

TEXAS A&M
AGRI LIFE
EXTENSION

Orange County AgriLife Newsletter July 2022

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



*Congratulations
to Andre' & Fallon*



*The new
Mrs. Fallon Foster-White*

FREE

FOOD SAFETY CONFERENCE:

Unmasking Your Potential



**August 2, 2022
9 am - 3 pm
Orange County Convention
& Expo Center
11475 FM 1442
Orange, TX
409-882-7010**



Speakers

Continental Breakfast

Lunch

Door Prizes

Vendors

- Hand's On Activities
- Cow Milking Demo
- Roach Control
- Grilling Food Safety
- How to Pass Inspections
- Health Department Speakers

**Food Handlers Course offered for \$20
from 3:00 pm-5:00 pm**

Deadline to register July 29, 2022

**To register go to: orange.agrilife.org
and click on the Registrations link.**



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.




**THE 7TH ANNUAL
MICHAEL HOKE MEMORIAL
OUTDOOR AWARENESS FOR KIDS**

FREE!! FUN!! RAIN OR SHINE!! FOOD!!

**AGES 8-14
AUGUST 4, 2022
CLAIBORNE WEST PARK
HALLIBURTON PAVILION
4105 NORTH ST, VIDOR, TX
9AM - 2PM**

**ACTIVITIES:
DUCK DOG DEMO
CAMP COOKING
SKULLS & FURS
BENTHIC TESTING
NATURE TRAIL**


CHECK-IN THE DAY OF EVENT: 8:30AM

**TO REGISTER GO TO ORANGE.AGRILIFE.ORG AND CLICK ON
THE REGISTRATIONS LINK**


**DEADLINE TO REGISTER: JULY 30, 2022
CALL 409-882-7010 IF YOU HAVE ANY QUESTIONS**

TEXAS A&M AGRILIFE EXTENSION

**CLOSED TOE SHOES ONLY!
NO SANDALS**



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**Hunters
Education
Course**

Saturday 8 am to 2 pm

Select A Course date below

June 11th course #1237118

July 16th course #1237177

August 6th course #237193

September 3rd #1237193

October 22nd #1237197

Open to Adult & Youth

**\$25 per person
Lunch Provided**

**Certified Course Instructor
Franny Woods, 4-H Program Assistant
Texas A&M AgriLife Extension
11475 FM 1442 Orange 409.882.7010**

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

Classes are limited to 15 attendees

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**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**

Vermicomposting

Class

(Composting with Worms)



Saturday JULY 23rd 9-11 AM

Jewel Cormier Park

8235 FM 1442

Orange, TX 77630

Vermicomposting, or composting with worms, is easy and fun and sustainable. Create amazing fertilizer for your garden or plants by setting up simple worm bins.

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.



Registration –

Interested individuals will need to register by emailing Orange County Master Gardeners - ocmg1990@gmail.com or replying to the post on our Facebook page Orange County Texas Master Gardeners Association.

Class will be free of charge

If you would like to create your worm bins with us and take home the cost of the **kit is \$40.** and will need to be prepaid.

Your kit will include totes, spacers, grit, filler, and **worms.**

Register soon class will be limited!



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



Chicken Garden Spring Rolls

4 servings (2 spring rolls)

Ingredients:

Poppy Seed Dressing

- * 1/4 cup Plain non-fat Greek Yogurt
- * 1 tablespoon Vinegar
- * 2 teaspoons Honey
- * 2 tablespoons Lemon zest
- * 1 1/2 teaspoon Poppy seeds
- * 1/4 teaspoon Pepper

Spring Rolls

- * 8 Spring Roll Wrappers
- * 8 ounces Grilled Chicken breast, sliced thin
- * 1 cup Persian Cucumbers, cut into matchsticks
- * 1 slice Purple Cabbage, chopped
- * 2 cups Green leaf lettuce
- * 1 cup Strawberries, sliced

- * 1 cup Mandarin orange, peeled and sectioned

Instructions:

Poppy Seed Dressing

1. Wash hands and clean the preparation area.
2. Combine all ingredients for dressing in a bowl and mix until smooth.
3. Refrigerate until ready to serve spring rolls.

Spring Rolls

1. Rinse produce under cool running water, and pat to dry.
2. Prepare all produce and chicken as directed. Set aside.
3. Fill a pie pan/dish with warm water. Place spring roll wrapper in water for 30 seconds or until softened. Remove wrapper from water and let water drip off. Place on clean surface.

4. Layer 2-3 strawberry slices, 2-3 mandarin orange wedges, purple cabbage, Persian cucumbers, 2-3 slices chicken breast and green leaf lettuce down onto softened wrapper.
5. To roll, fold the edge nearest to you over the filling, then fold sides towards center and roll until closed.
6. Be mindful of overstuffing your roll, rice paper can break if overfilled, Repeat until you have 8 prepared spring rolls.
7. Cover spring rolls with a wet paper towel to keep moist until ready to serve.
8. Serve spring rolls with dressing on the side as a dip.



