

TEXAS A&M AGRI LIFE EXTENSION

County Extension Agent

Fallon Foster
Family & Community Health
County Coordinator

Office 409-882-7010



County Judge
Brint Carlton
Commissioner Precinct 1
Johnny Trahan
Commissioner Precinct 2
Barry Burton
Commissioner Precinct 3
John Gothia
Commissioner Precinct 4
Jody Crump



Look for us
Texas A&M AgriLife
Extension-Orange County

Orange County AgriLife Newsletter January 2018



AgriLife Extension Office will be closed

Monday, January 1st & Monday January 15th in

Observance of these Holidays



Family & Community Health

Free!

DIABETES

INSULIN

GLUCOMETER

HEALTH

SUGAR

Type 2 Diabetes

Take Control!!!!

Join us in learning how to prevent and control your type 2 diabetes, eat healthy and much more to control your diabetes.

**Texas A&M AgriLife Extension
Orange County
11475 FM 1442, Orange, TX 77632**

**6 pm to 8 pm for 5 weeks
January 4th, 11th, 18th, 25th, & February 1st.**

**Call the AgriLife Office
for your reservations
409-882-7010**

TEXAS A&M AGRILIFE EXTENSION

DO WELL BE WELL with diabetes

Have Diabetes? Have High Blood Pressure? Need to Exercise?

Kick start Your Mondays to a Healthier You!

**Food, Fun, & Fitness
8 Week Challenge**

Fallon Foster, County Extension Agent for Family & Consumer Health will hold free classes for 8 weeks on Mondays, January 29th–March 26th

5:30 pm to 6:30 pm

Orange County Convention & Expo Center, 11475 FM 1442, Orange
Call the AgriLife Office, 409-882-7010 to let us know you will be joining us.

30 Minutes of Nutrition 30 Minutes of Exercise

TEXAS A&M AGRILIFE EXTENSION

Certified Food Managers Two Day Course with Test

Tuesday, January 30th
&
Wednesday, January 31st
9 am to 4 pm

Must Pre-Register by going online to:
Foodsafety.tamu.edu
Print registration form and mail directly
To FPM with your \$125 payment.

Registration & Payment must be postmarked by
January 10th.

Course & Test will be held at Texas A&M AgriLife Extension, 11475 FM 1442, Orange.
Questions, contact the AgriLife Office, 882-7010.



Home and Body Essentials DIY Class

**Saturday
February 3rd
10 am to 2 pm
\$25 per person**

*Make check payable to H.O.P.E.
Payment must be received by
January 26th.*



**Class is limited to 25 participants.
Call 882-7010 to Register now.
If you wait till deadline date, the class may be filled.**

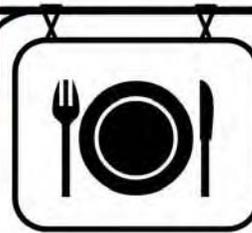
*Class will be held at Texas A&M AgriLife Extension Office,
11475 FM 1442, Orange, and taught by Fallon Foster
Family & Community Health Agent*



Come ENJOY a fun day of hands-on homemade Body & Home products.



Texas Department of State Health Services accredited food handlers program



FOOD HANDLER'S Training Class

**February 8th
6 pm to 8 pm**

\$20 per person paid day of class

Make check or money order payable to FPM Account 230202
No cash accepted



To PRE-REGISTER Call 409-882-7010
Class will be held at AgriLife Extension Office
11475 FM 1442 Orange



This class is recommended for all food service employees to help promote the service of safe food.



