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Family & Community Health  
County Coordinator

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Better Living for Texans  
Program Associate  
Nutrition Educator

Office 409-882-7010



**Texas  
Independence  
Day**



County Judge  
John Gothia

[jgothia@co.orange.tx.us](mailto:jgothia@co.orange.tx.us)

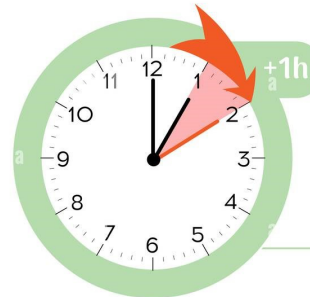
Commissioner Precinct 1  
Johnny Trahan

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**SPRING FORWARD**  
Daylight Saving Time  
March 13, 2022



Scan and go directly to  
AgriLife website or click  
link below  
[orange.agrilife.org](http://orange.agrilife.org)



Texas A&M  
AgriLife Extension  
Orange County



**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






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










Public Health Services

# Walk and Talk

Join us: April 4, 11, 18, 25 May 2, 9, 16, 23  
 Time: 2— 3 PM  
 Raymond Gould Community Center  
 385 Claiborne St, Vidor, TX 77662  
 (Meet at the gazebo)

*Free!* Join us for a **free** eight week series. During this series you will learn the importance of fruits, vegetables, and their role on physical activity. At the end of each series participants will receive an **incentive** item going along with lesson.

*Incentives*

For more information or to RSVP:  
 Tommy Byers  
 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 delivery of Texas and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income.



**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](mailto: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



**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**

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

*30 minutes exercise  
 30 minutes healthy snacks & food demonstration*

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



# 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



PASSENGER SAFETY  
KidSafe Initiatives



**Save a Life™**  
Texas Department of Transportation

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.

# 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 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

BodyWorks/SilverWorks  
Chair Exercise Presentation  
by  
Instructor  
Anne Roberts



Wear Your Kentucky Derby Attire

BINGO  
10 am - 10:45 am



Questions Contact  
Orange County AgriLife Extension  
409-882-7010

CONNECTING ORANGE COUNTY

CONNECTED NATION

The South East Texas Regional Planning Commission (SETRPC) is partnering with local community leaders with a common mission of improving and expanding broadband access, adoption and use throughout the county. Your participation in the broadband survey and overall support of this effort is very important in developing an accurate assessment of broadband availability and related needs in Orange County.

TAKE THE SURVEY

[myconnectedcommunity.org/orange-county](http://myconnectedcommunity.org/orange-county)



For more information:  
Orange County EDC  
123 S. 6th Steet, Orange  
409.883.7770



# Azaleas – Harbinger of Spring

By John Green, Certified Texas Master Gardener

The first day of spring is March 20<sup>th</sup>, meaning there only remains 5 weeks of winter! Naturally, our last anticipated frost date according to the Farmer's Almanac, March 10<sup>th</sup>, which means most of us will begin transplanting vegetable and flowers we have germinated indoors very soon. If you are anything like me, spring simply cannot get here soon enough! With each passing week, my anticipation and excitement level builds, as it is pure joy for me to create this year's flower and vegetable gardens. I'm certain this is the case for all my fellow gardeners! Every spring as gardeners, we look forward to the Azaleas' flush knowing cold temperatures of winter are now behind us and jubilant warmth of spring is close at hand. It's almost time to begin work on our lawns, flower, and vegetable gardens.

Azaleas are a member of the Rhododendron family. Our Southeast Texas climate doesn't favor Rhododendrons, our summers are simply too hot! But the azalea, which is rhododendrons' 1<sup>st</sup> cousin can be grown and with some assistance will even flourish here. Azaleas truly make exceptional focal points in our landscapes and many gardeners build into their garden framework azaleas either with an individual plant or through mass planting azaleas into their landscape. My preference is an individual azalea bush, neatly tucked away near a structure entryway or beneath a large pine or oak tree provide color with subtlety. But mass planting azaleas will provide for a far greater, more explosive burst of color and choosing a wooded site as the backdrop, such as a pine stand will create an intensive, bold colorful contrast to the grayish-brown back drop. The color contrast is striking and most often inducing



## Azalea Varieties



Native azaleas are adapted to our region and are more resistant to pests and disease. Many also have a sweet or spicy fragrance. 'Alabama' (a personal favorite) has large white flowers with yellow blotches and a lemon fragrance. It is native to the Southeastern United States and grows well in zones 7-9. 'Texas' is slightly fragrant with funnel-shaped flowers which can be either white or pink.

Cold hardy azaleas can be grown through zone 5. 'Koromo Shikibu' has pink spidery type flower and is fragrant. Autumn leaf colors can be dark red, purple, orange, and gold, simultaneously. There also may be some scattered blooms in fall. This azalea is good in zones 5b – 9.

Reblooming azaleas are wonderful to have if you don't have time to plant multiple azalea varieties with varying bloom times, then consider the reblooming azalea. They initially bloom in spring and then rest for a spell. Once rested, they then send out another flush of flowers thru the summer. Another benefit of reblooming azaleas, dead heading not required! 'Autumn Fire' is a true, rich

red with some double blooms in spring. It will continue reblooming until fall with dark green foliage which turns purple in the fall. 'Autumn Trust' (another personal favorite) has large, bicolor flowers which are lavender-pink with dark pink highlights in spring thru fall. Grows well in zones 7-9. 'Perfecto Mumbo' (Double Pink) has large pink, double pink flowers in spring thru fall and grows well in zones 7-9.

