

TEXAS A&M
AGRI LIFE
EXTENSION

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Scan and go directly to AgriLife website or click link below

orange.agrilife.org



Orange County
AgriLife
Newsletter
August 2022



Hi There!

You should join 4-H!

The 2022-2023 4-H Year Begins September 1st.

Early enrollment opens August 15th online at

4-H Connect

<https://v2.4honline.com/#/user/sign-in>

Clover Buds ages 5-8 years of age - free to enroll

4-H Members 8 (and in the 3rd grade)-18 years of age - \$25 early bird enrollment from August 15th-October 31st.

Check out page 8 for the list of clubs and projects.

IT'S GOING TO BE ANOTHER
GREAT 4-H YEAR!



4-H IS MORE THAN
JUST A CLUB.
WE'RE A FAMILY.

TEXAS A&M
AGRI LIFE



Everyone
Belongs in 4-H!



4-H OPEN HOUSE

Tuesday, August 09, 2022

6pm-8pm

*Petting Zoo *Popcorn *Games *Info Booths* Hot Dogs * And More!

Orange County Convention & Expo Center
11475 FM 1442. Orange
For more information, call 409-882-7010

Everyone is invited to come out to our 4-H Open House and see what all 4-H has to offer our Orange County Youth.

4-H Club meetings/activities are held after school each month.

4-H Projects such as Food and Nutrition, Equine, Sewing/Crafts, Robotics, just to mention a few are held once a month.

Each member pays a yearly enrollment fee of \$30 (\$25 if enrolled by October 1st).

All project supplies are provided by 4-H and no additional cost to the member.

We will have Hotdogs, drinks, chips, popcorn, petting zoo and much more to enjoy at Open House.

Each Orange County 4-H club will be presented to answer any questions you may have along with a game for the kiddos to play.

COME JOIN THE FUN!!!!



Hunters Education Course

Choose the Course date below you would like to attend, then register online at the link below

- August 6th (#237193)**
- September 3rd (#1237193)**
- October 22nd (#1237197)**
- Saturday from 8 am to 2 pm**

Register online

<http://tpwd.elementlms.com/course/hunter-education-classroom-course-###/>

Classes are limited to 15 attendees

Certified Course Instructor

Franny Woods, 4-H Program Assistant

Course will be held at the
Texas A&M AgriLife Extension
11475 FM 1442 Orange

\$25
per person
Lunch
Provided



Questions, contact the
AgriLife Office at
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.



Become a Master Gardener

2022

Master Gardener Training Classes

Each Thursday 6:00 - 8:30 pm

August 25 thru December 8

Orange Co. Expo Center

For Applications Contact: Texas A & M AgriLife Extension
 11475-A FM 1442
409-882-7010

The cost is \$150 which includes a book (\$83), background check and speakers.

- Plant Growth & Development * Soils, Water & Plant Nutrients * Earth-kinds * Plant Health Problems * Home Fruit & Nut Production * Vegetable & Herb Gardening * Landscape Horticulture * Lawn Care * Seed Saving * Propagation * Grafting * Vermiculture * Composting

The requirements for becoming a Master Gardener are 50 hours of education and 50 hours of volunteer time. The classes provide the 50 hours of education. If you have to miss a class there is an open book test to make up the hours. There is a year after the classes for earning 50 hours of education, however you can do volunteer time while attending classes. Volunteer hours can be attained by attending the monthly meetings, working at the Master Gardener greenhouse, working the plant sale and numerous other AgriLife workshops.



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: September 13th, 20th, 27th, October 4th, & 11th
Time: 10:00 am to 12:00 pm
Location: Raymond Gould Community Center

5 classes

Learn how to manage your diabetes through food & exercise.

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

To register, contact your local county agent!

Raymond Gould Community Center
 385 Claiborne St
 Vidor, TX 77662

Orange County Extension Office
 11475-A FM 1442
 Orange, TX 77630
 Call 409-882-7010 to register.
 Taught by:
 Fallon Foster-White, 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.



Pumpkin Pie Eating Contest!

Saturday, October 8th
Starting at 12 noon
at Orangetober Fest


Age Divisions
Youth ages 8-12
Teens ages 13-17
Adults ages 18 and up



Prize given to winner of each age division.

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






4-H Days
 August 1-13, 2022

HELP BUILD THE NEXT GENERATION OF LEADERS THROUGH 4-H

DONATE \$1, \$5, OR \$10 TODAY TO SUPPORT YOUR LOCAL COUNTY 4-H.

McCoy's Building Supply is a long-time sponsor of Texas 4-H and its mission. Texas 4-H Youth Development is the nation's largest positive youth development and youth mentoring organization, empowering six million young people in the U.S. McCoy's greatly values the Texas AgriLife Extension agents who work closely with 4-H to deliver research-based educational programs and solutions to all Texans.

Thank You For Your Donation!



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.

How FDA Regulates Gluten-Free Labeling of Fermented Foods

June 16, 2022 • By Melanie L. Downs, PhD, and Steve L. Taylor, PhD



As of August 2021, finalized rules are in effect for gluten-free claims on fermented and hydrolyzed foods regulated by FDA. If a fermented or hydrolyzed food (or a food containing fermented or hydrolyzed ingredients) bears a gluten-free label, the manufacturer must maintain records demonstrating that the food or ingredient met the FDA definition of gluten free prior to fermentation or hydrolysis and that gluten cross-contact was controlled after fermentation or hydrolysis. While this regulation seems straightforward on paper, challenges remain for food manufacturers trying to interpret the rule for their products. This article reviews the development of the current gluten-free regulations and the impact of the recently finalized rule for fermented and hydrolyzed foods.

