

TEXAS A&M AGRI LIFE EXTENSION

Orange County AgriLife Newsletter

County Extension Agents

Fallon Foster, M.P.H.
Family & Community Health
County Coordinator

Heston Henry
Agriculture/Natural Resources
4-H Coordinator

Office 409-882-7010



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



2018



Scan and go directly to
our AgriLife website
orange.agrilife.org



Orange County
Texas A&M AgriLife Extension



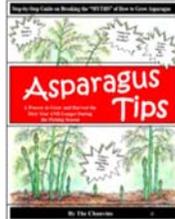
Scan and go directly to
our Facebook page

Agriculture/Natural Resources



Planting Asparagus, Composting, & Recycling in Orange County

Saturday, November 10, 2018
9:00 AM—Noon
\$20
 (Pay the day of the program)
Field of Plenty
 (On Wickard St behind Orange Christian Services)
Register at:
Orange.agrilife.org
 Click on the registration tab



The Orange County Master Gardeners Association in conjunction with the Field of Plenty will be presenting a fall program on planting asparagus, composting and recycling. Dot Chauvin will present a slide presentation on her book "Asparagus Tips". The Master Gardeners will explain how to "Compost It—Don't Bag It" and recycling in Orange County will be presented by the Trashy Ladies. The cost includes an autographed copy of Mrs. Chauvin's book and 2 raffle chances for a composter.



recycle



TEXAS A&M
AGRI LIFE
 EXTENSION

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.

CHIEF HEALTH



7 AMAZING BENEFITS OF ASPARAGUS

PROMOTES A HEALTHY PREGNANCY

HELPS COMBAT CANCER

FIGHTS INFLAMMATION

IMPROVES DIGESTIVE HEALTH

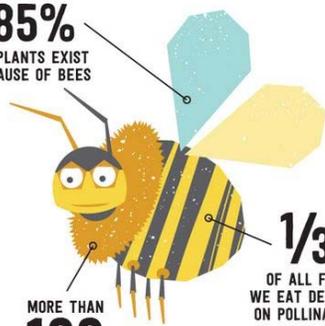
AIDS WOUND HEALING & MAINTAINING BONE HEALTH

NATURAL DIURETIC

BOOSTS MOOD

WHY BEES MATTER

85%
 OF PLANTS EXIST
 BECAUSE OF BEES



1/3
 OF ALL FOOD
 WE EAT DEPENDS
 ON POLLINATORS

MORE THAN 100
 TYPES OF CROPS ARE POLLINATED
 BY BEES IN THE US—INCLUDING
 THE CLOVER AND ALFALFA
 THAT FEED OUR COWS

WFM.COM/POLLINATORS



Intro to Beekeeping

December 8th

9:00 AM—1:00 PM

Registration at 8:30 AM
RSVP by November 21st

Extension Office

11475 FM 1442

Orange, TX

409-882-7010

Topics:

- ◆ Equipment
- ◆ Personal Protective Gear
- ◆ Honey & Hive Production
- ◆ Source for Bees



Snacks Provided

TEXAS A&M
AGRI LIFE
 EXTENSION

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.

Family & Community Health

Rainy Day Activities for Kids



Having a high energy child can be a handful, especially when the weather does not allow them to go outside and run around to burn off most of that energy. Here we have a list of indoor activities that you can do with them to help focus that energy so you are not driven crazy.



- Let them help in the kitchen. Now don't let them handle a knife, but they can help wash the fruits and vegetables. They can also mix spices or baking mixtures together.
- Play card games or board games. These can keep their attention especially if they see you enjoying yourself when playing with them.
- Ask them to create a mini-city or something out a movie with Legos or some sort of building blocks.
- If you have the room for more physical activities, you can have them do a game of "red light green light".



Even if it's a quick game during a commercial break on T. V. it can help burn off some energy.

- Other physical activities can include small scale gymnastics, jump rope, and anything involving a balloon. Anything that will get them off the couch and moving around, even setting up a little obstacle course can make all the difference.
- Finally, some less intense activities can include a family movie night with popcorn, making a pillow/blanket fort, or maybe a family video game night.



Lamar Dietician Intern

HEALTHY EATING EASY FOR THE ELDERLY

Tips for Overall Eating

- Control Portion sizes.
- Add fruits and vegetables.
- Choose whole grains over white.
- Stretch your food dollars.
- Limit the processed foods available.
- Always have water around to drink.
- Take your time eating the meals.
- Adjust ingredients for comfort meals.