Late blooming azaleas will extend your blooming season. These are two varieties which bloom well in our climate. 'Gumpo White' has large, ruffled, white flowers blooming in early summer, and it is cold hardy in zones 7-9. 'Plumleaf' has bright orange to deep red flowers and blooms late summer and grows well in zones 5-9.

Follow these easy steps to plant and grow azaleas successfully:

- For best results, have your soil tested. Don't waste your time and energy by guessing. You will not guess correctly. It's much easier to contact your local County Extension Agent. They can provide you information on how to correctly capture soil samples and where to send them for analysis. The cost for the soil analysis is minimal (around \$12 to \$15) but the resulting information provided by the analysis is invaluable!
- Azaleas require acidic soil.
- Do not plant azaleas deeply, especially in our clay soil. Simply plant the bush 1-2" above existing soil grade,
- Provide moist, friable, and well-amended soil. Well-drained soil is a must, or risk losing the plant in winter.
- Azaleas must have afternoon shade or filtered light throughout the day. Morning sun is fine, even preferable.
- During the 1<sup>st</sup> season or two, do not allow azaleas to dry out until established. Providing regular moisture is necessary for the development of good root systems.
- Do not cultivate the soil around the azaleas drip line. Azalea roots grow close to the surface and are easily damaged.



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](mailto:extension@co.orange.tx.us).

## Orange County Food Safety



### Some Mexican avocados banned from U.S. import list; FDA alters import rules for some fruit juice, candy and seafood

Although the issue is not specifically food safety, the import of avocados from a state in Mexico has been banned because of a safety threat against a U.S. official.

The move comes after a drug cartel struck out at growers in the state of Michoacan, which is Mexico’s only completely permitted state for exporting the fruit to the U.S. market. The ban hits an industry with a total of almost \$3 billion in exports to the United States.

The Mexican government reports that: “U.S. health authorities made the decision after one of their officials, who was carrying out inspections in Uruapan, Michoacan, received a threatening message on his official cellphone.”

According to the Animal and Plant Health Inspection Service branch of U.S. Department of Agriculture the United States has temporarily stopped avocado inspections in the Mexican state of Michoacán. Products that have already been inspected or are in transit on the way to the U.S. are not affected by the ban.

Avocados account for a large portion of produce advertising in the United States. They tied with ads for apples this past week, each accounting for 13 percent of ad dollars in the country.

In other import enforcement news, the Food and Drug Administration is continuing its use of import alerts to enforce U.S. food safety regulations for food from foreign countries. The agency updates and modifies the alerts as needed.

Recent modifications to FDA’s import alerts, as posted by the agency, are listed below. [Click here to go to the FDA page with links for specific details about this week’s various alert modifications.](#)

Import Alert	Desc Text
IA-16-131	Detention Without Physical Examination of Aquacultured Shrimp, Dace, and Eel from China- Presence of New Animal Drugs and/or Unsafe Food Additives
IA-16-81	Detention Without Physical Examination of Seafood Products Due to the Presence of Salmonella
IA-20-05	Detention Without Physical Examination and Surveillance of Fruit Juices and Fruit Juice Concentrates Due to Heavy Metal Contamination
IA-21-17	COUNTRYWIDE DETENTION WITHOUT PHYSICAL EXAMINATION OF PAPAYA FROM MEXICO
IA-23-12	Detention Without Physical Examination of Coconut Due to the Presence of Microbiological Contamination
IA-25-05	Detention Without Physical Examination of Dried Fungus (Mushrooms) from Hong Kong and PROC for Filth
IA-33-10	Detention Without Physical Examination of Candy Due to Lead
IA-33-12	Detention Without Physical Examination of Hard and Soft Candies Containing Chili Pepper
IA-45-02	Detention Without Physical Examination and Guidance of Foods Containing Illegal and/or Undeclared Colors
IA-52-08	Detention Without Physical Examination of Ceramicware Due to Excessive Lead and/or Cadmium
IA-54-14	DETENTION WITHOUT PHYSICAL EXAMINATION OF DIETARY SUPPLEMENT PRODUCTS FROM FIRMS WHICH HAVE NOT MET DIETARY SUPPLEMENT GMPS
IA-66-66	APIs That Appear To Be Misbranded Under 502(f)(1) Because They Do Not Meet The Requirements For The Labeling Exemptions In 21 CFR 201.122
IA-80-04	Surveillance and Detention Without Physical Examination of Surgeon's and Patient Examination Gloves
IA-89-08	Detention Without Physical Examination of Devices Without Approved PMAs or IDEs and Other Devices Not Substantially Equivalent or Without a 510(k)
IA-98-05	DETENTION WITHOUT PHYSICAL EXAMINATION OF REGULATED TOBACCO PRODUCTS FOR NON PAYMENT OF USER FEE
IA-99-05	Detention Without Physical Examination of Raw Agricultural Products for Pesticides
IA-99-08	Detention Without Physical Examination Of Processed Human and Animal Foods for Pesticides
IA-99-19	Detention Without Physical Examination Of Food Products Due To The Presence Of Salmonella
IA-99-21	Detention Without Physical Examination and Surveillance Of Food Products Containing Sulfites
IA-99-23	Detention Without Physical Examination of ***Produce Due to Contamination With Human Pathogens***
IA-99-39	DETENTION WITHOUT PHYSICAL EXAMINATION OF IMPORTED FOOD PRODUCTS THAT APPEAR TO BE MISBRANDED



