within 3 to 4 days. Throw them out after that time.

Report Food Poisoning

If you think you or someone you know got sick from food, please report it to your local health department. Report it even if you don't know what food made you sick. Reporting an illness can help public health officials identify a foodborne disease outbreak and keep others from getting sick.

[cdc.gov/foodsafety](https://www.cdc.gov/foodsafety)



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

All Texas Cattle Brands, Marks Expire after Aug. 30

By Julie Tomascik, Editor

All Texas cattle brands, marks and tattoos are set to expire after Aug. 30 and must be renewed by Feb. 28, 2022.

“Brand owners have a six-month grace period in order to re-register their brands, and that’s beginning Aug. 31 through Feb. 28, 2022,” said Michelle Carlile, assistant director of Law Enforcement, Brand and Inspection Services for the Texas & Southwestern Cattle Raisers Association (TSCRA). “If they fail to re-register their brand during those six months, then their brand is open for anyone to take.”



All brands are registered through the county clerk’s office.

“They will need to go directly to the county clerk in the county where their livestock reside,” Carlile said. “So, if they have multiple ranches in different counties, then they would need to go to each county clerk’s office.”

Some offices are participating in an online re-registration program. Carlile recommends contacting the county clerk to see if the county is participating.

Brand applications and renewals require a drawing of the brand that notes the location on the animal.

“The location of the brand is just as important as the brand itself,” she said. “You and I can have the same brand in the same county as long as the location is different. So, I can brand on the left hip. You can brand on the right hip. So, the location is part of the brand itself.”

Carlile said the fee varies by county, but the average fee is \$26 per brand. Some counties charge an additional \$5 if the brand is on multiple locations.

Although Texas does not have a statewide brand registry database, TSCRA keeps a centralized database for the association’s law enforcement purposes.

“A brand is like a return address for the cattle. So, when the cattle are missing, we can find it quickly in our database and find out who that brand or who that cow belongs to,” Carlile said. “It also prevents theft. Our Special Rangers have spoke about when they’ve interviewed suspects and the suspects have actually told us that they will avoid cattle that have brands on them and go for the unbranded livestock. It’s a good deterrent for thieves not to take branded cattle.”

The registration is good for 10 years and will expire Aug. 30, 2031.

Any previously recorded brand, marks and tattoos that have not been re-registered by the Feb. 28 deadline will be considered unclaimed and eligible for registration by another.

In Texas, it’s not mandatory to brand livestock.

“However, if you do brand your livestock, it is mandatory that you register the brand with the county clerk,” Carlile said. “Failure to do so is a misdemeanor punishable by a fine up to \$500.”

For more information, visit <http://www.tscrabrands.com/register-your-brand.html> or call 1-800-242-7820 to speak with the TSCRA Brand and Inspection Department.

<https://texasfarmbureau.org/all-texas-cattle-brands-marks-expire-aug-30/>

DIY Wreath Ideas for Valentine's Day



Paper Straws & Heart shaped plaque Wreath



Paper Hearts & Willow Wreath



Pinecone Wreath



Repurpose Valentine's Day Cards Wreath



Clothespins Wreath

thekrazycouponlady.com

Kale Winter Salad

Serves 4

- * 4 cups kale, de-stemmed & chopped
- * 1 large apple, chopped
- * 1/2 cup dried cranberries
- * 1/2 cup walnuts, chopped (optional -toasted)
- * 1/3 cup goat cheese, crumbled
- * 3 tablespoons balsamic vinegar
- * 1 tablespoon olive oil
- * 1/8 teaspoon salt

1. Wash your hands and clean your preparation area.
2. In a bowl, place the de-stemmed, washed, and chopped kale.
3. Add the apple, cranberries, walnuts and goat cheese.
4. In a small bowl combine the balsamic vinegar, olive oil and salt. Pour over salad, toss, and serve.



Nutrition Facts: 1/2 cup serving size, 240 Calories, Total Fat 16g, Saturated Fat 3g, Cholesterol 10mg, Sodium 130mg, Total Carbohydrate 25g, Dietary Fiber 3g, Total Sugars 18g includes 7g Added Sugars, Protein 5g.
dinnertonight.tamu.edu

Strawberries: Home Grown Will Always Be Sweetest!

