

TEXAS A&M AGRI LIFE EXTENSION

County Extension Agents

Fallon Foster
Family & Consumer Science

Christina Ritter
4-H/Youth Development

Ashlee Krebs
Agriculture/Natural Resources

Office 409-882-7010



County Judge

Brint Carlton

Commissioner Precinct 1

David L. Dubose

Commissioner Precinct 2

Barry Burton

Commissioner Precinct 3

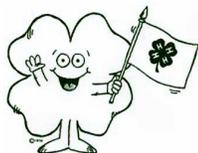
John W. Banken

Commissioner Precinct 4

Jody E. Crump



Look for us as
Texas A&M AgriLife
Extension—Orange County



Pages 5-11

Orange County AgriLife Newsletter

May 2015



Tuesday, May 5, 2015

Orange County Convention & Expo Center
11475 FM 1442 Orange



See Page 2



Welcome

To Our New

Agriculture/Natural Resource Agent

Ashlee Krebs

Ashlee will be joining us May 11th



Extension Office will be Closed Memorial Day, Monday 4th

46th Annual Senior Citizens Rally Day



Tuesday, May 5, 2015

Orange County Convention & Expo Center

11475 FM 1442 Orange



Days Events Include

Health Fair

Bingo

Door Prizes

Guest Speaker

Entertainment

Awards

Free Lunch



Doors will not open until
9 am
and the event will
last till
1 pm



Lions Eye Bank of Texas
will be accepting donations
of eye glasses.



If you would like to be a Vendor at the Senior Citizens Rally Day contact the AgriLife Extension office 882-7010.





Summer YOUTH COOKING Camp

Ages
8 to 14
Limited to 50 Kids

June 8th, 9th, 10th, 11th, and 12th

10 am to 2 pm

Texas A&M AgriLife Extension

11475 FM 1442 Orange

\$40 per child

(Fee covers snacks, apron, food, etc.)

Deadline to Register: May 22, 2015



Thursday we will be having a FOOD CHALLENGE.
(Our version of Master Chef)
Groups will be given ingredients and have
to prepare a dish.

If interested, call the Extension Office
409.882.7010



TEXAS A&M
AGRILIFE
EXTENSION



Congratulations to our April Do Well, Be Well with Diabetes Graduating Class. Proud of each of you!!!

Next Diabetes Educational Class Begins May 12th see details below



**Morning Session 10 am to 12 Noon
On Tuesdays
May 12th — June 9th
\$20 per person**

It is important to attend all 5 classes to receive the full educational benefits.
Call the Extension office to let us know you will be attending
882-7010.

Master Gardener's



**Another Successful
Annual Bloomin' Crazy Plant Fair**

4-H NEWS

Orange County 4-H Lock-In

Come join us for 4-H activities (quiz bowl, food challenge, gardening etc.) games, crafts, food, movies and much more.

Each 4-H member attending may bring ONE friend

Doors will be locked at **9 PM** and will not be opened again until 8:00 AM. This is to maintain the safety of all attending.

**RSVP BY
MAY 13th!**

**Friday, May 22-
Saturday, May 23**

**Fun Starts at 8 pm
And Ends at 8 am**

**Location: Orange County Convention & Expo
Center Ball Room –North Door Entrance
11475 FM 1442 Orange TX, 77630
4-H Office 409-882-7010**



Don't Forget to Bring your Pillow & Blanket just in case you get sleepy.

TEXAS A&M
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**Orange County 4-H
Swine Workshop**

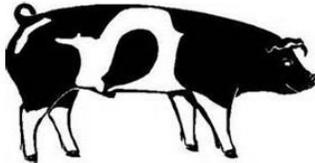


May 14, 2015 @ 6 pm

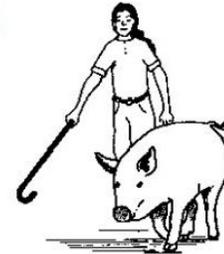
Texas A&M AgriLife Extension

4-H Office

11475 FM 1442 Orange



Are you showing a pig this
next year?



Or

Thinking about showing a pig, but not yet sure of it?