Class taught by Fallon Foster, M.P.H.
Family & Consumer Agent

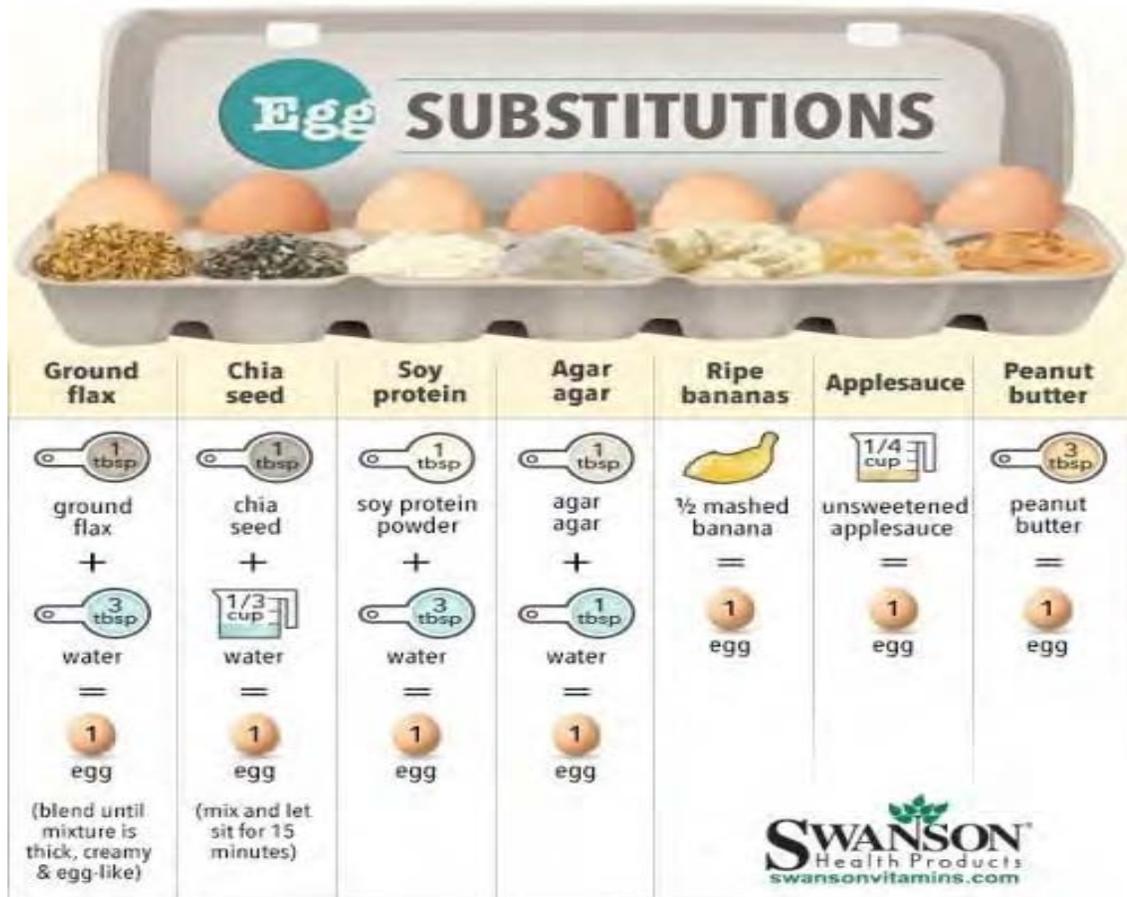


Family & Community Health

*Texas A&M AgriLife Extension
Orange County
2017 Volunteer Appreciation Dinner*



Family & Community Health



Southern Black-Eyed Peas {Stove top version}

{mommyskitchen.net}

- 1 - (16 oz) package dry black-eyed peas
- 4 - cups water **or**
- 2 - cups water and 2 cups chicken broth
- 1 - tablespoon vegetable oil
- 1 - ham hock
- 2 - cups cubed cooked ham
- salt and pepper to taste
- 1 - pinch garlic powder
- 1/2 - 1 onion, diced
- 1 - (14.5 ounce) can whole or stewed tomatoes (pureed)



Sort through your peas for any pebbles or stones. Cover the peas with water you want to make sure there is enough water so they don't dry up. You will need to soak the peas overnight. In the morning drain off the water and discard.

Place peas in 8 quart pot. Add the 4 cups water/broth to the pot. Stir in ham, ham hock, diced onions, salt, pepper, and garlic powder. Place tomatoes in a blender or food processor, and blend until the tomatoes are liquefied.

Add tomatoes to pot and then add the oil. Bring all ingredients to boil. Cover the pot, and simmer on low heat for 2 1/2 to 3 hours, or until the peas are tender. Remove the ham hock and any meat of the bone and add to the peas. Ladle into bowls and serve.