By John Green, Certified Texas Master Gardener,
OC Master Gardener

Hello fellow gardening enthusiasts! We have been lucky this past week experiencing mild seasonal temperatures including a couple nights of below freezing temperatures (*barely below*). This got me thinking about cold-hardy plants which do well in our going environment. Strawberry plants came to mind since they are cold hardy and now is the time to plant them. Late January through mid-March is the ideal time to plant this low spreading fruit. They can be planted as early as six weeks before our last frost, which in Southeast Texas is around March 10th.



Spring-bearing strawberry varieties, such as “Chandler”, “Sequoia”, and “Douglas” are better suited to our local climate. It’s best to avoid ever-bearing and day-neutral varieties, as they enjoy cooler temperatures. Growing strawberries is easy but

planning and site preparation are the keys to success, so let’s get started! The following information will help you get started growing strawberries. Use the tips listed for growing the best strawberries ever.

Strawberry Growing Tips

Garden Planning

- Set new plants out in early spring, 4 to 6 weeks before predicted last frost.
- For the best harvest, start a new beds or rows yearly. Remove previous strawberry beds which have fruited.
- Strawberry plants bear fruit their second season.
- It’s best to have at least two strawberry beds.

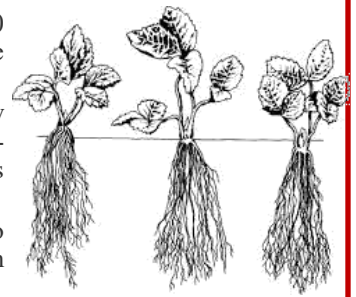
Site Preparation

- Ensure the planting site provides strawberry plants with a minimum of 8 hours of full sun light. Excellent drainage and good air circulation are also necessary.
- Before planting strawberries, amend the soil with compost, and aged manure if available. Also add a complete fertilizer (5-10-10) using ½ lb. for a 25-foot row.
- Strawberries require acidic soil with a pH between 5.5 and 6.5.
- Do not guess you soils pH, instead contact the Orange County AgriLife Extension office (409) 882-7010 for assistance and more information on capturing soil samples for analysis. Soil analysis results are usually provided quickly and provide necessary to amend soil correctly.

Bareroot Planting

- Space rows 4 feet apart.

- Soak the plants’ roots in water for 30 minutes before planting.
- Trim roots of new plants to approximately 4 to 5 inches in length.
- Place plants 12” to 18” apart in each row.
- Dig each planting hole deep enough to cover the roots but not the plants’ crown.
- Lightly tamp soil against the roots and then add 1 or 2 cups of water mixed with a diluted soluble fertilizer (add one heaping handful of 5-10-10 fertilizer into a 5-gallon bucket and fill with water).
- Planting diagram shows correct root placement at soil level.
- Image courtesy: Travis-TX.tamu.edu



Plant Care

- 1st year (Spring): Keep bed free of weeds and remove blossoms to prevent fruiting. This encourages production of healthy daughter plants.
- 5 to 6 weeks after spring planting: Train daughter plants to take root in a 9-by-9-inch spaced row system.
- Late spring into summer: Side-dress with ammonium nitrate (1/8th lb. per 25-foot row), 5-10-10 (3/4th lb. per 25-foot row), or manure tea (1/2 to 1 pint per plant). Side-dress each plant again 1 month later.
- Late fall or winter: Once a few freezes have occurred, mulch with 3” to 5” of pine needles.
- 2nd year, Late spring: Gradually remove mulch, but protect blossoms from late frost with mulch cover as necessary.
- Provide 1 inch of water each week while the fruit is developing until harvest.
- Cover the patch with strawberry netting to keep birds out.
- Summer: Once harvest is complete, remove plants or till the plants into the soil and plant a cover crop, Prepare the bed for new plants next spring.

Harvesting

- Strawberries will ripen about 1 month after the plants bloom. Expect 2 to 3 weeks of harvesting for each variety.
- Pick the plants clean every 2 or 3 days. Avoid the green-tipped berries as they’re not fully ripe.
- When harvesting, don’t leave berry remnants on the plants since this encourages the plant to rot.