Nutrition: Per Serving Calories 260, Total Fat 3g, Saturated Fat 1g, Cholesterol 60mg, Sodium 135mg, Total Carbohydrate 38g, Dietary Fiber 3g, Total Sugars 13g, Protein 22g

Special Thank you to Orange Health Services for all they help during our Youth Cooking Camp.

Orange Health Services presented a presentation on Thursday to all the youth on the importance of washing your hand using the Glo Bug to show the many germs left behind when you think you have washed your hands thoroughly. Gave details on the proper way to wear face mask and how to not spread germs.



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

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

Learn how to manage your diabetes through food & exercise.

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

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

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What's the Difference?



Egg Roll:

Wrapped in dough made from flour, egg and water. Roll is fried.



Spring Roll:

Wrapped in dough made from flour and water. Roll is fried.



Summer Roll:

Wrapped in translucent rice paper. Served cold.



Family Meal Time



Conversation Starters: Fruit Edition

- What Colors do you see on your plate?
- Where do fruits come from?
- What's your favorite fruit and why?
- What does the smell of strawberries remind you of?
- If you could only eat one fruit for entire month, what would it be and why?



Orange County Livestock Show 2022 Friday, Oct. 7th & Saturday, Oct. 8th

June 1st deadline to order birds. Minimum order of 25 birds at \$2 each per family

Livestock tag-in & pay for birds Saturday, July 9th
Bird pickup Friday, August 5th

Heatstroke Key Points



What is Heatstroke?

- Heatstroke is the most serious heat-related illness. It occurs when the body can no longer control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Heatstroke can cause permanent disability or death if the person does not receive emergency treatment ([Centers for Disease Control](https://www.cdc.gov/diseases/control)).
- A car's interior can heat up 19° in 10 minutes ([noheatstroke.org](https://www.noheatstroke.org)) and temperatures will continue to climb. Cracking a window doesn't help.
- A child's body heats up three to five times faster than an adult's body.
- Although pediatric vehicular heatstroke (PVH) deaths have occurred in moderate outdoor temperatures, about 2/3 of PVH deaths occur during the summer months of July, August, and June, respectively ([noheatstroke.org](https://www.noheatstroke.org)).

Key Statistics

- 912 children are known to have died in the U. S. of pediatric vehicular heatstroke (PVH) since 1998.
- Through June 20, 2022, there have been five known PVH deaths in the U. S.—in [Snellville, Georgia](#); [Memphis, Tennessee](#); [Houston, Texas](#); [Upper St. Claire, Pennsylvania](#); and [Northeast Harris County](#).
- There were 23 known PVH deaths in vehicles in the U. S. during 2021, including two in Texas: [July 16 in Tyler](#) and [Sept. 9 in Houston](#).
- There were 25 known PVH deaths in vehicles in the U. S. during 2020, including five in Texas.
- There were 53 PVH deaths in the U. S. during the pre-Covid years of 2019 and also in 2018.
- Texas leads all states with 136 known PVH deaths since 1998.

Prevention

Avoid heatstroke-related injury by never leaving a child alone in a car, not even during a quick trip into a store. Always lock your doors and trunks—including in your driveway or garage. If a child is missing, check the pool and water sources first, then check vehicles, including trunks.

Create reminders. Keep a stuffed animal or other memento in your child's seat when it's empty and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase or purse in the back seat when traveling with your child.

Take Action. If you see a child alone in a car, take action. Call 911.

Evita las lesiones y muertes relacionadas con la insolación al no dejar nunca solo(a) a su niño(a) en el vehículo(s), ni siquiera por un minuto. Cierra las puertas y cajuelas de tu(s) vehículo(s) con llave—incluyendo los que están en la entrada y/o la cochera. Si un(a) niño(a) está desaparecido(a), primero revisa la alberca y las fuentes de agua, luego revisa los vehículos, incluyendo las cajuelas.

Crea recordatorios. Mantén un peluche u otro recuerdo en el asiento de seguridad de tu niño(a) cuando esté vacío, y colócalo en el asiento de enfrente para recordarte que tu niño(a) está en el asiento trasero. O coloca y sujeta tu teléfono celular, maletín o cartera, en el asiento trasero cuando tu niño(a) está viajando contigo.

Actúa. Si usted ve a un niño(a) solo en un vehículo, actúa. Llama al 911.

Resources

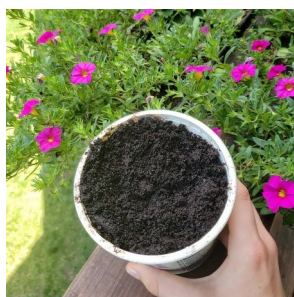
Johnny Humphreys, Texas Heatstroke Task Force Chair, texasheatstroketaaskforce@gmail.com, 512-422-7085, <https://www.facebook.com/texasheatstroketaaskforce>
[Noheatstroke.org](https://www.noheatstroke.org)
[National Highway Traffic Safety Administration](https://www.nhtsa.gov/national-highway-traffic-safety-administration)
[Safekids.org/heatstroke](https://www.safekids.org/heatstroke)
[Kids and Car Safety](https://www.safekids.org/kids-and-car-safety)

About Texas Heatstroke Task Force

[Texas Heatstroke Task Force](#) (THTF) is a network of traffic safety and health specialists and volunteers who provide heatstroke prevention education along with their daily activities. It began in 2011 with the support of Safe Kids Worldwide and now operates in cooperation with the Texas Department of Transportation. There are currently 490 THTF members across Texas.