Join Us!!!!

Topic that will be discussed by, Ricky Thompson,
County Extension Agent, Nacogdoches County:

- ♦ Selection
- ♦ Daily Feed & Care
- ♦ Show prep and during Show
- ♦ Showmanship

**Everyone Is
Welcome
To Attend**

**A Great
Opportunity
For all ages**

For additional information contact

Christina Ritter, County Extension Agent, 4-H/Youth Development Orange County

409-882-7010 or christina.ritter@ag.tamu.edu.

Orange County 4-H Leadership Series

All 4-Hers
Welcome!!

May 5th at the 4-H Office,
@ **6:00 PM** (1st Tuesday of each month)

Bring a
Friend!!

Join us each month for games, food, leadership activities and comradery. Learn new skills, learn about careers and much more!!!!!!

Come experience the world of 4-H!!!!

4-H Pledge

pledge ...
My head to clearer thinking, my heart to greater
loyalty, my hands to larger service, and my
health to better living, for my club, my community,
my country and my world.



District 9 4-H Horse Show

June 16-18

Location: Brazos County Exposition Center (Bryan, Texas)

Entry/Registration Deadline: May 24, 2015

Entry Fee: Varies depending on classes and other show options

Stalling Procedures and Pricing for 2015

Stalls will be sold for three periods:

Tues-Wed \$40.00

Wed-Thursday \$40.00

Whole Show \$60.00



For more information, please visit:

<http://d94-h.tamu.edu/eventsandcontests/horse-show/>

4-H NEWS



4-H Reminders



4-H Club Charters due this May

Club Manager and Project Leader meeting

May 7, 2015 6 pm @ the 4-H Office



Orange County Recordbooks Due June 1st

in the 4-H Office

Dusty Trails 4-H End of Year Party

Monday, May 11th @ 7 pm



Mighty Pirates 4-H Meeting

Tuesday, May 12th @ 7 pm

Clay Busters Shooting Sports 4-H

Tuesdays @ 6 pm



42nd Annual Texas A&M AgriLife Extension Service 3 Day Summer Horsemanship School

Program of Texas A&M Equine Specialist Teri Antilley

A Great, Affordable, Hands-On Opportunity for Building a Strong Foundation and Advancing Your Horsemanship Skills



Orange Sheriff's Posse Arena, Orange, Texas

June 29, 30, and July 1, 2015

Registration Fee: \$100 per horse and rider

Registration, Waiver, Coggins Papers and Payment Deadline: June 1, 2015

Limited to 20 Participants

Participants will receive 24 hours of instruction on basic, intermediate and advanced horsemanship skills and maneuvers, and have the opportunity to practice these with guided instruction.

Youth and adults will have the opportunity to join in the fun of riding their own horse, enjoying good fellowship with like-minded people, and learning from Aggie instructors.

Bring your horse, and anything else you or your horse might need (buckets for watering, all tack, riding boots- not tennis shoes, caps, sunscreen, snacks), and your English or western saddle. **No overnight stalling will be available on the grounds.**

Concessions will be available

For more information, contact
Christina Ritter, County Extension Agent, 4-H/Youth Development
christina.ritter@ag.tamu.edu or call 409-882-7010

Registration with required documents due by June 1, 2015, no late registration accepted

More information about the Program can be found at:
<http://animalscience.tamu.edu/academics/equine/summer-horsemanship/>

Clover 

Kids

Youths Ages 5-8



Day Camp

Adventures



August 3rd, 4th & 5th
 1 pm to 4 pm
 Texas A&M AgriLife Extension
 4-H Office
 11475 FM 1442 Orange
 Registration Fee of \$15 per
 child due by July 27, 2015



Come experience the fun of what 4-H has to offer for the 4-H clover member. Some of the fun things we will be doing are Gardening, Animals, Sewing, Fitness, Food and **FUN, FUN, FUN!**



TEXAS A&M
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If you would like to be a part of our exciting camp, call the 4-H office
882-7010.