Celiac disease, also known as gluten-sensitive enteropathy, a lifelong condition affecting an estimated 1% of the U.S. population, is characterized by a chronic immune-mediated inflammatory response to the gluten proteins found in certain cereal grains, including wheat, rye, barley, and sometimes oats. The inflammatory process in celiac disease primarily impacts the intestinal tract, creating a chronic malabsorption syndrome unless treated. The symptoms of celiac disease, which are reflective of an inability to absorb nutrients including weight loss, anemia (iron deficiency), bone loss (calcium deficiency), and growth retardation in children, along with nausea, abdominal cramping, and diarrhea.

Gluten is a complex mixture of different individual proteins and includes two major fractions—prolamins (also referred to as gliadins) and glutelins. Individuals affected by celiac disease must strictly avoid gluten-containing foods to prevent serious adverse health outcomes, making establishment of regulatory criteria for the use of gluten-free claims critical to their ability to make safe food choices .

For many years, food manufacturers catering to celiac consumers had been labeling products as gluten free, but there was no established regulatory definition in the U.S. prior to 2013. The development of the current regulatory structure started with the Food Allergen Labeling and Consumer Protection Act of 2004, which required the Secretary of Health and Human Services to issue regulations to define and permit use of the term “gluten-free” for food labels. The final rule for gluten-free labeling of foods under FDA jurisdiction was published in August 2013, with a compliance date of August 5, 2014.

Foods that inherently do not contain gluten may be labeled as gluten free if the presence of any unavoidable gluten is less than 20 ppm gluten.

Failure to meet these requirements for a product labeled as gluten free would result in a misbranded product. In addition, the terms “no gluten,” “free of gluten,” and “without gluten” must meet the same requirements as products labeled “gluten free.”

When compliance with the gluten-free rule is based on analysis, FDA indicated it would use a “scientifically valid method that can reliably detect and quantify the presence of 20 ppm gluten in a variety of food matrices, including both raw and cooked or baked products.” The reliance on analytical methods for evaluating compliance with the regulation plays a key role in the agency’s perspectives on fermented and hydrolyzed foods.

The gluten-free labeling regulation finalized by FDA and incorporated as 21 CFR 101.91 defines gluten-containing grains as wheat (any species belonging to the genus *Triticum*), rye (any species belonging to the genus *Secale*), barley (any species belonging to the genus *Hordeum*), or any of their crossbred hybrids (e.g., triticale). As illustrated in Table 1, this definition can encompass many different individual species, particularly when it comes to wheat. The rule also defines gluten as “the proteins that naturally occur in gluten-containing grains that may cause adverse health effects in persons with celiac disease (e.g., prolamins and glutelins).”

Gluten-Containing Grain	Example Species
Wheat (all <i>Triticum</i> species)	Common wheat (<i>T. aestivum</i>)
	Durum wheat (<i>T. durum</i>)
	Club wheat (<i>T. compactum</i>)
	Emmerwheat (<i>T. dicoccon</i>)
	Einkorn wheat (<i>T. monoccum</i>)
	Khorasan (<i>T. turgidum</i>)
Rye (all <i>Secale</i> species)	Common rye (<i>S. cereale</i>)
	Cultivated barley (<i>H. vulgare</i>)
Barley (all <i>Hordeum</i> species)	Triticale (wheat-rye hybrid)
Crossbred hybrids	

With respect to the definition of gluten-free, the rule stipulates that a product bearing a gluten-free label may not contain any of the following:

1. An ingredient that is a gluten-containing grain;
2. An ingredient that is derived from a gluten-containing grain and that has not been processed to remove gluten; or
3. An ingredient that is derived from a gluten-containing grain and that has been processed to remove gluten, if the use of that ingredient results in the presence of 20 ppm or more gluten in the food.

For a complete copy of this article visit <https://www.foodqualityandsafety.com/article/how-fda-regulates-gluten-free-labeling-of-fermented-foods/?singlepage=1>

Foodqualityandsafety.com



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



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

Effective Weed Control Begins with Knowledge

By John Green, Certified Texas Master Gardener, Orange County Master Gardeners



Gardeners, it's another beautiful summer morning here in Southeast Texas. Rather than moving from gardening task to task, as is typical most days, I took the time to slowly walk around my yard this morning (coffee cup in hand), stopping at each flower bed to view flowers in bloom, stopping long enough to smell a few of the blooms. Leaving the flower bed areas, I walked over the raised vegetable gardens, making mental notes of herbs and vegetables to harvest later in the day (especially the Chinese long beans), all the while listening to a frogs' deep, throaty calls for affection. I was able to totally relax, allowing my mind to wander for a few peaceful moments. We always seem to be in such a rush-our lives are constantly bombarded with the pressures of everyday life! Take the time to enjoy the moment!

Today, I'm going to discuss weeds in general. Often, my attempt to gain the upper hand on weeds in my flower beds and vegetable gardens seems futile- as I'm constantly tugging, pulling, and digging out weeds year-round, as I'm determined not to allow them to take over garden areas. Just about everywhere you look you see weeds of some sort. Weeding is the bane of gardening, and as gardeners we want our flower beds to look nice and neat. Further, we want our vegetable gardens to be weed free, since weeds rob our plantings of necessary moisture and nutrients and can reduce harvest drastically.