Benefiting Plants: Coffee Grounds, Egg Shells & Epsom Salt

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



Let me start by saying everyone leads a hurried and hectic lifestyle, that's our world and it's not going to change any time soon! As a gardener, occasionally, you need to take a step back and think about what you are adding to your garden and then ask yourself why. Sometimes the stuff you add to our garden is beneficial, sometimes the stuff you add is insignificant and not

impactful, but sometimes what you add is detrimental, harming your soil and plants.

Garden soil amendments can be most any type of nutrient-rich, organic matter, whether compost, leaf mold, humus, livestock manure (composted), grass clippings, leaves, or numerous other types—they are always welcome additions! As the organic materials slowly decompose, they build and support microbes and other soil borne organisms, further breaking down the organic material, on a microscopic and elemental level, which makes nutrients available for plants. Cultivating a robust and diverse microbe population in the soil is the foundation for healthy soil, and healthy plants! Know that adding most any soil amendment will enrich the soil.

For some gardeners, such as myself, who do not compost (as I'm unable to keep goats, sheep, and cows out of the compost bins), those who are beginning to compost or are interested in composting, one of the best things for your compost and garden is used coffee grounds. Coffee grounds can be beneficial to your soil, but not because they lower pH. When adding spent coffee grounds directly to your garden soil or compost bin, you are adding a small amount of nitrogen. Disperse the coffee grounds into a thin layer when adding them to the compost bin or garden soil. Mix them into the soil or compost and do not let them sit as a thick layer in either one. Coffee grounds contain the three major nutrient components for plants – N (Nitrogen), P (Phosphorus) and K (Potassium). The grounds also have small amounts of micronutrients, such as magnesium, copper, and calcium. Soil organisms will transform them into nutrients of chemical form that plants use for growth. Plants slowly take in the available nitrogen from the grounds over time and the grounds also helps retain the soil's moisture. Coffee grounds also contain compounds that help suppress some plant disease-causing microbes.

Some gardeners believe that blossom end rot is caused by a calcium deficiency and that by adding eggshells, which are calcium-rich to the soil will provide calcium to the tomatoes or squash (or any other plant suffering from blossom end rot). While blossom end rot is a sign of calcium deficiency in fruits such as tomatoes, eggplant, peppers, zucchini, squash, and many others. However, our soil in Southeast, Texas has plenty of calcium available for plants. Our issue of blossom-end rot isn't about calcium deficiency in the soil but rather indicative of a water transport issue in your plants.

Nitrogen, phosphorus, and potassium are macro-nutrients, and

the most vital for healthy plant growth, calcium is essential for building healthy cell walls within plant. Eggshells are composed of calcium carbonate and can easily be added into your soil. Prepare the eggshells by drying them thoroughly in the oven or outside in a sunny location. Once dried, break the shells into smaller pieces and place into a blender, adding about one or two cups of water, then pulverize. You can also use a coffee or spice grinder or mortar and pestle. Using the grinder or mortar and pestle will provide you with a very fine powder which will decompose into the soil faster. It takes many months for eggshells to break down and be absorbed by a plant's roots. Shells can be mixed into your soil in the spring. If you've added eggshells to your garden soil or compost bin, know that they don't decompose readily, in fact, they generally decompose too slowly to be effective if your garden.

Incorporating crushed eggshells into a compost pile.

Occasionally, I will read a post on social media, gardening blog, or magazine article touting the benefit of using Epsom Salt on their flowers or in the vegetable garden. After some research, this is what I have found on Epsom Salt and gardening. Before using Epsom salt, have your soil tested. Your local County Extension office can provide you with soil testing forms and provide you the process to capture soil samples. The cost to perform soil sample analysis is minimal, less than \$20.

Epsom salts contain magnesium sulfate (MgSO₄) and are touted as a common garden cure-all. Wouldn't that be nice! Sadly, it's not true. Epsom salts will not prevent blossom end rot. In fact, adding too much magnesium to your soil can prevent adequate calcium from getting into your plants, making blossom end rot even worse. Adding Epsom salts to soil that already has sufficient magnesium can harm your soil and plants, such as by inhibiting calcium uptake.

Epsom Salt can enhance your plants green color and helps with flower blooming along with growing bushier plants. I have found sites saying this does work and others saying it does not work. So, the decision is yours to make as to whether to use it or not. I will leave that up to you to make your own decision. If you do decide to use Epsom Salt, here are some guides to use when mixing.