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

# 2022 Summer Youth Cooking Camp



**LIMITED TO 60 KIDS**  
4-H YOUTH NOT ELIGIBLE

**FOOD CHALLENGE HELD THURSDAY**

**\$75 PER CHILD**  
PAYABLE BY CASH, CHECK TO H.O.P.E., OR PAYPAL TO ORANGE-TX@AG.TAMU.EDU

**PAYMENT MUST BE RECEIVED IN THE AGRILIFE OFFICE BY JUNE 3RD.**

**LIMITED SCHOLARSHIPS AVAILABLE. CALL TO INQUIRE.**

**REGISTRATION OPENS MAY 2ND @ 10:00 AM-REGISTER ONLINE**

**TO REGISTER: GO TO [ORANGE.AGRILIFE.ORG](http://ORANGE.AGRILIFE.ORG) AND CLICK ON THE REGISTRATIONS LINK**



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

# 2022 Kids Beginner Sewing

July 5th thru 7th  
9 am to 2 pm  
Ages 9 to 14



Location  
Orange County  
Convention &  
Expo Center  
409-882-7010

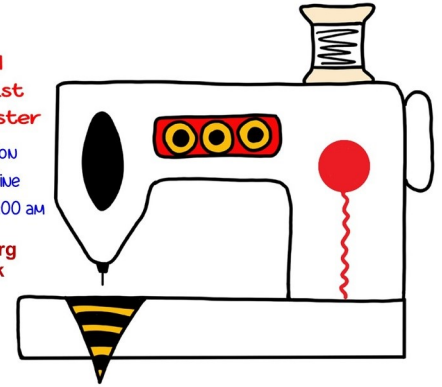
**Limited To the 1st 20 to register**

Registration  
Opens Online  
June 1st @ 9:00 am

To Register: go to [orange.agrilife.org](http://orange.agrilife.org) and click on the Registrations link

Payment Deadline  
June 30th  
\$20 Per person

Be sure to  
Bring a  
Sack lunch  
& drink



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

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.

# Beekeeping Starter Class

**\$100 per person**  
Instruction only  
**OR**  
**\$275 per person**  
Includes NUC (starter) hive

Contact Texas A&M  
AgriLife Extension  
Orange County  
to register at  
409-882-7010  
by March 7th

Make Checks payable to  
Orange County Master  
Gardeners

**Schedule**  
**Classroom Instruction**  
March 14th & 21st: 6 pm—8 pm  
Hive Biology  
Equipment needed  
Pest Management

**Field Trip to Queen Breeder & Field Instruction**  
March 26th (weather permitting)

**Working bees in the field**  
April 2nd: 9:00 am  
Identify the Queen, workers, drones, & larva  
Identify strong vs weak hives

There will also be opportunities to witness hive splits and potentially hive recoveries (these occur during the weekday).

**Class size limited to 10 participants**

Participants will be required to have a beekeepers veil, vented jacket with veil recommended, and other equipment will be discussed at first meeting.



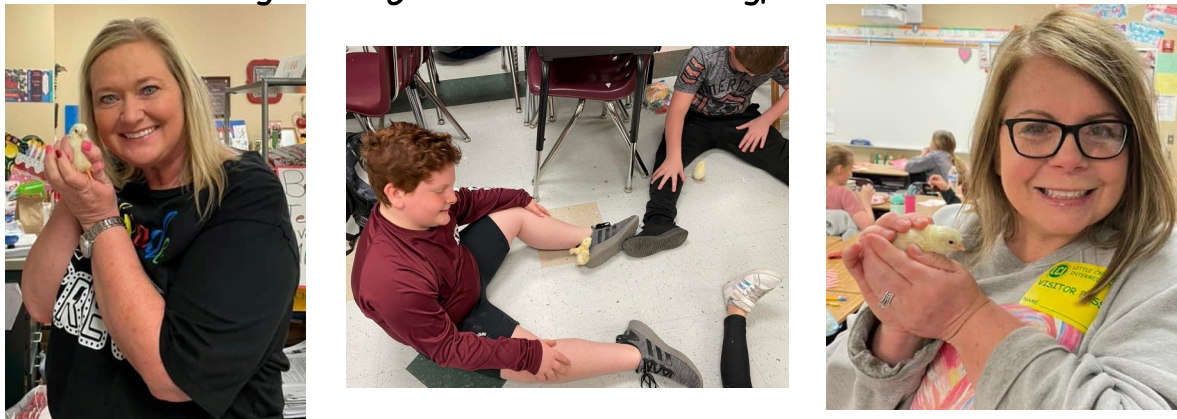
The Hatching in the Classroom 4-H School Curriculum Enrichment program is intended as a cooperative effort between a school and the Texas O&M AgriLife Extension Service. It is designed to supplement and enrich classroom Curriculum and compliment TEKS, not replace the required curriculum. The program helps youth develop needed life skills and address critical issues of life through hands on applications.

AgriLife Extension participates with Orange County Public Schools, Private Schools and Daycares twice a year. We serve up to 20 classroom each time. AgriLife provides the incubators, eggs and all necessary equipment for hatching the eggs.