Let's gain some understanding of weed types by category (not are not scientific categories), including a few of the best ways to manage them. Keep in mind that weeds are always going to be with us and there is no one best way of controlling them. I choose not to use herbicides, since many herbicides kill beneficial insects, pollinators and can severely harm the environment.

Annual -such as lamb's quarters, yellow oxalis, and chickweed only live one year. Dig or pull these weeds before they develop seeds as they cover the ground with seeds. If you can't pull them or hoe them without damaging other garden plants, cut the stems at or below soil line to prevent regrowing.

Taproot -dandelions have long, strong roots. Many of these types of perennials can regrow from any part of their root that was left in the soil. Biennials, such as bull thistle will die after the second year of blooming. Use a straight-point trowel to dig down next to the root, then pry it out or use a flat head spade for digging large, deep taproots.

Rhizomatic -are difficult to control as they spread horizontally under the soil and when cut, they will resprout. Stinging nettle and quack grass can be removed using a trowel, claw or spading fork to loosen the soil around the weeds.

Tough -include chickweed, plantain, and dock which like hard, compacted clay soil. An oscillating stirrup hoe is best used, as it will loosen the soil, making them it easier to tug out.

Monsters -are the most difficult weeds to remove and control. Weeds such as Japanese knotweed and bindweed and have deep, vigorous roots. The best way to get rid of them is by depriving them of light. Place heavy tarps over them for several weeks, only removing them when they are dead.

Use the following tips to help reduce the weed population in your gardens:

STOP (Rototilling) - overworking the soil is one of the biggest culprits to hosting weeds. Many weed seeds are resting on the soil surface, waiting to germinate once covered. Tilling also disrupts the eco-cycle of worms and other organisms.

START (Mulching) - is the easiest, most effective method for creating an almost weed free garden. Adding a heavy layer of mulch (3-4 inches) over a layer of newspaper or cardboard will help control weeds year-round. Add more mulch as necessary but do not disturb the top layer of mulch.

STOP (Hoeing) - vigorous hoeing disturbs the soil making it more susceptible to weed seed germination. This also goes for disturbing the top layer of mulch by raking or turning. Simply pull the few weeds that appear.

START (Cover Crops) - planting fall cover crops they keep the garden soil covered from incoming weed seeds. Additionally, they add organic matter to the soil, fixing nitrogen levels for the following season, while minimizing soil erosion and eliminating the need for rototilling.

If you truly want a weed-free or near weedless garden, it doesn't have to take hours on end to do the task, just take a stroll thru your garden, smelling the flowers along the way and pulling a few weeds!

If you have specific gardening questions or would like more information, contact the Orange County Master Gardeners **Helpline:** (409) 882-7010 or visit our website: <https://txmg.org/orange>, **Facebook:** Orange County Texas Master Gardeners Association or **Email:** extension@co.orange.tx.us.

Orange County Master Gardener certification classes will begin with orientation Aug. 25th. Classes are Thursday evenings. The class fee is \$150, which includes training handbook, supplies and speakers' fees. Please visit our website, then click JOIN MG link for more information.



Vermicomposting class with instructor Dot Chauvin Orange County Master Gardener.

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



Neches River Rally 2022



This family friendly event is held annual in September. It's a great way to get out in nature an enjoy a Texas Padding Trail. Cooks Lake to Scatterman. This scenic 4-5 mile loop provides paddlers opportunity to experience the biological diversity of the Big Thicket National Preserve along the beautiful Neches River

September 10th 8 am to 3 pm

Early Bird Registration is no Open with discounted fees. The weather forecast is looking great for the day!

About the Day...The day will be hot and there is little shad so come prepared. Wear sunscreen, hat, and comfortable shoes. Bring water/drinks to keep you hydrated. Extra water and drinks will be available. The KONA Snowcone Truck will be on site. A links/hotdogs/chips/drink lunch will be provided. There is a restroom on site. Acadian Ambulance will be on site.

Contact the Big Thicket at 409-750-5399 or <http://www.bighthicket.org/>

Texas Master Naturalists Focus on Outreach to Youth

Marilyn Guidry, July 17, 2022



During 2022 the Texas Master Naturalists Sabine-Neches Chapter has been running full steam ahead with nature awareness and education, specifically targeted to youth in southeast Texas. With the formation of the Public Outreach committee chaired by Nancy Angell, Master Naturalists have participated in several interactive events since March. Events bring youth and Master Naturalists together to learn about native species of bees, birds, plants and ecosystems. Teams of Master Naturalists have volunteered to lead activities at the YMCA of Southeast Texas in Port Arthur and at YMCA events in Nederland and Orange. Master Naturalists have led bird walks at Village Creek State Park and supported the Beaumont Park and Recreation Summer



Camp and “Read and Feed” programs. Master Naturalists volunteered routinely throughout the Spring to assist more than 1000 children who participated in the Big Thicket Association’s educational programs at Collier’s Ferry Park in Beaumont.