Note to Small Farms: Keep Food Safety Front and Center When Donating or Selling to Food Banks

By [Cookson Beecher](#) | March 31, 2015

(This is part of a great article by Cookson Beecher. To read the full article go to: [Http://www.foodsafetynews.com/2015/03/](http://www.foodsafetynews.com/2015/03/) and look for this title of this article_



What does this have to do with donations from local farms? Or food that local farms sell to food banks? The simple answer is that farmers donating or selling food to food banks need to pay the same strict attention to food safety as the stores do. Yes, your food is locally grown and therefore doesn't have to be transported long distances. And, yes, it's good healthy food. And, yes, you want to help low-income people get some fresh fruits and vegetables. And, yes, perhaps you don't use any pesticides.

But foodborne pathogens that can get people sick don't know any of that. Like us, their main goal is survival. And those that survive reproduce. The more there are, the more likely they will be able to infect people eating the contaminated food. That's why keeping food at the proper temperature is so important. Most pathogens don't reproduce, or they reproduce very slowly, at lower temperatures.

Foodborne illnesses are caused by microscopic bacteria, viruses or protozoa on, or in, contaminated food. *Salmonella*, *E. coli*, *Listeria*, and *Campylo-*

bacter are examples of these pathogens.

According to the U.S. Centers for Disease Control and Prevention (CDC), each year roughly 1 in 6 Americans (or 48 million people) gets sick, 128,000 are hospitalized, and 3,000 die as a result of foodborne illnesses.

And while a lot of these cases involve meat from large packing companies, many of them involve produce.

Out on the farm, food can be contaminated in all sorts of ways: exposure to manure, contaminated irrigation water, compost that hasn't been aged thoroughly enough to kill pathogens, deer droppings, unsanitary storage containers, sick employees. The list goes on and on.

For the most part, contamination doesn't happen if the farm follows strict food-safety guidelines simply because the pathogens won't be present in the first place. The key word here is "sanitation" — sanitation at every step of the way.

Go ([http://www.foodsafetynews.com/2012/03/video-titled-Washington-Videos-Help-Small-Farmers-With-Food-Safety.](http://www.foodsafetynews.com/2012/03/video-titled-Washington-Videos-Help-Small-Farmers-With-Food-Safety/)) for a video about a food safety program designed for small and diversified farms.

Some challenging foods

Most of the fruits and vegetables donated to the food bank don't need any special care except for keeping them cool enough when necessary and making sure they're clean and haven't started to rot. But some crops do need special care.

Cut greens

In the case of cut greens, which includes raw spinach and most lettuces, pathogens (if they're present) will gravitate to the nutrients oozing out of the cut part of the leaves. Think of people on a cruise ship when it's time for

dinner. The rush is on! The same scene plays out in the world of pathogens. Once on the cut greens, they hang on tight and can't be washed off, at least for the most part. Triple washing might help but doesn't get all of the microbes. And if the temperature of the cut greens is above 41 degrees F, the microbes start reproducing. Think spring break — good food and warm weather. What could be a better setting?

In this case, we're talking about greens that will be eaten raw — typically raw baby spinach and other salad greens.

I mention cut greens and lettuces (this doesn't include intact head lettuce) because many small-scale farmers rely on them because they can be grown from early spring to late fall, thus giving farmers a longer selling season. The irony here is that according to



USDA, greens are one of the most nutritious foods people can eat. Yet at the same time, the Food and Drug Administration has them on its list of high-risk foods simply because they can become contaminated so easily. One reason for this is that they grow close to the soil where pathogens can be lurking.

After seeing too many displays of cut greens on farmers market tables exposed to the sun, I've come to the conclusion that some farmers just don't know that the greens need to be kept cool. That's why I mention it here.

Bottom line, if you have leftover greens from your farmers market stand and if you haven't kept them cool enough, you shouldn't donate them to a food bank. The same goes for cut



greens that have been harvested and left in the field too long before being cooled down. No matter how healthy they are, they can potentially make people sick. A good thing to keep in mind here is that quality and food safety go hand in hand. Food that has been taken care of in ways to make sure it's safe is, for the most part, higher in quality and taste. Crisp greens, instead of droopy greens, are a good example of that. Go to www.businessinsurance.org/10-biggest-food-recalls for information about an *E. coli* outbreak in fresh bagged spinach that killed five people and sickened more than 200 and another *E. coli* outbreak in romaine lettuce products. These are just two examples of food poisoning caused by cut greens.