Crock Pot or Slow Cooker Version:

You can also prepare the peas in your crock pot. Soak peas overnight. Drain the water from the peas and place peas in a crock pot. Add the 4 cups water or broth and water, onions, seasoning, tomatoes, ham hock and ham. Stir well to mix. Cover and cook on high for 5 hours then turn to low for about 2 hours or until the peas are tender. Remove ham hock and any meat from the bone and add to the peas. Ladle into bowls and serve.

4-H/Youth Development

ORANGE COUNTY LIVESTOCK CLASSIC

SATURDAY, FEBRUARY 24, 2018

ORANGE COUNTY LIVESTOCK SHOW BARN

5319 ARNEL ROAD MAURICEVILLE TX

CRAWFISH FESTIVAL FAIRGROUND



*Each Show Overall
Reserve Champion
Prize & \$50*

*Each Show Overall
Grand Champion
Belt Buckle &
\$100*

*Breed Champion—Prize
Class Winners—Prize
Division—Prize*

~~SWINE LAMBS GOATS STEERS HEIFERS BULLS~~

Show Order Swine, Lambs, Goats, Steers, Heifers, and Bulls

Swine, Lamb & Goat Check In 7 am—8:30 am Show Time 9 am

Steers, Heifers & Bulls Check In 10 am-11:30 am Show Time approximately 12:30

Jr. & Sr. Showmanship

60/40 Split

*\$5 entry paid
at gate*

100% payback



Entry Fee \$25 per animal

Make checks Payable to OCLSA

*Entry fees will be accepted up
until the end of check in.*

Concession Stand Provided. Generators Welcome

Question Contact:

Sabrina Gray 409-670-6260

- Swine, Lamb & Goat shown by Weight*
- Steers shown by Breed Division & Weight*
- Heifers shown by Breed Division & Age
(age verification required)*
- (5 head constitutes a Breed)*

Bulls will be judged in 4 classes

- 0-12 months*
- 12-18 months*
- 18-24 months*
- 24 months & over*
- Must have nose ring for Bulls
over 12 months*



4-H/Youth Development

Adult Leaders Association 6 pm

County 4-H Council 6:30 pm

1st Mondays @ 4-H Office 4-H

Members & Parents Welcomed

Dusty Trails 4-H Project Club

2nd Monday

6pm-8pm @ 4-H Office



Boots and Bridles 4-H Horse Club

TBA

All Hearts 4-H Homeschool Club

3rd Monday @ 1 pm

Location TBA

Cortney Sanders 979-574-7220

Kristen Hay 409-474-9666

Mighty Pirates 4-H

(Primary a Livestock Club)

2nd Tuesday @ 7 pm,

Vidor Junior High Cafeteria

Kathy Hester 790-8835

Clay Busters Shooting Sports

1st Tuesdays @ 6 pm

4-H Office with practice at the

Orange County Gun Club

Robert Caffey 409-767-6222

robert.caffey@kodiakgas.com



“Learn to Build a Recordbook”

1st Tuesdays
6pm @ 4-H Office



Pitmasters
2nd Mondays
6pm @ 4-H Office



Food & Nutrition
(cooking)
3rd Tuesdays
6pm @ 4-H Office
**Will meet starting
January**



4-H Sewing
4th Tuesday
6 pm @ 4-H Office
**Will meet starting
January**



2nd & 4th Thursdays
6pm - 8 pm
@4-H Office
**Will meet starting
January**



Livestock Judging
Every Wednesday
6:30 pm at the
4-H Office
**Notice New meeting
Day! All
4-H'ers Welcomed**

4-H/Youth Development

This group of 10 kids and 4 adults from ALL HEART 4H CLUB made around 140 goody bags for kids and 30 family Christmas boxes with food and toiletries today that we will hand out through Harmony Baptist Church of Vidor. They had fun helping our Community.



**New year.
New feels.
New breathe.
New chances.
Same dreams,
fresh starts.
I dare you to
believe in
yourself. You
deserve all
things magic.**

life hacks #2348

You can instantly wake up any body part that falls asleep by shaking your head back and forth.

@1000LifeHacks
1000LifeHacks.com

How to remove permanent marker from everything!