More events are planned for this summer, including participation in the Beaumont Summer Reading Program at the Cattail Marsh on July 25th. Texas Master Naturalist are also collaborating with Texas A & M AgriLife Extension Office in Orange County for the Seventh Annual Michael Hoke Memorial Outdoor Awareness Day for Kids at Claiborne Park on August 4, 2022. Volunteers enjoy the opportunity to share their



knowledge and enthusiasm about our natural world with young people and thrive on the energy and excitement of the young learners.



If you would like to learn more about the Texas Master Naturalist Sabine-Neches Chapter, check us out online at www.txmn.org/sabine/ or on Facebook, Sabine Neches Chapter, Texas Master Naturalist, or direct questions to nascanca@gmail.com.



Agreement for Bailing Hay in TxDOT ROW

Rachel Bauer, Texas A&M AgriLife Extension Program Specialist II in College Station has been working with her TXDOT contacts in the State Operations Center regarding securing the correct form a landowner can use to request permission to bale the State-owned right of way on roads adjacent to their property. Once the form is completed, it is to be submitted to the local TxDOT office in the county where the property in question is located for consideration.



You can obtain the “Letter of Agreement for Mowing and/or Bailing Hay and Adjacent Property Ownership Certification” form 2041 from the AgriLife Office or directly from TXDOT.

THE 2022-2023 4-H YEAR BEGINS SEPTEMBER 1ST 2022.
 ENROLLMENT ON 4-H CONNECT WILL OPEN AROUND AUGUST 15TH.
 EARLY BIRD REGISTRATION OF \$25 FROM AUG. 15TH-OCT. 31ST.
 STARTING NOV. 1ST ENROLLMENT IS \$30 PER CHILD
 FINANCIAL ASSISTANCE IS AVAILABLE FOR FAMILIES IN NEED.

4-H Connect enrollment website

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

Adult Volunteer Application Fee
\$10

Youth Club Member Participation Fee
\$25 enrollment fee per child till Oct. 31st
\$30 November 1st to the completion of 4-H
year
(clover kids, ages 5-8* are free)

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

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

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

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

**Clay Busters Shotgun
Sports**
Meetings 3rd Tuesday
6 pm 4-H Office
Practice Tuesdays 6 pm
Orange County Gun Club
Club Manager
Chris & Robyn Clausen
409-882-4977

Projects outside of clubs

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

Food & Nutrition
2ND MONDAY 6pm
4-H Office

Robotics
4th Monday
4-H Office
Leader
Cindy Childress

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.

Orange County 4-H Calendar AUGUST 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <ul style="list-style-type: none"> State Fair of Texas online entries opened McCoy's 4-H Days start and end 13th 	2	3	4	5	6
7	8	9 <ul style="list-style-type: none"> 4-H Open House 6pm-8pm 	10	11	12	13 <ul style="list-style-type: none"> Last day for McCoy's 4-H Days
14	15 <ul style="list-style-type: none"> 4-H Connect online enrollment opens 	16	17	18	19	20
21	22 <ul style="list-style-type: none"> 4-H Ofc deadline for Major Goat & Lamb Tags 	23	24	25 <ul style="list-style-type: none"> 4-H Awards Banquet 6pm OCLSA Poultry Pickup @ AgriLife Ofc 	26	27
28	29 <ul style="list-style-type: none"> ALA & Council special meeting 6pm 	30	31			

Orange County 4-H Calendar SEPTEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <ul style="list-style-type: none"> Start of the 2022-2023 4-H Year 	2	3
4	5 Office Closed 	6 <ul style="list-style-type: none"> Dusty Trails meeting 7 pm 	7	8 <ul style="list-style-type: none"> OC4H Livestock Judging 6 pm 	9	10
11	12 <ul style="list-style-type: none"> Food & Nutrition Project 6 pm OCLSA meeting 	13 <ul style="list-style-type: none"> Mighty Pirates meeting 6 pm 	14	15 <ul style="list-style-type: none"> OC4H Livestock Judging 6 pm 	16	17
18	19 <ul style="list-style-type: none"> Equine Project 6 pm 	20 <ul style="list-style-type: none"> Claybusters meeting 6 pm 	21	22 <ul style="list-style-type: none"> OC4H Livestock Judging 6 pm 	23	24
25	26 <ul style="list-style-type: none"> Robotics Project 6 pm 	27	28	29 <ul style="list-style-type: none"> OC4H Livestock Judging 6 pm 	30	


**Texas A&M AgriLife Orange County
Food & Craft Project Contest
October 7th
Tin Top 2 Arena Orange**

Foods

- Breads**
- Cakes**
 - Cakes
 - Cupcakes
- Miscellaneous**
 - Candies/Fudge
 - Cookies/Brownies
 - Pies
- Convenience Foods**
 - Dried Foods
 - Canned Foods
 - Snacks

Entries can not contain fresh fruit, cream cheese, sour cream, meat or seafood that molds will not be judged unless they are cooked or bake into the food item.

If the recipe says "keep refrigerated" you should not use it.



Food & Craft Project Contest

Opened to youth ages 8-18. Youth must be enrolled in public, private or homeschool to enter.

No entry fee

Call or come by the AgriLife Office for a copy of the handbook with rules and guidelines.