Fruits and veggies

Fruits and vegetables that are grown high up from the soil and that can easily be washed can also pose a problem if there are nicks, cuts or mold on them.

That's because microbes can get into them through those openings and actually contaminate the interior flesh. That's why it's so important to make sure packing boxes and equipment are kept clean. Employees also need to receive food safety training. Hand-washing facilities that are close by are essential. Another point to consider: Water used to wash the produce needs to be clean.

As for cantaloupes, which grow on the ground, toss any that have cuts, gashes, bad spots, or mold on them. Again, these blemishes offer pathogens a way to get inside the melons. "Rocky Ford" cantaloupes from Colorado, which likely became contaminated in the packing facility, sickened at least 146 people in 28 states in 2011. In addition, 33 deaths and one miscarriage were linked to the cantaloupe. Ten additional deaths were possibly related to the outbreak.

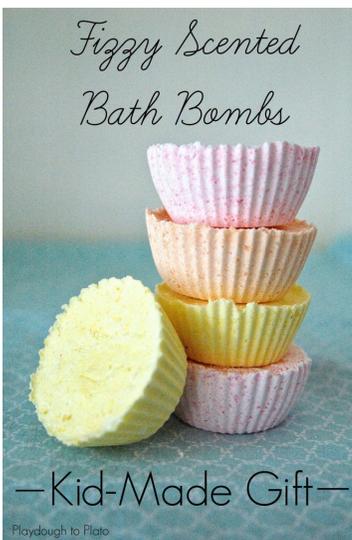
Potatoes



Potatoes are another crop that needs some attention. Sometimes we get donations of bags of potatoes with green skin. Believe it or not, peeling the green skin off the potato doesn't solve the problem. Greening is actually a potato's way of defending itself when it's dug out of the soil and exposed to light. When that happens, the potato will produce bitter toxins to discourage animals from eating it. The poisonous ingredient of concern in these toxins is Solanine, which can be very toxic to humans even in small amounts. It's inside the potato as well as on the outside. Eating the occasional green potato is fine, according to molecular plant scientist N. Richard Knowles at Washington State University, who has done research on this. But eating a lot of them or eating them on a daily basis can make a person sick, sometimes very sick.

This greening typically occurs on the potatoes along the edges of the bags where the sun has hit them. Sometimes this adds up to a lot of green potatoes. In many stores, the typical protocol is to toss them. So, if for some reason the potatoes you've grown have been exposed to the sun or too much light, causing them to turn green, please don't donate them to a food bank. It isn't worth the risk of making people sick.





To make 12 muffin sized fizzes, first gathered a few supplies:

- 1 cup baking soda
- 3/4 cup corn starch
- 1/4 cup Epsom salt or cane sugar
- 1/2 cup citric acid {available in natural food stores or online for canning}
- Food color {optional}
- Essential oil (optional)
- Large bowl
- Measuring cups
- Mixing spoon
- Sifter
- Spray bottle with water

Making Fizzy Scented Bath Bombs

First measured out the baking soda, cornstarch, Epsom salt and citric acid and mixed them in a large bowl. Since this recipe is pretty forgiving, it's a perfect measuring activity for younger children as well.

Sifted the dry ingredients to break up any chunks. Next, choose the Essential oil sent of your choice, then add several drops of food coloring to the water in the spray bottle and slowly began spraying the dry mixture. The mixture will fizz each time she sprayed it. The key was to lightly spray it, wetting it enough that the mixture formed a clump when squeezed but not so much that it lost its fizziness.