### Mrs. McDaniel's Kindergarten class at Vidor Elementary



### Mrs. Perry's 4th grade class at Little Cypress Intermediated



**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)

**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

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

**Dusty Trails 4-H & Clover Kids Club**  
 1st Tuesday  
 6:30 pm 4-H Office  
 Club Manager  
 Anna Bandy  
 409-988-3666

**Mighty Pirates 4-H**  
 2nd Tuesday 7 pm  
 4-H Office  
 Club Managers  
 Lisa Edwards  
 409-554-1960

**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

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

 **Tractor Supply Paper Clover dates**  
 Spring:  
 April 27th - May 8th  
 Fall:  
 October 5th - October 11th

**Projects outside of clubs**

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

**Food & Nutrition**  
 3rd Tuesday 6pm  
 4-H Office  
 Leader Lettie LeBert

**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

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

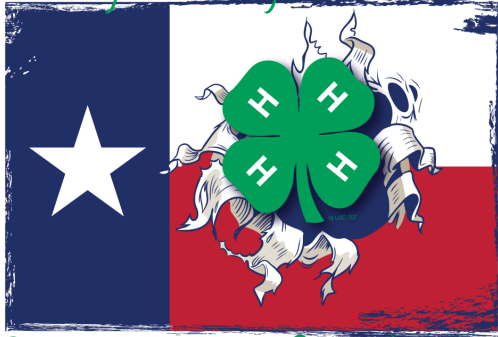
**Fashion & Interior Design**  
 4th Tuesday 6pm  
 4-H Office  
 Leader  
 Patience LeBert

**No cost to members who participate in projects**

*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.*



*Greetings from Big Time in D-9*



*Southeast District 9 4-H Roundup*

[https://d94-h.tamu.edu/  
eventsandcontests/bigtime/](https://d94-h.tamu.edu/eventsandcontests/bigtime/)

**Thursday April 28th - Saturday April 30th**  
**Lone Star College - Montgomery Campus**  
**3200 College Park Drive**  
**Conroe, TX**

**Entry/Registration Deadline**  
**March 23, 2022 online through 4-H Connect**  
**\$15 per entry**

**Friday, April 29th**  
**Food Show**  
**Educational Presentations/Public Speaking**

**Saturday April 30th**  
**Ad Product ID**  
**Food Challenge**  
**Duds To Dazzle**  
**Photography Judging**



### Livestock Judging

Saturday, April 23, 2022  
 Brazos County Expo  
 Bryan, TX

Entry/Registration Deadline  
 All entries will be completed on  
 4-H Online at

<https://v2.4honline.com>

Opens: Wednesday, March 16, 2022  
 Closes: Wednesday, March 30, 2022  
 Entry fee \$25 per member

### Photography Contest

Will be Displayed and Judged at District 9 Roundup  
 Entry/Registration Deadline

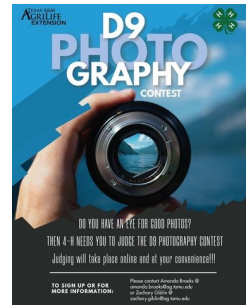
Register photos on 4-H ONLINE  
 (Opens February 23rd and Closes  
 March 16th)

Photos Must be uploaded to Submittable by  
 March 17th. (You will receive instructions  
 after registering in 4-H Online)

Entry Fee: \$5.00 for each photo entered

Go to the link below for the following  
 2021-2022 D-9 Photography Contest Rules  
 Photography Scoresheet  
 mage Resizer

[https://d94-h.tamu.edu/eventsandcontests/bigtime/  
photography/](https://d94-h.tamu.edu/eventsandcontests/bigtime/photography/)



### 4-H Leadership Lab

District 9 4-H Leadership Lab

Tuesday June 28th - Thursday June 30th

Location & Cost: To Be Decided

Entry/Registration Deadline is May 25th

Open for youth in 7th - 12th grades.

The focus of this event is to provide 4-H members the opportunity to learn valuable leadership and life skills by participating in variety of educational activities, team-building exercise, and learning sessions.

If you are interested in attending please let the AgriLife office know in advance.

### Record Book Judging

July 12, 2022

No entry fee

4-H Record books are due in the  
 AgriLife Office by Thursday June 9th

[https://d94-h.tamu.edu/  
eventsandcontests/recordbook-  
judging/](https://d94-h.tamu.edu/eventsandcontests/recordbook-judging/)



## Chocolate Mug Cake

1 serving

- \* 2 tablespoons strawberries
- \* 1/2 teaspoon slivered almonds
- \* 2 teaspoons semi-sweet chocolate chips, sugar free
- \* 1 tablespoon + 2 teaspoons unsweetened cocoa powder
- \* 3 tablespoons all-purpose flour
- \* 1/8 teaspoon salt
- \* 2 teaspoon Splenda/sugar substitute
- \* 1/4 teaspoon baking powder
- \* 3 teaspoon mashed banana
- \* 3 tablespoons unsweetened Vanilla Almond Milk
- \* 1/2 teaspoon vanilla extract



1. Wash hands before beginning preparation.
2. Mix all dry ingredients into an 8 oz. coffee mug
3. Add in wet ingredients (mashed banana, almond milk, vanilla extract) to dry mixture and mix well.
4. Fold in Chocolate chips gently.
5. Bake in microwave on high for 1 minute and 20 seconds
6. After baking, top with strawberries and slivered almonds Enjoy!

Nutrition Facts: Calories 180, Total Fat 4.5g, Saturated Fat 2g, Sodium 460mg, Total Carbohydrate 34g, Dietary Fiber 5g, Total Sugars 8g includes 3g Added Sugar, Protein 5g

Dinnertonight.tamu.edu

## Most common types of chocolate



UNSWEETENED

used to make many types of chocolate and preferred for baking



BITTERSWEET OR DARK

starting at 35% chocolate liquor plus cocoa butter and sugar, one of the healthier chocolates



MILK

contains at least 10% chocolate liquor, cocoa butter, sugar and at least 12% milk

removing fat and cocoa butter, left to harden and crushed. Used in low fat cooking and baking because it retains the flavor without the fat

COCOA



WHITE



contains no chocolate liquor, has higher amounts of cocoa butter, milk and sugar



## BENEFITS OF Dark Chocolate

The higher the cocoa content, such as dark chocolate, the more health benefits there are!