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

4-H/Youth Development

4-H Christmas Party



4-H/Youth Development



4-H/Youth Development

New Caney FFA Winter Progress Show

| | | |
|--|---|---|
| <p>Check In 6 - 8 AM</p> | <p>January 13, 2018 • • • • • Montgomery County Fairgrounds</p> | <p>20 Buckles \$20 Per Animal</p> |
| <p>Heifers • • • • • • Steers Lambs • • • • • • Goats Pigs • • •</p> | <p>Shows starts @ 9AM • \$5 Showmanship with 50/50 Jackpot • • • • • Papers required on Registered Heifers. Commercial Heifers by weight. Absolutely no shavings allowed. Judge's decision is final. Show sponsors are not responsible for loss, damage or injury to any person, animal or property.</p> <p>• Contact Information: Dennis Bridges - (936) 522-7547 or dbridges@newcaneyisd.org Or Cheri Loying cloying@newcaneyisd.org</p> | |



5th Annual H-F FFA Alumni Association RUBEN STRINGER MEMORIAL LIVESTOCK SHOW

SATURDAY - JANUARY 6, 2018
White's Park Arena - Anahuac, TX



BUCKLES

Prizes

**Drawing for 4 - \$250 certificates
to put towards your purchase of
your next show animal!!**

Check-In @ 6:00-8:00am
Shows start at 9:30am (2 Rings)
45 Buckles for Grand & Reserve
Entry fee \$20 per head
Pigs/Lambs/Goats shown by weight
Steers shown by divisions & weight
Bulls/Heifers shown by breed & age

*Exhibitors must be enrolled in school
and a member of FFA or 4-H

Show Information Contact:
Shae Doucet (409) 767-3378
Buddy Choate (409) 656-2740
Mike Broussard (409) 651-9073
Brad Bertrand (409) 718-7676

RV Hookups Available
Move in Friday After 6 p.m.
(First Come - First Serve)
Co-Sponsored by: Barbers Hill FFA,
East Chambers FFA, Anahuac FFA,
Chambers County 4-H

Pigs
Goats
Lambs
Steers
Heifers
Bulls

4-H Youth Development

Bulls Added! **Show Ring!** **New**

Vidor FFA Booster Club

20 18

Winter Extravaganza

Prizes:
22 Buckles
Division & Reserve
Rosettes
Ribbons 1st-5th

Date: February 10, 2018
Judge: Craig Dickenson
Show Order:
Pigs, Lambs, Goats, Steers, Heifers, & Bulls

Entry Fee: \$25.00

Concession Stand Provided
Limited Electricity
Generators Encouraged
Pelletized Shavings ONLY

Bulls MUST have a nose ring in order to compete.
No bulls over 24 months.

Questions about the show?
Contact:
Brandy Whisenant (409) 291-1314
Janet Smith (409) 659-1760
Tim Singleton (409) 679-0675

Early Arrival: February 9, 2018 4-9 pm
Holiday Inn Express & Suites
Address: 20691 IH-10 Vidor, Tx 77662
Phone: (409)-783-2420

Best Western Plus Orange County
Address: 165 E. Courtland St. Vidor, Tx 77662
Phone: (409)-422-4315

Each exhibitor will receive 1 entry for a chance to win \$200

Pigs, Lambs, & Goats
Shown by Weight
Check In: 7-8:30 am
Show: 9:00 am

Steers:
Shown by Weight & Division
American, English, & Exotic

Heifers & Bulls:
Shown by Age & Division
American, English, & Exotic

Heifer Age Classes:
Class 1: 0-6 Months
Class 2: 7-12 Months
Class 3: 13-18 Months
Class 4: 19-24 Months
Class 5: 25 Months & Up (Heifers Only)



5 Star Scholarship Show

February 10, 2018

HCF & AYA Show Barn @ 3677 N Hwy 326, Kountze, TX

77625

CHECK IN: 5:00-6:30 A.M.

SHOW STARTS: 7:00 A.M.