Next, added several drops of essential oils mixture of your choice and thoroughly stirred the mixture. Scooped the mixture into the silicone muffin liners and firmly pressed it down

You can use whatever molds you have on hand – even cookie cutters on a baking pan or an ice cube tray would work well. We also made egg shaped bombs with left over Easter eggs. They turned out super cute

For the egg molds, gently remove half the egg shell after an hour or so to allow it to completely dry. Leave the bombs out to dry overnight and then gently pop them out. Store them in an airtight container or package them up for that special someone who deserves a little extra R & R

Skinny Shrimp Salsa

Skinnytaste.com

Servings: 8 • **Serving Size:** a little over 1/2 cup • **Old Points:** 2 pt • **Points+:** 2 pts • **Calories:** 74.9 • **Fat:** 0.9 g • **Protein:** 12.5 g • **Carb:** 4.4 g • **Fiber:** 0.9 g • **Sugar:** 0.2 g • **Sodium:** 278.2 mg

Ingredients:

- 16 oz cooked peeled shrimp, diced fine
- 4 vine ripe tomatoes, diced fine
- 6 tbsp red onion, finely diced
- 3 tbsp jalapenos, diced fine (more or less to taste)
- 2 tbsp minced cilantro
- 2 limes, juice of (or more to taste)
- 1/2 tsp kosher salt



Directions:

Combine diced onions, tomatoes, salt and lime juice in a non-reactive bowl and let it sit about 5 minutes. Combine the remaining ingredients in a large bowl, taste for salt and adjust as needed. **Refrigerate** and let the flavors combine at least an hour before serving.

Red, White and Blueberry Cheesecake Cupcakes

Skinnytaste.com

Servings: 12 • **Serving Size:** 1 cupcake • **Old Points:** 2 pts • **Points+:** 3 pts • **Calories:** 98 • **Fat:** 4.3 g • **Protein:** 3.6 g • **Carb:** 10.5 g • **Fiber:** 0.3 g • **Sugar:** 7.6 g • **Sodium:** 29.5 mg



Ingredients:

- 12 reduced fat vanilla wafers
- 8 oz 1/3 less fat cream cheese, softened
- 1/4 cup sugar
- 1 tsp vanilla
- 6 oz fat-free vanilla Greek yogurt (I used Chobani)
- 2 large egg whites
- 1 tbsp all purpose flour
- 8 oz strawberries, hulled and sliced thin
- 8 oz blueberries

Directions:

Heat oven to 350°.

Line cupcake tin with liners. **Place** a vanilla wafer at the bottom of each liner.

Gently **beat** cream cheese, sugar and vanilla until smooth using an electric mixer. Gradually **beat** in fat free yogurt, egg whites, and flour. Do not over beat. **Pour** into cupcake liners filling half way.

Bake 20-25 minutes or until center is almost set. **Cool** to room temperature then chill at least 1 hour in the refrigerator.

7 Tips & Reason

Memorial Day



For most, it's a long weekend and a time to relax, spend time with your friends and family, and have some fun. With Memorial Day marking the unofficial start of summer, we suggest these 7 tips for staying healthy and safe this holiday weekend.

Keep the Bug's Away. Try natural alternatives to beat those pesky mosquitoes. You can spray on a diluted liquid garlic concentrate or apply vinegar or soybean oil on your skin to prevent the bugs from biting.

Instant Headache Relief. During the hot summer months, drink a glass of water to relieve headaches. Often headaches are caused by dehydration and can be alleviated by drinking plenty of fluids.

Protect Against Sunburns. In addition to sunscreen (we suggest using only all natural sunscreens available on-line and in natural health stores), load up on red, yellow and orange fruits and vegetables. These have carotenoids that may help naturally reduce sunburn risk.

Safe Grilling Coat both meats and the grill with olive oil to ensure great flavor, but avoid potential carcinogens. Many of us like the flavor of meats with a bit of char (blackening), but research has shown this method can create harmful substances called heterocyclic amines.

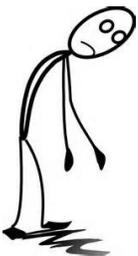
Go Lean. Choose leaner meats and marinate them for 24 hours to enjoy the flavor without all the fat this Memorial Day. Fatty meats make for tasty barbecuing, but you can use leaner, healthier meats and make them more tender and flavorful by marinating them. Enjoy the flavor without all the fat.