409-882-7010

**Texas A&M AgriLife Orange County
Food & Craft Project Contest
October 7th
Tin Top 2 Arena Orange**

Categories

- Industrial Arts**
 - Wood
 - Metalworks
- Photography**
 - People
 - Animals
 - Still Life
 - Landscape
 - Plant/Flora
 - Architectural Elements
 - Special Effects/Creative Effects
- Art**
 - Two Dimensional
 - Drawings
 - Paintings
 - Picture Stories
 - Three Dimensional
 - Ceramics
 - Paper Mache
 - Plaster
 - Pottery
 - Sculpture
- Horticulture**
 - Foliage Plants
 - Flowering Plants
 - Cacti Succulents
 - Fresh Cut Specimens
 - Arrangements
 - Compatible Planting
- Family & Consumer Science**
 - Fabric Skills
 - Embellished Textiles
 - Fiber Arts
 - Home Decorating
 - Crafts



You're looking at the smallest bird in North America!

The Calliope hummingbird weighs about as much as a ping pong ball, and it's as cute as a button. Though small in size, it makes a large journey and migrates a distance of 5,000 miles each year.



www.fws.gov/refuge/seedskadee

**From the desk of Letty, CEA-AG/NR
Monarch butterflies on the decline**

In the news there is talk about Monarch Butterflies. Many communities and scientist who study monarch butterflies have seen a decline in population. Factors causing the decline is the change in habitat loss. The best way for us to help these butterflies is to plant milkweed at your home. Make sure when you buy or obtain milk weed that they are native to your area. The best way to do this is by learning about your area, you can ask a Master Naturalist or become a member at our local chapter!!



Resources:

- Local Master Naturalist Chapter: <http://txmn.org/sabine>
- Identification of milkweed form TPWD: https://tpwd.texas.gov/publications/pwdpubs/media/pwd_rp_w7000_1803.pdf
- US Fish and Wildlife Service: <http://www.fws.gov/initiative/pollinators/monarchs>

(See Milkweed article page 17)

Timing is Everything: Establishing a Wildflower Garden

By John Green, Certified Texas Master Gardener, Orange County Master Gardeners

How quickly time passes us by! Another week has come and gone. Summer is going to be with us for several months, providing us ample opportunity to continue with our seasonal gardening tasks such as lawn maintenance, weeding flower beds, harvesting vegetables, replanting vegetable gardens and replacing faded spring flowers with summer plantings. Many gardeners also choose to undertake larger garden projects during the spring and summer months, often adding water features or ponds, lengthening flower beds, building raised vegetable gardens, creating functional outdoor space for entertaining, or in my case, building a greenhouse (inundated by material shortages, shipping delays and even weather events). Soon, I will write about how to build a greenhouse, including challenges and lessons learned but this is a topic for another day.

Today, I want to discuss Texas wildflowers, (of which there are many) but first, I want to share with you a vivid memory (my initial encounter) with one of Texas wildflowers. It was my first journey through Texas Hill Country during the spring of 2010. I had recently relocated from Mobile, AL to LaBelle, TX. Scheduled to attend multiple training sessions in Austin, I decided to drive rather than fly, to learn more about Texas byways and see a few sights along the way. I was not prepared for what I was going to see and for this gardener, it was humbling. I had never heard of or for that matter, seen a Texas Bluebonnet. I had the profound good fortune of witnessing Bluebonnets blooming *en masse!* A truly amazing sight to behold, which remains imprinted on my mind to this day!



Flowering Bluebonnets and Indian Paintbrush bloom along a roadside in Texas Hill Country (Image courtesy of texashillcountry.com)

How many times have you driven on Texas highways during the spring and wished to grow wildflowers in your own yard or pasture? For most of us, the thought of planting wildflowers occurs as we are viewing these beautiful flowers. Unfortunately, spring is the incorrect time to plant wildflower seeds. Wildflower seeds must be planted months before to establish healthy root systems before they can grow into plants which will provide stunning visual displays. You might have already guessed but now is the time to plan for your wildflower garden and to place orders for wildflower seeds.

Typically, August through December are the most favorable months for planting wildflower seeds. Many species will germinate during autumn allowing the plants enough time to establish healthy and robust root system before going dormant for the winter. Some seeds will not germinate when the ground temperature is below 70°F and the seeds will remain dormant until it warms up in spring.

Create a Wildflower Garden following these steps:

- Select a location with at minimum 8 hours of full sun, which is well-drained.
- Remove weeds and mow existing vegetation as short as possible, remove clippings.
- Select and purchase the highest quality wildflower seeds.
- Prepared seedbed by raking or lightly tilling the surface to a 1-inch depth.
- Mix wildflower seed with sand, perlite, or potting soil to allow for even distribution (4 parts to 1 part).
- Increase seed coverage by broadcasting in one direction then the opposite direction.
- Press seed into the ground with a flat blade shovel, holding shovel parallel to the ground and tapping
- Lightly water multiple times in short time intervals to mitigate runoff.

Wildflowers add an amazing amount of color and natural beauty to landscapes. They are low maintenance and require little water once established and they will seed themselves year after year. Adverse weather conditions such as drought, or excessive rainfall, can affect the success of wildflowers. Some years flowering will be plentiful and robust and other years flowering will be meager and sparse. Patience is key, they will return.

One final note, as fertilization of wildflowers is not recommended unless the soil where they are grown has been depleted of nutrients. Contact your local AgriLife County Extension office regarding a soil test. Remember fertilizing wildflowers encourages weed growth at the expense of wildflowers.