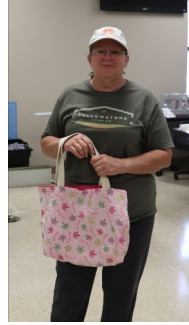


As a final note, don't plan on using Epsom salt regularly, as salt build up will occur in your soil. Epsom salts can rejuvenate tired plants and reduce stress. Personally, I would not use unless my soil analysis reported a magnesium deficiency, but you may have had luck with it so go forward and grow.

If you have specific gardening questions or need 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.

The next Orange County Master Gardener certification class will start August 25th beginning with orientation. Classes will be each Thursday evening. Class fee is \$150 which includes training handbook, supplies and speakers' fees. Please visit our website above, then click JOIN MG link for more information.

Adult Beginner's Sewing Class



Instructors Sandra & Dolly



How Safe Is the Cottage Food Industry?

Like many industries, the cottage food industry is experiencing the effects of COVID-19, as more and more people turn to home-based solutions to earn money or to learn or expand on a passion for cooking and baking. The cottage foods industry refers to individuals who use their home kitchens to make food, and then sell the products either out of their homes, online, or at farmers' markets or other events. While not [legal](#) in every state, these home-based businesses continue to grow as many states push for more ways to deregulate the industry, a trend that began before the pandemic and is now further fueled by it.

In 2021 alone, 55 new bills were introduced across the U.S. seeking to loosen restrictions on cottage food, according to Emily M. Broad Leib, JD, clinical professor of law and faculty director of the Harvard Law School Food Law and Policy Clinic and deputy director of the Harvard Law School Center for Health Law and Policy Innovation in Boston. Among the restrictions these bills hope to ease are those directed at raising the annual sales caps on what cottage food producers can earn, increasing the types of foods that can be produced, and expanding the method of permitted sales (e.g., permit selling products online, by phone, through mail, via third-party delivery services).

Other legislative trends are laws permitting microenterprise kitchens, which means those who sell fully prepared meals from home-based kitchens.

Given the growing interest in, proliferation of, and expanding legislation for home-based products, what are the safety concerns with these products? In part, this question is answered by the level of risk they pose with regard to pathogens, and the subsequent risk of foodborne illness.

PATHOGEN RISK IN COTTAGE FOODS

Leib, along with law students Regina Paparo and Patrick Montgomery, describes cottage food as "value-added food products" made at home and offered for sale. These products include baked goods, jams, granola, popcorn, candy, coffee, tea, and other home-based goods. When a larger variety of foods or home-based businesses that offer fully prepared meals are included, other labels such as "home kitchens" or "microenterprise home kitchens" are sometimes used, they say.

To date, all 50 states allow the sale of cottage food in some form. While states vary in terms of the foods they allow to be produced from home for sale, most limit the products to those considered low risk. "Many cottage foods that can be made without a permit are non-temperature control for safety (non-TCS) foods that are categorically very low risk," says Leib. For states that allow a broader set of

foods, additional permitting, training, and inspection for home cooks is often required.

TCS is the newer term used for perishable foods or food products that require time and temperature to control safety. Both these factors affect the rate at which pathogens grow in foods.

Explaining the difference between low and higher risk foods, Peggy Kirk Hall, JD, director of The Ohio State University Agricultural and Resource Law Program in Marysville, says that processed foods are an example of higher risk foods in terms of safety. Processing, she says, can mean different things, from simply cooking something to make it edible (e.g., rhubarb jam), to drying, chopping, or repacking something (e.g., dried fruits), to—at the far end—heating and sealing to preserve over the long-term (e.g., salsa).

Although jams and jellies are examples of processed foods, Hall says that these are on the lower end of safety risk compared to products such as canned vegetables or salsas that have a higher pH and water activity value. Foods with a higher water activity value pose a higher safety risk, as they can support bacterial, yeast, or mold growth. "In most states, jams and jellies are fine, but in other states, like Ohio, no processed foods, like acidifying foods or those with a higher water activity level, fall under cottage food," she adds.

The safest products are those that are not processed and don't require time and temperature control to hold them, notably baked goods such as cakes, cupcakes, and cookies. One safety concern with these products, she says, would be any time and temperature-controlled ingredient added on top or inside, such as cream cheese or egg-based fillings.

The danger to individual and public health from these higher risk foods, in the form of foodborne illness, has not been shown in the research conducted by Leib and her colleagues, however. "The risk of foodborne illness varies with the type of cottage food we're talking about, but our research has not revealed any reported outbreaks of foodborne illness associated with any products made in home kitchens," says Leib.

Steven Mandernach, JD, executive director of the Association of Food and Drug Officials (AFDO), speaks with more caution about the safety risk potential of cottage food products and the decreasing regulation across states. He thinks states with more restrictions, such as those that only allow non-TCS products for sale from home-based kitchens, have the better approach to safety versus states that allow, for example, the sale of home-cooked meals. "The trend is moving to regulate cottage food less and less, and this is becoming a bigger issue over time as we see a lot of traditional restrictions go away," he says. In such an environment, he uses the term "buyer beware" to highlight the responsibility consumers face when buying these products.