Cocoa may:

- lower cholesterol levels
- prevent cognitive decline
- Contain antioxidants (dark chocolate above 70% cacao)



## WHY & HOW TO TEMPER Chocolate

### Chocolate

#### WHY

Tempering chocolate helps to make smooth, shiny, even chocolate for dipping fruits or treats. Tempering prevents any dulling or grayish color chocolate and leaves a hard chocolate shell that snaps!

#### HOW

1. Break chocolate into small pieces
2. Put half of the chocolate in a bowl and melt in microwave for 30 seconds intervals until melted, stirring in between each interval.
3. Remove from microwave and add in additional chocolate while stirring to melt.
4. Chocolate will become thick, shiny and smooth!



## TIPS FOR Chocolate DIPPED FRUIT



- Make sure all berries are clean and very dry to avoid chocolate slippage
- Freeze sliced wet fruits (bananas, apples, and pineapples) before dipping for 20 minutes on a baking sheet
- Use skewers to hold fruits for dipping for a more precise dip
- You can dip your favorite fruits and enjoy!



## New report provides assessment of proposed Senate bill for cattle industry

Texas A&M AgriLife center examines impact of Cattle Price Discovery and Transparency Act

A recent report by the [Agricultural and Food and Policy Center](#), AFPC, at [Texas A&M University](#) provides an assessment of the proposed Cattle Price Discovery and Transparency Act of 2021, known as Senate Bill 3229, and its potential impact on segments of the beef and cattle supply chain.

The lead author for the report was [Texas A&M AgriLife Extension Service](#) economist Justin Benavidez, Ph.D., [Texas A&M AgriLife Research and Extension Center in Amarillo](#). Collaborators included AFPC co-directors Bart Fischer, Ph.D., and Joe Outlaw, Ph.D., as well as AgriLife Extension economist David Anderson, Ph.D., all of Bryan-College Station.

“This report is comprised of two parts,” Fischer said. “The first is an analysis of the impact of the bill on negotiated trade volume. The second is a qualitative, economics-based summary of the bill’s expected effects.”

The report presents the expected effects in a matrix format, highlighting the anticipated directional impact of each portion of the bill on a set of stakeholder groups and market outcomes, including cattle and beef prices, market transparency, price discovery and data confidentiality.

### Background on report

In November, a bipartisan group of U.S. senators announced a compromise cattle market proposal that was introduced as the Cattle Price Discovery and Transparency Act of 2021.



Buyers at a cattle auction.  
(Texas A&M AgriLife photo)

Sen. John Boozman, R-Ark., ranking member, [Senate Committee on Agriculture, Nutrition and Forestry](#), requested that AFPC evaluate the potential impact the bill may have on various segments of the beef and cattle supply chain.

“The report builds on [work published by AFPC in October 2021](#) at the request of the bipartisan leadership of the House Committee on Agriculture in the 116th Congress,” Fischer said.

### What would Senate Bill 3229 do?

“The bill proposes to establish a regional mandatory minimum threshold for the percentage of cattle purchased under negotiated grid or negotiated pricing terms,” Benavidez said. “It also proposes the establishment of a cattle contract library and to expand reporting requirements for cattle pricing and slaughter.”

The bill establishes regional mandatory minimum thresholds of negotiated cash and negotiated grid trades based on a region’s 18-month average trade. The [National Cattleman’s Beef Association](#) has voiced concern with the negotiated minimums portion of the bill, as has the [American Farm Bureau Federation](#).

To determine if the minimum and maximum bounds of the bill as proposed impose an economic cost to the cattle market, the authors established an unrestricted forecast of negotiated trade for various U.S. cattle-producing regions – Texas-Oklahoma, New Mexico, Kansas, Nebraska and Iowa-Minnesota.



A recent Agricultural and Food Policy Center report assesses the potential impact of the Cattle Price Discovery and Transparency Act of 2021 on aspects of the cattle and beef supply chain. (Texas A&M AgriLife photo by Kay Ledbetter)

In each region, they modeled expected negotiated trade as a function of:

- The trend in negotiated trade.
- Whether the cattle cycle year saw an increase or decrease in herd size.
- Seasonality of historic negotiated trade.
- The previous week’s negotiated trade volume
- Total weekly fed cattle trade.

The criteria also included a dummy variable accounting for the introduction of the industry-led “75% Plan.”

“The difference in the expected amount of unrestricted negotiated trade and the amount of negotiated trade compelled by Senate Bill 3229 provides a measure of the cost of the bill’s negotiated trade provisions,” Benavidez explained.

### *Proposed Senate bill for cattle industry continued*

The report contains figures showing the expected unrestricted negotiated trade plotted against the negotiated trade minimums compelled by the bill through December 2026, a five-year outlook.

The authors also addressed whether changes in negotiated volume would have a cost.

“Typically, a move away from alternative marketing arrangements or AMA’s results in lost efficiency,” Anderson said. “This efficiency loss translates directly into increasing the transaction cost of buying and selling cattle.”

Anderson said industry research also shows packers that operate with AMAs tend to have lower marketing costs.

“Reliability of supply is a critical component in operating a large packing plant, and industry research has shown plants with higher AMA volumes have more stable average monthly volumes,” he said. “And the increased costs from a mandated reduction in AMA

use would be shouldered by the cattle feeding sector.”

Benavidez noted the report also shows the region that includes Texas would see the greatest negative impact from the imposition of mandatory trade minimums.

**Expected effects of the bill**

The report also provides a matrix of the expected effects of the bill by its three primary segments:

- Negotiated Trade Mandate – Mandated levels of negotiated trade are expected to have negative effects on short-term cattle and calf prices.