There are numerous companies where you can purchase wildflower seeds. Here are a few reputable Texas wildflower seed companies: Wildseed Farms in Fredericksburg, Douglas King Seed Company in San Antonio, Justin Seed Company in Justin, Native American Seed Farm in Junction, Turner Seed Company in Breckenridge, and David's Garden Seeds in San Antonio.

So, let's get out there and grow ourselves a greener, more beautiful world-one plant at a time. Happy gardening everyone!

If you have specific gardening questions or would like more information, contact the Orange County Master Gardeners **Helpline:** (409) 882-7010 or visit our website: <https://txmg.org/orange>, **Facebook:** Orange County Texas Master Gardeners Association or **Email:** extension@co.orange.tx.us.

Youth Canning Class



Hand and Personal Hygiene for Food Safety

May 6, 2022 • By Chris Nelson

HAND AND PERSONAL HYGIENE FOR FOOD SAFETY

According to the World Health Organization, there are 600 million cases of foodborne diseases that lead to 420,000 deaths worldwide each year. Proper hand hygiene is an important and effective way to prevent cross-contamination in a food processing facility. Contaminated hands can transfer germs to surfaces, utensils, office supplies, telephones, door handles, and other items commonly touched, making hand hygiene the first line of defense to prevent cross-contamination.

Here, we look at several techniques for good employee hygiene in the food plant setting.

PERSONAL AND HAND HYGIENE

Practicing proper hand washing techniques is a good way to reduce bacteria on hands. The Centers for Disease Control and Prevention (CDC) guidelines for proper hand washing technique are as follows: Thoroughly wet hands with clean, running water, apply an adequate amount of soap, rub palms and backs of hands, rub thumbs and interlace fingers, rub fingertips into palms of opposite hands, and rub wrists.

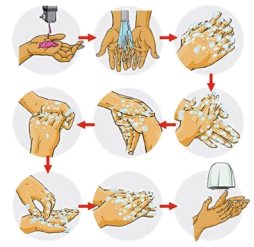
The actual hand washing portion should last 20 seconds to ensure effective cleaning. Rinse well with running water and dry hands thoroughly with a disposable paper towel. For maximum results, sanitize hands after they've been properly washed to further reduce the presence of pathogens on the hands. The goal of hand hygiene is to reduce the number of pathogens on the hands to the smallest number possible, making hand sanitizing a crucial part of the process.

When choosing soap, choose a quality hand soap that won't dry out employee hands and, preferably, choose a sanitizing hand soap designed specifically for food processors. Choose an E2-rated, fragrance and dye-free hand soap formulated with emollients to keep skin soft and healthy. Sanitizing with a quality alcohol-based hand sanitizer after hand-washing will further reduce germs on the hands. An atomized spray saturates fingernails, cuticles, cracks and crevices of the fingers and hands, where pathogens commonly hide.

FOOTWEAR SANITATION

In addition to practicing proper hand hygiene, implementing more personal hygiene best practices, such as a footwear sanitation program can help reduce pathogens in a food processing environment. A footwear cleaning and sanitation program is important for food processing facilities because employees can bring pathogens into critical control areas through contaminated footwear. Without a dedicated footwear cleaning and sanitation program, food production facilities are at risk of workers bringing contaminants into their facilities and

possibly contaminating product. Footwear should be cleaned prior to sanitization to re-move any dirt or debris on the bottoms or sides.



A successful footwear hygiene program should be customized to fit a facility's specific needs, making it crucial for food processors to choose the equipment best suited for their facility. Footwear should be properly cleaned using a boot scrubber or some other method that effectively removes debris. Once footwear is cleaned, food production workers can move on to a footwear sanitation station for maximum pathogen reduction. Adding a walkthrough footwear sanitizing unit helps reduce cross-contamination. Unlike traditional footbaths, a footwear sanitizing unit provides more consistent results because it provides each worker with a fresh dose of sanitizer; there is no need for constant monitoring. Traffic flow can be designed to eliminate the possibility of workers avoiding the units, and the unsightly visual of a messy foot bath is replaced with a clean, effective piece of equipment.

TRAINING EMPLOYEES FOR PROPER SANITATION

When training employees on hand hygiene, it's important to implement a training program that presents the how, when, and why of proper hand hygiene. Using an expert to conduct the training and demonstrate correct hand washing techniques is crucial. In addition, demonstrations and Q&A sessions can help make the training more dynamic and interesting. A written quiz at the end of the training helps evaluate the trainee's knowledge and readiness. As with any training, refresher training courses are important to help improve the effectiveness of the initial training.

Once training is complete, schedule your next training to help ensure that your employees retain all the information they learned the first time.

THE IMPACT ON THE PANDEMIC ON HYGIENE BEST PRACTICES

The pandemic impacted best practices by placing an emphasis on hand sanitizer that we have never experienced before. By mid 2021, soap orders continued to be strong, indicating that facilities are using more soap, which is notable because hand washing seemed to be overshadowed by hand sanitizing early in the pandemic. Both hand washing and hand sanitizing play an important role and work best when used together to -reduce pathogens on hands.

According to the CDC, practicing proper hand hygiene is an important and effective way to prevent the spread of the novel coronavirus, making hand hygiene trainings more crucial than ever.