Currently, he says that the most common point of sale for these products are local farmers' markets, where he describes the cottage food industry as "the front porch to the farmers' market."

Products that may find a market in grocery stores or restaurants will more likely be foods with less safety risk, such as baked goods.



KNOW YOUR STATE LAWS

For those who want to start a cottage food industry, or for larger food processors who may want to help a home-based entrepreneur scale up their food production for a broader customer base, it is critical to know the state laws regarding the production of these foods. "It is really important to stay focused on your state first, and to understand what your state requires," Hall says. "A lot of people go to the federal level first, but [cottage food industry regulations] are largely driven by state law."

For example, in Minnesota, each person producing cottage food needs to be registered with the Minnesota Department of Agriculture, says Carrie Rigdon, operations manager for the Minnesota Department of Agriculture Food and Feed Safety Division in St. Paul, and must complete a training session on issues within the cottage food law. "All cottage food producers in Minnesota need to complete a training session that describes the cottage food law, its requirements, and its limitations, as well as instructions on food safety, allergen control, and hygienic practices," she adds.

In addition, the Minnesota law requires food to be labeled to include ingredients and declare any [allergens](#), as well as to inform customers that the product has not been subject to state inspection. Rigdon also says that her agency investigates any complaints, including foodborne illness complaints, related to cottage food products.

Although state law governs nearly all regulation in the cottage food industry, Leib and her colleagues point out that states generally base their retail food safety regulations on a model code called the FDA Food Code, published by the FDA. "While the FDA Food Code model language does not allow for food made in a home kitchen to be offered for sale, the language does suggest that states allow non-TCS foods made in a home kitchen to be sold at religious events or charity bake sales," she says, adding that "many states have broadened this provision of the FDA Food Code to allow these products to be sold in more diverse venues."

A comprehensive list of cottage food laws by state, as of 2018, created by Harvard's Food Law and Policy Clinic, can be found at chlpi.org.

<https://www.foodqualityandsafety.com/article/how-safe-is-the-cottage-food-industry/>



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

ORANGE COUNTY 4-H HAS WRAPPED UP ANOTHER AWESOME 4-H YEAR.

SOME CLUBS WILL CONTINUE TO MEET THROUGHOUT THE SUMMER, CHECK WITH CLUB MANAGERS.

THE 2022-2023 4-H YEAR BEGINS SEPTEMBER 1ST 2022.

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
Robert Caffey
409-767-6222

Projects outside of clubs

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

Food & Nutrition
3rd Tuesday 6pm
4-H Office

**Fashion & Interior
Design**
TBA

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.

Summer Flowers for Texas Gardens

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



Spring's now past, a pleasant but hazy memory with summer officially arriving June 21st. So, for the next several months, summer will be keeping us company. This means we can count on a long, hot season for the next several months. Intense sun light and high temperatures have now faded most of our spring flowers, and now is a great time to add color into our gardens for the remainder of the summer here in Southeast Texas. There are numerous flowers which can handle our hot and humid summers, even when rain fall is scarce. There are also many annuals (plants which have only one growing season) and perennials (plants which have two or more growing seasons) that can be grown in our climate.

Petunias – are one of the longest flowering annuals, blooming from spring well into fall and sometimes last throughout our mild winters. To keep them blooming, deadhead them continually by removing spent blooms. Petunias are easily started from seed, but this will take some time before they are ready to provide blooms. If you are like me and don't want to wait, consider purchasing transplants from your favorite garden center, as they will have an assortment of colors. Many local garden centers and nurseries have petunia cultivars (hybrids), such as "Purple Wave" which has a trailing habit and perfect for hanging baskets, in a variety of colors including white, pink, purple, blue and red. For continuous blooms, fertilize them often and ensure adequate moisture is provided without allowing them to dry out completely between watering.

Zinnias – are easy to grow from seed and provide color throughout the summer. They are extremely reliable bloomers that come in a variety of sizes and colors. From compact miniature plants to tall cutting sizes in colors of pink, red, purple, orange, yellow, lavender, white and green, to name but a few. There are 4 types of Zinnias, and each type depends on the rows of petals in a flower.



- Single Flowered – a single row of petals
- Semi-Doubled Flowered – several rows of petals
- Fully Double Flowered – several petal rows,

- center not visible, its hidden by the petals
- Cactus Flowered – petal rolls toward the underside, petals twist to form a unique flower

Gaillardia – is a terrific summer-flowering plant which blooms all season. It comes in bright colors of yellow and shades of red and orange, and even deep maroon. They continually bloom without deadheading and are perennial which should be divided every 3-5 years.

Coreopsis – is considered by some gardeners as an old-fashioned flower but it remains as one of my favorites. I grow coreopsis as an annual from seeds gathered from the previous year and scatter them into new locations. Grown as an annual, it sometimes will come back year after year from self-seeding. The flowers must be deadheaded and colors range mainly from yellow to orange but is now available in red as well.