“Negotiated trade mandates do provide additional price discovery and market transparency, but more price discovery does not mean that cattle prices will be higher,” Benavidez said. “The mandate will result in lower short-term fed cattle prices due to the increase in the costs of the feeder-packer cattle sale transaction.”

Benavidez said the bill does increase price discovery, but at the cost of lower prices to cattle producers and higher prices to beef consumers.

- Contract Library – The effects of the contract library would be exclusively felt in terms of market transparency in that such a library would increase market transparency.
- Expanded Reporting Requirements – Reporting requirement expansion would impact two areas, transparency and discovery, and would likely increase both.

“In overall terms of the bill’s impact on various segments of the beef and cattle supply chain, the bottom line is that there would be tradeoffs,” Fischer said. “While it may be able to achieve greater price discovery and market transparency, forcing the movement away from AMAs via regional mandatory minimums for negotiated purchases will result in lower cattle prices and higher wholesale and retail beef prices.”



The report notes that while the bill would increase price discovery, it would mean lower prices to cattle producers and higher prices to beef consumers. (Stock photo)

Paul Schattenberg

Paul is a communications and media relations specialist with Texas A&M AgriLife Communications. Based in San Antonio, Paul is responsible for writing advances, news releases and feature stories for Texas A&M AgriLife agencies, as well as providing any media relations support needed.

[Agrilifetoday.tamu.edu](http://Agrilifetoday.tamu.edu)

**4-H Food & Nutrition Project  
Food Challenge**



**4-H Clay Busters Shotgun  
Shooting Sport**



## Orange County Food Safety

### National Groundwater Awareness Week, an initiative created by the National Ground Water Association, is slated for March 6-12, 2022



#GWAWeek serves as an annual reminder for water well owners to test, tend, and treat their private water systems. NGWA encourages annual inspections of private water systems by certified water well contractors to ensure systems are operating correctly and producing safe and healthy water.



Our most valuable and precious resource needs advocates who understand the importance groundwater plays in our lives and community.

#### 10 Ways to Protect and Conserve Groundwater

##### 1. Go Native

Use native plants in your landscape. They look great, and don't need much water or fertilizer. Also choose grass varieties for your lawn that are adapted for your region's climate, reducing the need for extensive watering or chemical applications.

##### 2. Reduce Chemical Use

Use few chemicals around your home and yard, and make sure to dispose of them properly - don't dump them on the ground!

##### 3. Manage Waste

Properly dispose of potentially toxic substances like unused chemicals, pharmaceuticals, paint, motor oil, and other substances.

##### 4. Don't Let It Run

Shut off the water when you brush your teeth or shaving, and don't let it run while waiting for it to get cold. Keep a pitcher of cold water in the fridge instead.

##### 5. Fix the Drip

Check all the faucets, fixtures, toilets, and taps in your house for leaks and fix them right away, or install water conserving models.

##### 6. Wash Smarter

Limit yourself to just a five minute shower, and challenge your family members to do the same! Also, make sure to only run full loads in the dish and clothes washer.

##### 7. Water Wisely

Water the lawn and plants during the coolest parts of the day and only when they truly need it. Make sure you, your family, and your neighbors obey any watering restrictions during dry periods.

##### 8. Reduce, Reuse, and Recycle

Reduce the amount of "stuff" you use and reuse what you can. Recycle paper, plastic, cardboard, glass, aluminum, and other materials.

##### 9. Natural Alternatives

Use all natural/nontoxic household cleaners whenever possible. Materials such as lemon juice, baking soda, and vinegar make great cleaning products, are inexpensive, and environmentally-friendly.

##### 10. Learn and Do More!

Get involved in water education! Learn More about groundwater and share your knowledge with others.



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



## Balsamic Butternut Squash with Kale

6 servings

- ⇒ 12 ounces butternut squash-peeled, seeded, and cut into 1-inch pieces
- ⇒ 1 small yellow onion, cut into 1/2-inch pieces
- ⇒ 3 tablespoons balsamic vinegar, divided
- ⇒ 1 tablespoon brown sugar
- ⇒ 2 teaspoons vegetable oil
- ⇒ Kosher salt and ground black pepper to taste
- ⇒ 6 ounces kale, roughly chopped
- ⇒ 1/4 cup vegetable broth

Preheat oven to 400 degrees F (200 degrees C).

Place squash in a bowl; add onion, 1/2 of the balsamic vinegar, brown sugar, vegetable oil, salt, and pepper and toss to coat. Spread mixture in a single layer onto a baking sheet.

Bake in the preheated oven until squash is tender and golden, 30 to 40 minutes.

Combine kale and broth in a heavy-bottom skillet; bring to a light simmer. Cover skillet, reduce heat, and cook until kale is tender but still bright green, about 5 minutes; drain any excess liquid. Mix kale, squash mixture, and remaining balsamic vinegar together in a serving bowl.

Nutrition Facts per serving 73 calories, protein 1.7g, carbohydrates 14.1g, dietary fiber 1.0g, Sugars 5.2g, fat 1.8g, saturated Fat 0.3g, calcium 73.2mg, sodium 103.3mg.

Allrecipes.com

*Note: Fallon Foster our Family & Community Health Agent made this for a meeting and everyone loved it. The squash and kale together has a perfect balance.*

## Crawfish Beignets

Yields 12 Beignets

- \* 1 (12 ounce) package crawfish tail meat
- \* 1 1/2 cups shredded cheddar cheese
- \* 1/2 cup mayonnaise
- \* Chopped green onion
- \* 2 (16.3 ounce) cans refrigerated biscuit dough, separated
- \* Vegetable oil for frying
- \* 1 pinch paprika, or to taste
- \* Cayenne Pepper, or to taste

Mix crawfish meat, cheddar cheese, mayonnaise, and green onion together in a big bowl.