PIGS* LAMBS* GOATS* STEERS* HEIFERS* AG MECHANICS

***HEIFERS AND STEERS WILL BE BROKEN INTO AMERICAN, ENGLISH,**

AND EXOTIC DIVISIONS*

****HEIFERS WILL BE SHOWN BY AGE****

****PIGS, LAMBS, AND STEERS WILL BE SHOWN BY WEIGHT****

****ENTRY FEE: \$25.00 PER HEAD****

***JUNIOR & SENIOR SHOWMANSHIP: \$5.00 AT THE GATE 60/40**

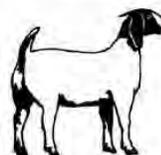
SPLIT*

****BUCKLES FOR GRAND, PRIZES FOR RESERVE & OTHER**

PLACINGS**

CONTACT INFO: RHETT

MOORE (409) 980-7877



Family & Community Health

Budgeting Tips

Spend Less than you Make - It sounds easy, but for many people it's harder than it seems. Online money management tools are everywhere, but before you get the tools you have to establish a budget. Track your spending so you understand where you're currently spending money and make changes if you're overspending.

- Reduce Your Debt - Once you have established a budget, work on reducing your debt. Start paying off the debts with the highest interest rate first, regardless of the total balance. Make sure to pay the minimum monthly payments on all of your debt, but try to put a bigger chunk of cash toward the debt you're working to eliminate. Once you've completely paid off one debt, move on to the next. Watch your debt dwindle away.

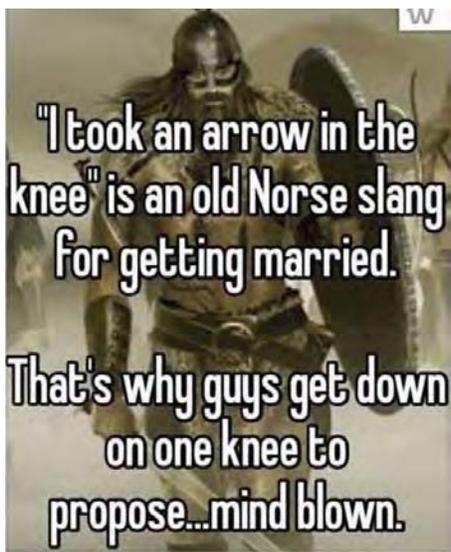
- Be Prepared for the Unexpected - The number one budget killer is an unanticipated event. If your pet needs emergency vet care or if your car breaks down and you don't have an emergency fund set aside you could completely blow your budget or start racking up your credit cards again. Work on setting aside three to six months worth of your living expenses in



an emergency fund. Start small to get used to saving. Set aside \$10 a week and bump up the amount you contribute as you feel more comfortable with saving.

- Save for the Future - If you take a "set it & forget it" mentality with your 401K, make actively managing your retirement part of your goal for the New Year. A big part of personal finance budgeting is planning for the future so make sure you increase your 401K contribution by whatever your salary increase is for 2011. An easy way to do this is by setting your contribution as a percent of your pay rather than an exact dollar amount. This way, any shift in pay will also result in a change in your 401K contribution.

Making personal finance budgeting a priority for the New Year is a resolution that, with a little work, should be easy to stick to. Remember to look for ways to save in every aspect of your life. You'll be pleasantly surprised when the work you've been putting toward your budget starts to pay off. In a few months, it won't even feel like work anymore. Budgeting will become a natural part of your life & you'll be enjoying a better financial future.



did you know?

'The Center of the Universe' is a circle on the ground in Tulsa, OK. The broken concrete is surrounded by a large circle of bricks, but you'd probably never notice it unless you started talking while standing in the middle. There, you'll hear your voice loudly echoing back at you, and nobody outside the circle will hear a thing - but nobody knows why.

PHOTO: JILL, JELLIDONUT... WHATEVER DIDYOUKNOWBLOG.COM

Family & Community Health

TEXAS A&M AGRI LIFE EXTENSION

What's Cooking!