Yarrow – is a sun-loving perennial with colors of white, yellow and red. Deadheading keeps them from self-seeding and the foliage will remain green during our mild winters.

Coneflower – is a perennial coming in a multitude of colors. Purple is the most common color with hybrids coming in many other colors. All parts of the Purple Coneflower are used for medicinal properties. Coneflowers are great for cut flowers and attract pollinators. They are easy to grow, capable of blooming for months and are heat and drought tolerant.



Marigolds – are an annual many gardeners', including myself, use in our vegetable gardens for companion planting. There are many varieties from the French type to the African Amazon variety. They are easily grown from seed and bloom all summer. Marigolds are easy to grow and can take the heat with minimum fuss but need deadheading to continually bloom.

Additional summer flowering plants are Rudbeckia, Monarda (Bee balm), Dahlia, Angelonia, and Gaura. Many can be grown from seed except the Angelonia.

If you have specific gardening questions or need 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 Food Safety

Tips to Keep Rodents Out of Restaurants



EXISTING RODENTS

Here are five signs that indicate you have an existing rodent issue:

1. **Droppings:** Rodents leave behind a lot of droppings. Seeing these capsule-like pellets around your business should raise a red flag. Rodent droppings are not only unsanitary; they can transmit diseases. Make sure your employees take the appropriate precautions by wearing gloves and an OSHA-approved respirator during the removal process and disinfecting the area with disinfectant spray.
2. **Nests:** Rats and mice build nests from shredded material, like paper, cloth, and cardboard. They are usually found in dark areas like crawl spaces, between walls, and in garbage dumps.
3. **Burrows:** While some rodents prefer to scurry along the roof, others take refuge underground. If that is the case, their nests may be hidden in burrows. Rats and mice can create elaborate underground tunnels or excavated holes.
4. **Grease marks:** Rodents are so dirty that their bodies leave behind grease marks as they travel along walls. Darker grease stains generally indicate heavier activity in that area. Take note of grease marks and inform your [pest control](#) professional, who can strategically place rodent traps along frequently traveled paths.
5. **Gnaw marks:** With teeth that never stop growing, rodents can literally take a bite out of your business by causing expensive structural damage. Look for chew marks in walls, insulation, wires, flooring, pallets, and products.
6. **Noises:** Keep an ear out for any scratching, nibbling, or squeaking inside walls, under floorboards, and behind appliances or furniture. Rodents are generally more active at night than during the day, so this is the best time to listen for any noises.
7. **Ammonia smell:** Rodents urinate as they travel, rather than in isolated puddles. This means the routes they frequent can smell extremely unpleasant. The strong scent, which is "ammonia-like," tends to hang around even after the rodents have been removed. Also, the closer you are to the infestation, the more pronounced the smell will be.

LONG-TERM PLANNING FOR PEST CONTROL

Because food products can be an open invitation for unwanted visitors such as mice and rats, it is important to have a pest control expert develop a long-term rodent control plan for you.

This plan should include:

Site inspection. Know where your restaurant stands by ordering a comprehensive inspection of your business. During this stage, experts will be able to identify rodent activity, potential entry points, and attractants.

Sanitation. An expert is professionally trained to offer detailed guidelines and recommendations to help eliminate attractants and maintain a clean environment.

Ongoing monitoring and maintenance. A pest control company will monitor your property on a regular basis and inspect all treatment products to ensure effectiveness and make adjustments as needed.

Baits and traps. If necessary, a combination of traps and select baits can be used to monitor and help control rodent populations.

Do not wait until you already have a rodent infestation. Taking a preventive approach and educating yourself on the best management plan for your restaurant are keys to maintaining a pest-free environment.

<https://www.foodqualityandsafety.com/article/tips-to-keep-rodents-out-of-restaurants/>



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

2022 Youth Cooking Camp

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Orange County Adult Probation



Food Challenge Judges



Food Challenge Judges



A Gardeners Best Friend: Mulch (Part 1)

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

During our monthly Master Gardener meeting, I invited a fellow Master Gardener, to drop by my home Friday morning to pick nectarines from my two trees. She arrived at our agreed upon time of 9 am, as I was watering plants in and around flower beds and vegetable gardens while listening to mellow music playing in the background. This is the way I prefer to water my plants, hundreds of them. While watering two thoughts continued running through my mind; how hot it was this time of the morning, and it's time to add mulch to each of the flower and vegetable beds!



Summer's here folks, so no matter the time of day, stay hydrated and take numerous breaks. If possible, schedule yard work and gardening tasks during the cooler times of the day; early to mid-morning and late evening. We are in for long, hot, and unfortunately very dry summer so incorporating mulch into flower and vegetable beds, will aide plants, especially when it's extremely hot, or when there is little to no rain fall. Adding mulch around plants keeps their root zone cool, minimizing heat stress, and retaining moisture. It reduces the number of weeds by inhibiting weed seed germination, and slowly decomposes adding needed nutrients to the soil.