Flatten and stretch out 12 biscuits with your hands or a rolling pin until they are rectangular in shape and about 2x5 inches.

Place a scoop of the crawfish mix in the middle of each flattened biscuit and close all sides around it, working with your hands until all creases are fully sealed and you reach a desired shape.

Heat oil in a deep-fryer or large sauce pan to 375 F. (190 degrees C).

Place beignets carefully into the hot oil and fry until they float to the top and are golden brown on both sides, flipping as needed, about 5 minutes total. Remove from oil onto a paper towel-lined plate. Sprinkle tops with paprika and cayenne pepper.

Allrecipe.com



## Pizza Waffle

4 servings (1 waffle)

- 1 package crescent roll dough
- 1 cup shredded nonfat mozzarella cheese
- 16 slices of pepperoni
- 1/2 cup pizza sauce, for dipping

Preheat waffle iron and spray with nonstick cooking spray.

Unroll crescent roll dough and pinch seams to make four rectangles. Place 1/4 cup mozzarella cheese and four pepperonis in each rectangle. Fold the dough in half and pinch each edge to seal together.

Place each piece of dough in the center of the iron. Close and cook for 5 minutes or until browned.

Serve warm with pizza sauce for dipping.

Nutrition Facts: serving size 1 waffle, calories 120, total fat 5g, cholesterol 15mg sodium 530mg, total carbohydrate 6g, total sugars 2g includes 1g added sugars, protein 11g.



# Garden Checklist: March

By John Green, Texas Certified Master Gardener



Another season is coming to an end and very soon winter will be nothing more than a fading memory for us all. As spring nears, each passing day becomes slightly warmer, though we may still have an occasional cool night. Our last anticipated frost date is around March 10<sup>th</sup>. Our local soil temperature remains too cold to plant tomatoes and peppers just yet, so wait until after the last anticipated frost date. Now is a great time to complete the following gardening tasks.

## Plant window boxes and containers

Use showy annual flowers to brighten up your porch and patio for spring. Angelonia, dusty miller, and violas are but a few good options. Start hanging baskets of petunias, ferns, and others for another dimension in landscape color. One attractive begonia plant can yield several others through careful rooting of stem cuttings. Try placing your cuttings in a plastic cup with holes in the bottom filled with moist vermiculite. Keep it moist and in 4-

6 weeks you will have a rooted cutting.

## Prune and fertilize

Pruning of evergreens and summer flowering trees and shrubs should be completed by the end of March. Prune spring flowering trees and shrubs, azaleas, redbuds, dogwoods, as soon as they finish blooming. If more than a month after blooming, wait until next year as the plant is already setting its blooms for next season. Fertilize plants by applying three pounds of azalea-camellia fertilizer per 100 square feet of bed area. Check mulch on azalea and camellia beds and add where needed.

## Divide summer-and-fall-blooming perennials

Divide fall-blooming perennials and ornamental grasses to allow them time to be well established by fall. Dig up large clumps of perennials, such as day lilies, asters, mums, and salvia. Divide into smaller clumps and replant or share with neighbors. This is a great way to invigorates plants!

## Plant warm-weather vegetables

Plant tomatoes, peppers, squash, beans, and corn for late spring harvests. Be sure to "harden off" seedlings started inside by moving them outside into a shady area and gradually increasing sun exposure until the young plants can withstand the full effects of wind and sun. It would be best to wait until mid-month or later before planting in the ground, giving the soil time to warm up. Don't be in a hurry to set out young pepper plants. Wait until the temperatures seem to be settled with nighttime temperatures above 60°. Often, tomato and pepper plants started outdoors from seed will grow so quickly they will catch up with commercial plants in size within a few weeks. For many gardeners, this is the only way to obtain rare or heirloom varieties.



## Plant summer-blooming bulbs

Summer flowering bulbs, such as cannas, dahlias, and gloriosa lilies, can also be planted now. Plant dahlia tubers in fertile, well-drained soil. Select and order caladium tubers as well as coleus plants for late April and early May planting. Do not plant caladiums until soil temperature reaches 70°F, typically during the first couple of weeks in May.

## Lawn Care

Mow lawns now with blade height adjustment about an inch lower than normal but do not scalp your lawn. This will remove winter-damaged leaves and clears the way for new growth. Apply compost to your lawn this month. Compost can be purchased pelletized which spreads easily. Wait until April to fertilize.

## Monitor trees, Plant annuals and Mulch

Monitor fruit, nut and citrus trees for insects, pests, and disease. Add mulch to flower and vegetable beds now to help conserve moisture for the summer months. Plant annuals mid to late March for color when your perennial and natives stop blooming. Place plants about 4 inches apart for good bloom coverage. Cut back dead foliage on ornamental grasses only if you see new growth starting. If you plan to make garden changes do so now before plants start actively growing. Fertilize roses every 4 to 6 weeks now through September. Begin moving houseplants outside toward the end of the month, remove dead leaves and fertilize. Repot if necessary.

Please note the Orange County Master Gardeners' annual **Bloomin' Crazy** plant sale is Saturday, March 12 between 8 AM - 1 PM at Cormier Park, 8235 FM 1442 in Orangefield, located between the railroad tracks and St. Helens' Catholic Church. We have a huge variety of plants for Southeast Texas with many Texas Superstars, numerous varieties of bedding and flowering plants, vegetables, & herbs, shrubs, and trees including citrus, berries, figs, and avocados. Tickets will be provided on first come first served basis. The number of people allowed in at a time will be limited to accommodate social distancing.