Foodqualityandsafety.com



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



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

Watering Techniques for SE Texas Gardens

By John Green, Certified Texas Master Gardener



I'm hoping each of you was able to spend time with family, friends and loved ones to celebrate the holiday. I spoke with my sister recently, who lives in North Alabama, and she asked several questions about watering plants during the summer months. During our conversation, she asked if I could write an article about the best watering technique for keeping lawns and flowering plants hydrated, growing, and looking their best without wasting our precious natural resource-water. So let me begin by saying the way water is applied to our plants is important!

For example, there is absolutely no use in applying water faster than the soil can soak it in when watering a lawn. If water is applied excessively, then water runs down the curb into the street or provides relief to your neighbor's lawn, at your expense! Sandy type soils can handle water almost as fast as it can be applied but the soil in our area of SE Texas is clay soil. Clay soils will soak up water very slowly, often taking days after a heavy rain event. Select the method of application which is the best fit for your soil type. Drip hose or a drip irrigation system is by far the most efficient use of water for flower beds and vegetable gardens.

Mulch, mulch, mulch whenever possible! The use of mulch has numerous benefits for trees, shrubs, flower beds and vegetable gardens, since mulch conserves soil moisture, mitigates soil compaction, lowers soil temperature in summer (elevates soil temperature in winter), and helps to reduce weed seed germination. My preference is to use a 2-to-4-inch layer of organic mulch- such as leaves, rice hulls, pine bark, straw, hay, grass clippings, cardboard, and newspaper. Keep an eye on the depth of the mulch material, organic mulch decomposes and will wash away during heavy rainfall. You'll need to add more mulch as necessary throughout the seasons to maintain the benefits of using mulch.

There are plant experts who state night-time watering is detrimental to your landscape plants and lawns, espousing plant diseases will develop. In some environmental conditions, I would agree. But there are times when it is *acceptable* to water your lawn and plants at night! For example, when daytime temperatures are excessive, 95F or higher I have been known to water during the heat of the day to keep my garden plants and lawn thriving, though there is more evaporative loss of water. The evaporative loss also cools plants which is often beneficial to the plant!

For water efficiency, water early in the morning or late evening while temperatures are cooler, which means evaporation rates are lower. We all know our summer nighttime temperatures are also hot. I'm here to let you know, watering at night will not be a significant factor in disease development! So, the absolute best time to water lawns and plants during the summer is after 8 p.m. and before 8 a.m. If you have an automatic sprinkler system you can set it and forget it, but if you don't, consider purchasing a mechanical water timer. They range in cost from \$20 to \$50 and are well worth the investment since you can set the timer to activate for several hours (2 or 3). Be mindful of the sprinklers spray pattern to minimize water runoff into the roadway or adjacent property. Move the sprinkler nightly until the entire lawn is watered.

Encourage deep root development by thoroughly watering every time you water the lawn or landscape plantings. By watering thoroughly at 5- to 9-day intervals, ensures deep root penetration and utilization of the available soil moisture. Often plants wilt during the heat of the day, this doesn't necessarily mean the soil is dry. If plants remain wilted the following morning, water the area thoroughly, don't wait until evening as your plants are stressed and will suffer severe damage.

So, let's get out there and grow ourselves a greener, more beautiful world-one plant at a time! Happy gardening everyone.

Youth Beginners Sewing Camp

Youth sewed a pillow case, monkey and a hat.



Melon Smoothie

4 1 cup servings

- * 1 1/2 cups plain low fat yogurt
- * 3/4 cup orange juice
- * 1/2 cup cantaloupe, diced
- * 1/4 cup watermelon, diced
- * 1/4 cup honeydew diced
- * 2 teaspoons honey
- * 6-8 ice cubes



1. Wash your hands, preparation area, and produce.
2. Chop cantaloupe, watermelon, and honeydew into large, diced pieces.
3. Add all ingredients to the blender.
4. Secure the blender lid. Pulse until smooth.

Nutrition Facts Per serving: calories 90, total fat 1.5g, saturated fat 1g, cholesterol 5mg, sodium 70mg, total carbohydrate 15g, total sugars 14g, includes 2g added sugars, protein 5g.

Dinnertonight.tamu.edu

HOW TO SELECT THE PERFECT Cantaloupe

- SELECT MELONS THAT ARE HEAVY FOR THEIR SIZE
- RIPE MELONS WILL HAVE A FRUITY FRAGRANCE
- SKIN SHOULD FEEL SPRINGY, NOT MUSHY
- SKIN SHOULD BE YELLOW OR CREAM COLORED

HEALTH BENEFITS OF CANTALOUPE

VITAMIN A

120%

A 1/2 Cup serving of cantaloupe provides 120 percent the daily value of Vitamin A. Vitamin A supports eye health and is required for immune function.