Meal preparation tips

- Prepare the meals in advance.
- Choose two or three recipes to prepare.
- Use different cooking methods; slow cookers, baking, stove top, and broiling to name a few.
- Season during preparation, not after cooking.

Applying these tips can allow you to save time, money, and headache when it comes to breakfast, lunch, and dinner. It will also help keep you feeling full in-between meals and limit snacking. Knowing what you are going to eat will keep stress down and allow for more time enjoying life.

Agriculture/Natural Resources



What's Your BEEF?

A guide to understanding USDA beef grades

Marbling is the amount of fat streaking within the cut of meat.

MODERATELY ABUNDANT MARBLING



MODERATE MARBLING



SLIGHT MARBLING





USDA PRIME BEEF

is produced from young, well-fed beef cattle. It has slightly abundant to abundant marbling, and is generally sold in hotels and restaurants. Prime roasts and steaks are excellent for broiling, roasting or grilling.



USDA CHOICE BEEF

is high quality, but has less marbling than Prime. Choice roasts and steaks from the loin and rib will be very tender, juicy, and flavorful and are suited for broiling, roasting or grilling. Less tender cuts, such as from the round, are perfect for braising, roasting or simmering on the stovetop with a small amount of liquid.



USDA SELECT BEEF

is normally leaner than Prime or Choice. It is fairly tender, but because it has less marbling, it may not have as much juiciness or flavor. Select beef can be great on the grill, and is also good for marinating or braising.

Agricultural Marketing Service Revised June 2017 SOURCE Agricultural Marketing Service's Meat Grading site - www.ams.usda.gov/grades-standards/beef/shields-and-marbling-pictures

How to Avoid Costly Clog

TAKE CARE OF TEXAS

You can avoid expensive plumbing problems, protect public health, and keep our water clean.

Don't flush any types of wipes down the commode, even flushable wipes. Food can cling to them and build up more quickly in wastewater pipes.



Recycle used cooking oil or pour it into a sealable container and place it in the trash. If you have a lot of oil, mix it with cat litter a little at a time and pour it in a sealed bag in the trash.



Eliminate your use of a garbage disposal. Food scraps of any kind can plug your home's wastewater lines. Instead, compost food scraps when possible; otherwise, throw them in the trash.



Don't run water over dishes or cookware to wash oil or grease down the sink. Instead, wipe them with a paper towel and throw the towel in the trash.



Place a strainer in the sink drain to catch small food scraps.



Don't pour cooking oil, pan drippings, gravy, bacon grease, lard, shortening, butter, margarine, salad dressings, mayonnaise, creams, or sauces down the sink or toilet.



www.TakeCareOfTexas.org



That's Ag-mazing!

Did you know...

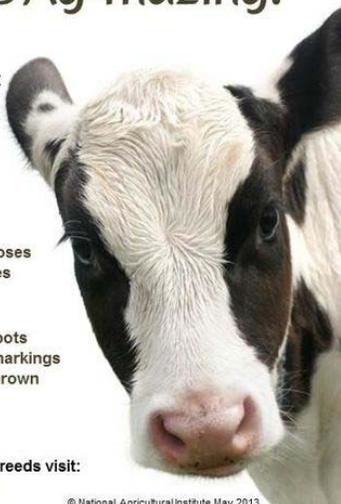
Cattle come in many different colors. The color depends on the breed. Here a just a few of beef and dairy breeds popular in the US.

Beef Cattle

- Angus: black
- Charolais: white with pink noses
- Hereford: red with white faces
- Limousin: brown

Dairy Cattle

- Holstein: white with black spots
- Guernsey: fawn with white markings
- Brown Swiss: light or dark brown and sometimes gray
- Jersey: all shades of brown



For more information on about breeds visit: www.ansi.okstate.edu/breeds/cattle/

© National Agricultural Institute May 2013

Family & Community Health

Medication Assistance

The Medication Assistance program provides resources to help those who do not have health insurance and limited or no prescription coverage obtain their prescription medication for free or almost free. Without insurance, some medications can cost more than a monthly house payment. But no one should have to choose between health and a home. Our expert team works with pharmaceutical companies and local organizations to make sure you have the medications you need to control your chronic illness and start living a healthier, happier life. Even if you have health insurance, you may qualify for assistance. Call now to schedule an appointment at a Medication Assistance Program location near you: **1-361-902-4230**.