For more information or to have all your gardening questions answered, contact the

Orange County Master Gardeners

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

Facebook: Orange County Texas Master Gardeners Association

Helpline: (409) 882-7010 **Email:**

extension@co.orange.tx.us.

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

\$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
6:30 pm 4-H Office
Club Manager
Anna Bandy
409-988-3666

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
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

Projects outside of clubs

Photography

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

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

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

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.

New Orleans Style Muffuletta

About 4 servings

For the Sandwich

- ◆ 1 loaf (10 to 12-inch) round Muffuletta bread or substitute with a similar Italian Bread
- ◆ 1 cup olive salad (recipe below)
- ◆ 1/2 cup pepperoncini
- ◆ 1/2 cup giardiniera
- ◆ 8 slices Cappicola ham or your favorite deli ham
- ◆ 8 slices Swiss cheese
- ◆ 8 slices Mortadella (or substitute with bologna)
- ◆ 8 slices provolone cheese
- ◆ 8 slices Genoa hard salami

For the Olive Salad:

- ◆ 1 1/2 cup pitted green olives
- ◆ 1/4 cup pitted Kalamta olives
- ◆ 1/4 cup black olives
- ◆ 1/3 cup pimento
- ◆ 1 cup Italian giardiniera
- ◆ 1/3 cup chopped celery
- ◆ 1/4 cup chopped carrots
- ◆ 1 cup pepperoncini
- ◆ 1/2 cup pickled pearl onions
- ◆ 1 tablespoon capers
- ◆ 4 cloves garlic, chopped
- ◆ 1/2 tablespoons Italian seasoning

- ◆ 2 tablespoons red wine vinegar
- ◆ 1 to 1 1/2 cup of quality, extra virgin olive oil
- ◆ Kosher salt and fresh cracked black pepper, to taste

For the Sandwich:

1. Preheat oven to 400 degrees F.
2. Cut the bread in half length-wise and pile the olive salad on one half of the bread.
3. Begin to layer the meats on the other half, beginning with the ham, then the Swiss cheese, then the bologna, then the Provolone, then the salami.
4. Carefully put the two halves together and moosh them down together,
5. Wrap completely in aluminum foil and bake for about 30 minutes, or until heated through.
6. Cut into halves and quarters to serve up to 4. May also serve cold.



A classic New Orleans Italian sandwich with layers of meat and cheese buried in a thick, dense bread and dressed with olive salad loaded with olive oil.

For the Olive Salad:

1. Combine everything and let marinate in the fridge for several hours or overnight. Amounts are just estimates—use more or less as you like!

deepsouthdish.com

How to Jump a Car

begin with both cars off

1. red on dead +
2. red on donor +
3. black on donor -
4. black on bare metal
5. start donor
6. start dead
7. remove 4-3-2-1

WHEN & HOW TO MASSAGE Kale

When

- WORKING WITH BIG LEAFY PIECES AND
- SERVING IMMEDIATELY

How

- REMOVE THE STEMS
- ADD A DASH OF SALT AND A SPLASH OF VINEGAR OR LEMON JUICE
- GENTLY CRUNCH LEAVES BETWEEN HANDS UNTIL THEY JUST START TO WILT

TEXAS A&M AGRI LIFE EXTENSION

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Orange, TX 77630
Phone: 409-882-7010

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AGRILIFE ORANGE COUNTY 2022 CALENDAR

FEBRUARY

- 2nd Fresh Start to a Healthier You (see flyer in this newsletter)
- 8th Food Handlers Certification
- 9th & 19th Certified Food Managers Course and Test
- 15th & 22nd Do Well, Be Well with Diabetes (continues through March)

MARCH

- 2nd Texas Independence Day Holiday
Office Closed
- 1st, 8th, & 15th Do Well, Be Well with Diabetes
continues

- 12th Water Bath Canning
- 12th Orange County Master Gardener Annual Plant Sale
- 15th, 17th, 22nd, 24th, 29th & 31st H.O.P.E Health Incentive Program

APRIL

- 5th, 7th, 12th, 14th, 19th, 21th, H.O.P.E. Health Incentive Program continues
- 13th Free Car Seat Inspection
- 23rd, 30th & May 7th Sewing for Adult Beginners

MAY

- 10th 53rd Annual Senior Citizen Rally Day

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.