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](mailto:extension@co.orange.tx.us).

## Weight Loss: How to Reset Your Brain for Success

*How a dieting mindset keeps the weight on*

We've all been there — after a month of being “good” on your New Year's diet, you attend a party (mask on, of course) for the big game that's bursting with treats.

Suddenly, corn chips and chili dip are calling your name, and you can't concentrate on the game because you're spending all of your mental energy trying to avoid those tempting treats.

When you finally give in, you feel guilt, shame and lowered self-esteem.

Combine these feelings with the idea that since you've blown your diet, you might as well eat more before you go back to being “good” tomorrow, and you have weight gain.

So, how can you get rid of the guilt and reset your brain to make smart choices?

Dietitian Anna Taylor, MS, RD, LD, CDCES, and bariatric behavioral health expert Leslie Heinberg, PhD, talk about how to change your thinking around dieting.

### What happens when we diet

Dieting may seem like a great New Year's resolution, but when we limit how much we eat, it can affect our body in ways we didn't predict.

“Several things happen in our bodies when we restrict our food intake,” says Taylor. “We know that our metabolism slows, and the hormones that regulate our feelings of hunger and fullness get out of whack. You end up overeating, not because you are bad or weak, but because your body is doing everything it can to get out of your self-imposed famine.”

Even when you're not actively on a diet plan, your dieting mindset can cause you to eat more and gain weight. You may eat more than you normally would, anticipating that soon, you'll be back on a restrictive diet.

“From an evolutionary perspective, our bodies are more tuned to survive in times of famine,” Taylor says. “The body of the yo-yo dieter is accustomed to having random times of food shortage or restriction. Therefore, the body strives to eat and store more overall. The human body does not like to lose weight, so it fights back.”

### Shifting your dieting perspective

Several studies have shown that restrictive dieting ultimately leads to weight gain, not weight loss. But studies have also shown that self-esteem can predict dieting outcomes.

“When you work on reducing your guilt and shame around food and better body image acceptance, you tend to develop better eating habits over the long term,” says Dr. Heinberg.

A dieting mindset also tells you that your food decisions reflect on your worth as a person.

You are eating “bad” foods, so you must be a bad or weak or unworthy person. This can perpetuate a cycle of emotional eating that adds excess weight, reduces self-esteem and is tough to end.



### How to reset your dieting mindset

Work on stopping the negative thoughts in your head and adopt these tips to encourage a better relationship with food and eating healthy.

- **Don't tell yourself certain foods are “bad.”** Focus on how a food makes your body feel, not on whether it fits in with the current diet fad. “Healthy foods give us more energy and tend to make us feel better,” Taylor says. “Even something like ice cream can fit into this framework. You know if you order a triple scoop you're going to feel sluggish afterwards, so you stick to a junior scoop and enjoy every bite. Over time, that leads to better health.”
- **Don't subtract from your eating — add to it.** “Restriction has the opposite effect we want it to have, so if we focus on adding foods that make us feel good — vegetables and fruits that help digestion, whole grains and proteins that keep us fuller, longer — then we are not so obsessed with what we are not eating,” Dr. Heinberg says. “Restriction also leads us to feel overly hungry later and lose self-control. Don't restrict as a way of making up for less-than-ideal eating. It will just set the stage for a future binge.”
- **Limit your negative self-talk.** “When we tie our self-worth so directly to our food choices and combine that with a restrictive diet, we're setting ourselves up to fail and feel guilty, which in turn produces overeating behaviors and then more guilt,” Dr. Heinberg says. Write down positive changes that you're making each day (like drinking more water or taking walks) in a journal, and stop using the words “good” and “bad” to describe your food choices — and yourself.

Ultimately, what works for weight loss in the long-term is small, incremental changes to your overall eating patterns. And the less you focus on restricting and categorizing foods and the more you focus on creating healthy behaviors around food and exercise, the healthier your body — and mind — will be.

[Health.clevelandclinic.org](http://Health.clevelandclinic.org)



## Southeast Texas Migration March 1st - 15th




### Ruby-throated Hummingbird



### Rufous Hummingbird






**Hummingbird Care:**  
 Clean Feeder Every Time You Fill  
 No Color Dyed Nectar  
 No Preservatives  
 Use Ant Mote  
 No Oils or Grease on Feeder or Pole

**Changing Guide Based on Temperature Outside**


71-75 degrees	6 days
76-80 degrees	5 days
81-84 degrees	4 days
85-88 degrees	3 days
89-92 degrees	2 days
93+ degrees	DAILY




**This is a GUIDE ONLY.**  
 PLEASE check your feeder DAILY  
[www.HummingbirdPots.com](http://www.HummingbirdPots.com)

**Nectar Recipe:**

4 Cups Water  
 1 Cup Sugar  
 --- OR ---  
 2 Cups Water  
 1/2 Cup Sugar  
 --- OR ---  
 1 Cup Water  
 1/4 Cup Sugar  
 No Organic  
 Mix WELL




**Mix warm water with the sugar until dissolved. Use immediately. -OR- You may store it in the fridge for a week, or in freezer for a few weeks.**

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

# TEXAS A&M AGRI LIFE EXTENSION

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## AGRILIFE ORANGE COUNTY 2022 CALENDAR

### 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

### JUNE

- 13th-17th Youth Cooking Camp

### JULY

- 4th Independence Day Holiday Office Closed
- 5th-7th Youth Beginners Sewing
- 19th-21st Youth Clover Kids Camp

### AUGUST

- 2nd Food Safety Conference
- 9th 4-H Open House