Stay Cool with Some Spice. Believe it or not, spicy foods dilate your peripheral blood vessels making you perspire, which in turn cools your body.

Chill Out. If you're planning a picnic this weekend, make sure to keep food cool in order to prevent bacteria which can cause food poisoning. Large chunks of ice last longer and keep foods colder. Food that's sitting unrefrigerated for more than 2 hours should be thrown away.

Plan ahead to enjoy a safe, fun and healthy Memorial Day weekend with family and friends. Practicing smart grilling, staying safe in the sun and drinking plenty of fluids can help you make the most of your holiday weekend.

You May Feel Tired All Day



Dehydration

Dehydration can influence the quality of your sleep. Make sure That you drink at least 8 glasses of water every day – this does not Include any coffee, soda, juice or alcohol that you might drink. If you can stomach plain water add some fresh lemon or lime juice to give it Some flavor, but make sure you don't add any sugar.

Alcohol Intake

Alcohol is bad for you and it will dehydrate your body. You might think that it relaxes you and you will therefore fall asleep easier but this is not true. Alcohol is in fact a stimulant and not a relaxant. Even if you do sleep a full night you will wake up in the morning feeling groggy as though you have only had a few hours' sleep. So if you are having problems sleeping it's best to steer clear of any alcohol.

Your Thyroid Gland

If you feel constantly tired you may have a problem with your thyroid gland. Your thyroid gland controls your body's metabolism and if it is not functioning properly you will feel extremely tired all the time. The test for thyroid function is a simple blood test. Once diagnosed, you will be prescribed the correct medication and you will start to feel better. There are programs you can follow that can help you cure thyroid problems without medication.

Mineral Deficiency

You may have a deficiency of magnesium. Magnesium can influence the way we sleep as well as being important for our overall health. A simple blood test will tell if you have a magnesium deficiency. This can be treated very easily by eating dark green leafy vegetables, such as spinach and taking some magnesium supplements.



Your Mood

If you are feeling low you may be suffering with depression. This can seriously affect your sleep patterns – you will either be sleeping too much, which will make you feel sluggish, or you may be finding it more difficult to fall asleep and then stay asleep without waking up in the night.

Sleep Apnea

Sleep apnea is a condition of the respiratory system which will cause you to stop breathing for a few seconds while you are asleep – this can happen many times during the night. You will find that you are snoring very loudly and keeping other awake too. But it will keep you from sleeping well and therefore you will feel tired during the day.

Taking Naps

If you feel you need a power nap during the day make sure you only sleep for either half an hour or one and a half hours. Why? Because our natural sleep cycles are either half an hour or one and a half hours in length and if you take a nap for only one hour, you will in effect be waking up in the middle of a 'sleep cycle' which may make you feel more tired in the long run.

TEXAS A&M AGRILIFE EXTENSION
11475-A FM 1442
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Awesome Granola

3 cups oatmeal, uncooked
1/2 cup shredded or flaked coconut
1 cup chopped pecans, walnuts, or peanuts
1/4 cup honey
1/4 liquid margarine
1 1/2 teaspoon cinnamon
2/3 cup raisins

Oven Instructions

Wash your hands and clean your cooking area. Heat oven to 350°F. Combine all ingredients in large bowl, except raisins, mix well. Bake in 13x9 inch baking pan at 350° F for 25 to 30 minutes or until golden brown. Stir in raisins. Cool thoroughly. Store in tightly covered container.

Microwave Instructions

Follow oven directions, place in 11x17 inch glass baking dish. Cook on HIGH for 8 minutes, stirring after every 2 minutes of cooking, stir in raisins. Place onto ungreased cookie sheet or aluminum foil to cool. Cool thoroughly. Store in tightly covered container.

Nutrition Facts: serving Size 1/3 cup. Amount Per Serving: Calories 160; Total Fat 9g (Saturated Fat 1.5g/Trans Fat 0g); Sodium 25mg; Total Carbs 19g (Dietary Fiber 3g/Sugars 9g); Protein 3 g.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

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