So, before I get carried away discussing mulch, let me begin by describing what mulch is and why as gardeners, we should be using it. Mulch is cover or layer of material placed around the base of plants to control weeds and retain moisture in the soil. It creates an insulating layer between the soil and summer's heat or winter's cold. Organic mulch can be composed of many different materials, such as: compost, leaves, grass clippings, tree bark, hay, wood chips, sawdust, straw, pine needles, cardboard, newspaper (not the glossy pages). Inorganic mulch is made up of synthetic material, such as black plastic, fabric, or rubber.

How do you decide which type of mulch is right for you? Choosing the right type of mulch to use in your garden doesn't have to be a difficult decision. Let me assist you by highlighting the pros and cons of the more common mulches sold and used today, beginning with organic mulches.

Compost is by far the best mulch to use. It continuously nourishes plants by adding nitrogen and carbon to the soil as it decomposes. Adding a 3-to-5-inch layer of compost will keep weed seeds from germinating and retain soil moisture while keeping plants roots cooler during summers heat.

Hardwood mulch is mostly recycled wood by-products. They are typically coarsely shredded and last for many months while remaining in place. Hardwood mulch decays faster than cedar mulch, allowing nutrients to be released into the soil, enriching the soil while suppressing weeds. Hardwood mulch compacts well, working well on uneven surfaces. However, the compaction sometimes can repel water and the soil beneath can remain dry, resulting in microorganisms competing with plants for nutrients.



Cedar mulch is coarsely shredded wood, which is stingy, and lasts longer than hardwood mulch. Twice ground cedar mulch is finely ground and will compost faster. Cedar has natural golden-brown color which looks exceptional around plants. Cedar contains oils which have a wonderful aroma that can deter harmful and beneficial insects alike. Its light color helps repel heat unlike darker mulches, keeping shallow roots from overheating. The rich golden color will fade quickly, leaving gray wood slivers in the garden for many months, until it breaks down. Fresh cedar mulch is known to rob the soil of nitrogen which is a crucial element for plants. The long-lived nature of cedar means it's not adding nutrients, so more frequent fertilizing will be necessary.

Pine Straw is great for plants such as azaleas, gardenias, camellias, blueberries, hydrangeas, and evergreen shrub beds. It is easy to collect beneath pine trees, as it is light, easy to work with, lasts longer than many other types of mulch and does well holding in soil moisture. Pine Straw is not effective as a weed barrier, as the needles are thin and light, unless piled on very thick. This means it can become a welcoming habitat for pests and insects (good and bad), while also attracting snakes in search of food. Pine straw is highly combustible and takes several years to decompose. Gardeners, please do not use this mulch next to your homes, it is a fire hazard.

Dyed mulch (Red, Black, or Brown) is attractive initially, but they do not break down enriching the soil. The dye leaches into the soil, discoloring it. Contaminates, such as chromium, copper, and arsenic used to create the mulch may kill beneficial soil bacteria, insects, earthworms and sometimes the plants themselves. Also note, runoff from the gardens can seep into groundwater or drain into surface water affecting aquatic environments.

A Gardeners Best Friend: Mulch (Part 2)

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



Hello fellow gardening enthusiasts! Last I discussed organic mulch basics, including why using mulch in our gardens is important, as well as the numerous types of mulch. Some gardeners make their own mulch at home utilizing a compost bin or two, then building compost by adding yard debris, grass clippings, leaves, limbs, used potting soil, dead plant materials, livestock manure, topsoil, hay, and straw. They continue adding debris to the compost bin, building in layers of green and brown materials, then turning its' contents every few weeks allowing it to decompose over time. In 6 to 12 months the compost will have completed the decomposition cycle and a rich, dark crumbly compost will be ready to add to vegetable beds and flower gardens.

My preference is much faster, depending on the gardening project, is to purchase mulch in bags or bulk (delivered). Bags of mulch are easy to handle and can be readily moved around using a wheelbarrow or garden cart. The price for a bag of mulch is low and can often be purchased while on sale during spring and summer months at many hardware and farm supply stores. Most large box stores provide customers the option to purchase mulch and other soil amendments in bulk (truck load) and having it delivered. If mulch is readily available, then you may ask, how do you decide which type of mulch is right for you?

Choosing the right type of mulch to use in your garden isn't a difficult decision to make and there is no wrong answer as all organic mulches will eventually provide some benefit to the soil. I'll help you navigate the most common types of mulch available and provide you some of the pros and cons of the most common mulches sold locally. Keep in mind almost any vegetative organic matter can be used as mulch. We reviewed organic mulches previously, so let's continue the discussion with synthetic mulches and where they can be used.

Rubber Mulch is heavier than wood mulches, lasting 10-20 years. It will not decompose, so there is no benefit to the soil or its microorganisms. Rubber mulches retain heat and are not the best choice for Southeast, Texas gardens. If used, you will need to fertilize more often.

Black plastic sheeting over the soil surface of your garden will retain moisture underneath from evaporating, while smothering weeds which try to sprout. Weeds will grow in areas the plastic doesn't cover. It's good for large vegetable gardens, raising the soil temperature 3-5°F to a depth of about 6 inches, warming soils sooner in spring, allowing for earlier harvesting of vegetables.