Spaghetti Squash Nachos *makes 12 servings*

- 1 Spaghetti Squash
- 2 tablespoons olive oil
- ¼ teaspoon black pepper
- 1 15 ounce can low sodium black beans, drained and rinsed
- 2 cups low fat mozzarella cheese
- 1 cup Pico de gallo



*Delicious & nutritious
game time snack!*

1. Wash the spaghetti squash with water and a vegetable scrub brush.
2. Using a sharp knife and poke vent holes through the skin. Be careful, the skin is tough.
3. Place spaghetti squash in a microwave safe bowl and cook on high for 10 minutes, turning it over at 5 minutes. If you prefer you can use a conventional oven by increasing the cooking time to 30 minutes. If you choose to cook the squash in a conventional oven bake on a cookie sheet lined with parchment paper. This makes clean up a breeze! Larger squash may require more time by either method.
4. Carefully remove from the microwave and cut in half lengthwise. The skin should cut easily, if it is tough, cook a bit longer.
5. Use a large spoon to remove the fibrous strands and seeds, like you would a pumpkin.
6. Use a pasta fork or regular fork to scrape out the flesh part of the squash. As you remove the flesh it will fall apart and resemble spaghetti strands.
7. Place the spaghetti squash in a mixing bowl and add 2 cups of low-fat mozzarella cheese.
8. Drain and rinse a can of low sodium black beans and add them to the mixture.
9. Toss the mixture together.
10. Spread a layer of tortilla chips on a 9x13 baking pan, then sprinkle the squash mixture over the layer of chips.
11. Top with dollops of pico de gallo
12. Bake at 400° for 10 minutes or until cheese is melted.

Nutrition Information

12 servings per recipe

Calories 256

Total Fat 11g

Sat Fat 3g

Trans Fat 0g

Cholesterol 10mg

Sodium 436mg

Total Carbohydrates 31g

Dietary fiber 5g

Total Sugars 2g

Includes 0g added sugars

Protein 10 g

Agriculture/Natural Resources

Garden Checklist for January/February

Dr. William C. Welch, Professor & Landscape Horticulturist
Texas A&M AgriLife Extension

- ◆ Now is an excellent time to transplant mature or established trees and shrubs while they are dormant.
- ◆ Make flower and vegetable garden plans now before the rush of spring planting. Time spent in armchair gardening before the fireplace will pay off in improved plant selection. Besides, it is fun to page through the garden catalogs.
- ◆ Sow seed in flats or containers to get a jump on plant growth before hot weather arrives. Petunias, begonias, and impatiens should be sown in early January. Warm temperature plants, such as tomatoes, peppers, marigolds, and periwinkles, should be sown in late January or early February.
- ◆ Apply a light application of fertilizer to establish pansy plantings. Use one-half pound of ammonium sulfate per 100 square feet of bed area. Repeat the application every 4 to 6 weeks, depending on rainfall. Dried blood meal is also an excellent source of fertilizer for pansies.
- ◆ Prepare beds and garden area for spring planting.
- ◆ Select an order gladiolus corms for February/March planting. Plant at two-week intervals to prolong flowering period.
- ◆ Check junipers and other narrow-leaf evergreens for bagworm pouches. The insect eggs overwinter in the pouch, and start the cycle again by emerging in the spring to begin feeding on the foliage. Hand removal and burning of the pouches are ways of reducing the potential damage next spring.
- ◆ The life of the plant received as a Christmas gift can be prolonged with proper care. Keep the soil moist, but provide drainage so that excess moisture can flow from the pot. Keep the plant out of range of heating ducts and away from heating units. Keep in a cool room at night, preferable at 60 to 65 degrees F.

Paramutabilis x "Ryan's Pink"



Southern Pan Fried Cabbage {mommyskitchen.net}

Ingredients:

3 - 4 - slices bacon, cut into pieces
1/4 - cup vegetable oil
1 - teaspoon salt, or to taste
1 - teaspoon ground black pepper
1 - head cabbage, cored and sliced or cubed
1 - small onion, chopped
1/2 - cup water
1 - pinch white sugar
2 - beef bouillon cubes crushed or granules



Directions:

Place the bacon and vegetable oil into a large pot over medium heat.

Cook for about 5 minutes, or until bacon is crisp.

Add cabbage, onion, sugar, salt, pepper, water and crushed bouillon cubes to the pot; cook and stir the cabbage as it cooks.

Cook until tender but still crisp. I cooked mine about 10 - 15 minutes on medium heat.