VITAMIN C

80%

A 1/2 Cup serving of cantaloupe provides 80 percent the daily value of Vitamin C. Vitamin C is an antioxidant. It also promotes iron absorption and supports wound healing

HOW TO USE CANTALOUPE

Fruit Salad

CANTALOUPE PAIRS WELL WITH FRUITS SUCH AS WATERMELON, HONEYDEW, AND KIWI FOR A SWEET SALAD

Salsa

PAIR CANTALOUPE WITH JALAPENO, RED ONION, CILANTRO, AND LIME JUICES FOR A FRESH TWIST ON SALSA

Smoothie

BLEND CANTALOUPE WITH ICE, YOGURT, BANANA, AND PINEAPPLE OR ORANGE JUICE FOR A NUTRITIOUS AND HYDRATING TREAT

Grilled Fruit Kabobs

PAIR A MINT INFUSED HONEY MARINADE WITH CANTALOUPE FOR A REFRESHING TREAT FROM THE GRILL

FIND THE RECIPE AT DINNERTONIGHT.TAMU.EDU

Grilled Fruit Kabobs

6 servings

- * 1 teaspoon mint leaves
- * 1 1/2 teaspoons honey
- * 2 tablespoons water
- * 3 cups watermelon, diced
- * 2 cups peaches, sliced
- * 3 cups cantaloupe, diced
- * 2 cups pineapple, diced
- * 1/4 teaspoon kosher salt
- * 1 teaspoon mint leaves, chopped
- * 6 skewers



1. Wash your hands, and clean your countertops. Rinse produce under cool running water before slicing.
2. Using Path to Plate fire and heat safety guidelines, prepare the grill.
3. Using a medium saucepan, simmer water and honey until combined. Infuse honey water by simmering with mint leaves for 1 minutes. Remove mint leaves. Pour the liquid in a jar, and let infused honey water cool in the refrigerator.
4. Prepare sliced and diced fruit on 6 wooden or metal skewers. Grill for 30-60 seconds on each side. (If using wooden skewers be sure to soak in water for 30 minutes prior to use).
5. Leaving fruit on skewers, use a basting brush to glaze over fruit. Sprinkle kosher salt and mint leaves over grilled fruit skewers.
6. Enjoy!

Nutrition facts per serving. calories 110, sodium 95mg, total carbohydrate 29g, dietary fiber 3g, total sugar 24g includes 4g added sugars, protein 2g.

Dinnertonight.tamu.edu

Eggplant Parmesan

Compliments of Sandra Hoke

- * 1 medium eggplant, peeled and cut in to ½ inch slices
- * Salt to taste
- * 1 large tomato, sliced
- * 1 medium onion, sliced
- * 6 tablespoons butter, melted and divided
- * ½ teaspoon basil
- * ½ cup bread crumbs
- * 4 slices mozzarella cheese, cut in thirds
- * 2 tablespoons grated Parmesan cheese



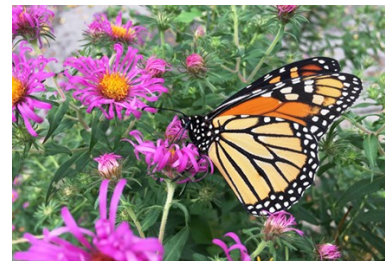
1. Place eggplant slices in a colander over the sink; sprinkle with salt and toss. Let stand 30 minutes to get some of moisture out of eggplant. Rinse and drain.
2. Preheat oven to 450 degrees. Layer eggplant, tomato and onion in a lightly greased 13x9 inch baking dish. Drizzle with 4 tablespoons of butter; sprinkle with basil. Cover and bake for 20 minutes.
3. Toss bread crumbs with remaining butter. Arrange mozzarella cheese over vegetables; sprinkle with crumb mixture and bake uncovered for an additional 10 minutes or until cheese is bubbly.
(I made this dish and it is absolutely delicious, Kim)

Which Milkweeds Do Monarch Butterflies Prefer?

Below are highlights of the team's findings, led by ISU scientist Victoria Pocius, and reported in the journal *Frontiers in Ecology and Evolution*:

Female monarchs will lay eggs on all nine milkweed species, but they prefer some over others.

- Swamp milkweed (*Asclepias incarnata*) and common milkweed (*A. syriaca*) averaged the highest number of eggs.
- Monarch caterpillars hatching from eggs laid on tall green milkweed (*A. hirtella*) and prairie milkweed (*A. sullivantii*) had the lowest survival rates.
- The height and number of blooms on the milkweed plants across all nine species weren't factors influencing the female butterflies' egg-laying preferences.



The findings indicate that while female monarchs do make choices, they don't specialize in reproducing on a single milkweed species. What's more, their egg-laying preference can change according to the time of season, the prevalence and habitat of the milkweed species they encounter, and the plants' robustness and maturity.

For these reasons, the researchers caution against focusing restoration efforts on a single preferred species, like swamp milkweed. Instead, conservators should also consider supplementary plantings of other species—especially in habitat areas subject to variable climates or soil types. —By [Jan Suszkiw](#), ARS Office of Communications.

For the complete article visit <https://tellus.ars.usda.gov/stories/articles/which-milkweeds-do-monarch-butterflies-prefer/>

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AGRI LIFE ORANGE COUNTY 2022 CALENDAR

AUGUST

- * 2nd Food Safety Conference
- * 4th Michael Hoke's Annual Outdoor Awareness
- * 6th Hunters Education Course
- * 9th 4-H Open House
- * 25th 4-H Awards Banquet

SEPTEMBER

- * National Child Passenger Safety Month
- * 3rd Hunters Education Course

- * 5th Labor Day Holiday Office Closed
- * 13th, 20th & 27th Do Well, Be Well with Diabetes series

OCTOBER

- * 2nd-8th National 4-H Week
- * 4th & 11th Do Well, Be Well with Diabetes series
- * 7th Youth Food & Craft Project Contest @ OCLSA Livestock Show
- * 7th & 8th Orange County Livestock Show
- * 7th & 8th Orangetober Fest
- * 22nd Hunters Education Course



Texas A&M AgriLife Extension Orange County

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