Foundation Plantings a 6-inch space from your homes' foundation should remain free of plants and mulch. This will help keep insects out of the house. Placing inorganic mulches, such as pea gravel, crushed limestone, river rock, or lava rock in this area, will help to keep the area free.

Trees and Shrubs if you find it necessary to mulch around trees and shrubs, then please use mulch effectively so the plants and tree are not competing for water and nutrients resources available. Large bark, wood chips or river rock make good mulches for trees and shrubs but do not layer more than 3 inches of mulch so the tree and shrubs surface roots will not grow up into the mulch.

Flower Beds (Annuals and Perennials) utilize chopped leaves, shredded bark, and compost. Fine textured mulches which are easy to spread and incorporate are best in these areas. Apply a layer 2 -3 inches thick. Begin with a layer of compost then add one of the other mulches which provides plants the nutrients they need.

Vegetable Gardens enjoy dried grass clippings, newspaper, cardboard, compost, and hay or straw (seed and weed free of course). Once your garden is planted, lay out the newspaper/cardboard around your plants, cover with compost, then the hay or grass clippings.

Containers consider decorative glass marbles, pebbles, clay balls, or moss. Just a little scattered on the surface of the potting soil creates a finished look and helps retain moisture. Get creative with glass pebbles which add a unique appearance to your container. Once finished wash them and store them away for another use.

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Did you know the Texas A&M AgriLife Extension Orange County is a fitting station for Child Passenger Seats?

Yes we are! Fallon Foster-White, County Extension Agent Family & Community Health and Kim Peveto AgriLife Office Manager are certified Technicians.

If you have any of these concerns, please call the office to make an appointment to come by for an inspection:



Is my car seat installed correctly?

Do I have the proper seat for my child's age, weight, and heights?

Is my car seat expired or unsafe for my child?

Along with any other concerns, call us 409-882-7010 for assistance.

Car seat that do no pass inspection will be replaced.



Patriotic Candy-Dipped Potato Chips

- 6 oz. Red candy melts
- 6 oz. White candy melts
- 6 oz. Blue candy melts

120 unbroken medium to large-size wavy potato chips (or triangle corn chips), divided
Patriotic sprinkles for decorating, if desired



1. Line 3 large baking sheets with parchment paper or wax paper. Set aside.
2. Using a double boiler (or a metal bowl over a small pan), add about an inch of water to the bottom pan and heat to boiling, then remove pan from the heat. Place the second pan over the pan of hot water, then pour the first color of candy melts into the top pan.
3. Stir constantly until candy is melted to a smooth, thin dipping consistency, (This step can be done in the microwave, if you prefer, microwaving 1 30-second intervals until the candy is melted and smooth.)
4. Separate the potato chips into three batches. From the first batch, dip the end of each chip into the melted candy, place onto the parchment-lined baking sheet (making sure the chips do not touch), and repeat. After 5 or 6 chips are dipped, decorate those with patriotic sprinkles while the candy coating is still wet. Repeat with remaining potato chips for that color. Clean the pan and start over with the second and third colors of candy melts until all potato chips re dipped and decorated.
5. Allow chips to set completely on the parchment-lined pans before serving, about 30 minutes or longer (depending on room temperature and humidity in the room).
6. Leftover chips can be stored in an airtight container in a cool place for one or two days.

<https://www.tablespoon.com/recipes/patriotic-candy-dipped-potato-chips/>

TEXAS A&M
AGRI LIFE
EXTENSION

**Training Conference for
CHILD CARE
PROVIDERS**

August 6, 2022
8 a.m. - Noon

LT LAMAR INSTITUTE
OF TECHNOLOGY

Lamar Institute of Technology
855 E. Lavaca, Beaumont, TX 77705

4 Clock Hours **Learn Grow Eat Go**

\$25 per person • Color Me Healthy

Registration Opens • Eat the Rainbow

at 7:30 a.m. • **DIVERSITY: EVERY COLOR MATTERS**

Link to Register: <https://orange.agrilife.org/child-care-conference-registration>

Please register through the online link, payment instructions will follow. No refunds.

QUESTIONS:

Liberty County Alexis Cordova (936) 334-3230	Orange County Fallon Foster (409) 882-7010
Jefferson County Macoy Sewell (409) 835-8461	Hardin County Katie Pace (409) 246-5128
	Chambers County Cidnie Ford (409) 374-2123

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TEXAS A&M AGRI LIFE EXTENSION

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AGRI LIFE ORANGE COUNTY 2022 CALENDAR

JULY

- * 4th Independence Day Holiday Office Closed
- * 5th-7th Youth Beginners Sewing
- * 12th Youth Canning Class
- * 16th Hunters Education Course
- * 19th-21st Youth Clover Kids Camp

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 Dow Well, Be Well with Diabetes series

OCTOBER

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



Texas A&M AgriLife Extension Orange County

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