What we offer:

- Maintenance medications (diabetes, high blood pressure, cholesterol, respiratory illness, mental health, etc.)
- 90-day supply free or low cost prescription medications. We take care of ordering your refills.
- No limit on number of medications covered

Who we serve:

- Uninsured and underinsured
- Medicare Part D recipients who fall into the “donut hole” or GAP
- All ages

Requirements to qualify:

- State issued photo ID or driver’s license
- Social security card
- Proof of income (recent tax return, paycheck stubs, social security award letter)
- Prescribing physician

Did you know that popcorn counts as a whole grain? Choose MyPlate, <https://www.choosemyplate.gov>, recommends getting at least half of your grains from whole grains. One serving of whole grains equals three cups of popcorn.

Eating popcorn is a great way to increase your intake of whole grains and your daily fiber intake. Be careful when adding toppings like butter and salt because it can turn into an unhealthy snack. Try to make popcorn with little or no added salt or butter. Check out Chili Popcorn from What’s Cooking? USDA Mixing Bowl.

<https://whatscooking.fns.usda.gov/.../supplemen.../chili-popcorn>



Food Handler’s Training Class

Tuesday, November 27th 2018

6pm to 8 pm

AgriLife Extension Office

\$20 per person paid the day of the class.

Checks/Money Order Payable to:

FPM Account 230202

No cash accepted.

Questions, contact the AgriLife Extension Office
409-882-7010

Agriculture/Natural Resources

Winter Gardening Don'ts

Protect your garden this winter by avoiding common mistakes that put plantings at risk.

Mistake No. 1: Planting Too Late

Making late additions to the landscape can result in devastating losses next spring, especially in areas where the ground freezes. Perennials are the most susceptible to late planting, as alternating freezing and thawing of soil literally shoves plants out of soil, exposing crowns. Shrubs and trees can go into the ground later, but for best winter survival rates, you should have all plants in place by six weeks before soil typically freezes.

Mistake No. 2: Pruning Shrubs

Pruning causes plants to produce new growth, which is tender and highly vulnerable to freezing temperatures. Wait to prune shrubs, including butterfly bush and caryopteris, until spring, when all danger of frost has passed. At that point you can remove any winter killed branches. In future years, aim to get pruning done by late August, so plants have time to harden off before freezes arrive.

Mistake No. 3: Planting the Wrong Varieties

Fall lettuce crops can linger well into December in mild winter areas. Plant cold-tolerant varieties to ensure the longest harvest period. Good choices for fall planting include 'Four Seasons' lettuce (shown), 'Arctic King' and 'North Pole.' To overwinter lettuce in regions with cold winters, plant 'Winter Marvel' or 'Brune d'Hiver.' In mild winter areas, sow seeds of 'Four Seasons' or any oakleaf type.

Mistake No. 4: Not Watering New Trees

Trees that you plant in fall need consistent watering as they enter their first winter. If winter brings frozen soil without snow, give your tree a drink during any times of above-freezing temperatures. One hose-less way to ferry water to a tree is with a water bag in a cart.

Mistake No. 5: Failing to Deadhead Self-Sowers

Plants that self-sow aggressively in the landscape can be beautiful in bloom, but a gardener's nightmare if allowed to go to seed. Clip seedheads on plants that tend to self-sow heavily in your garden. Good candidates include joe-pye weed, goldenrod, boltonia and black-eyed susans.

Mistake No. 6: Skipping Mulch

A winter mulch can be a gardener's best friend, especially around new additions to the landscape. That extra mulch layer can help prevent frost heave around new plants that may not have an extensive root system to help keep them anchored in soil as it freezes and thaws. Put a 2-inch-thick layer around the base of plants to insulate roots.

Mistake No. 7: Spraying for Weeds

Be sure to read the label of your favorite weed killer. Many plants essentially stop growing as soil temperatures fall into the 50-degree range, so at that point spraying is a waste of time and money. The answer is to spray early in the fall sea-

son, while plants are actively growing and air temps are still in the ideal 60-degree range.

Mistake No. 8: No Pre-Snow Clean-Up

In snowy winter climates, aim to clean up the garden before early snowfalls arrive. Doing this helps to reduce winter resting places for pests and diseases that go into hiding once snow flies. It's also easier on you—no frozen fingers.

Mistake No. 9: Not Destroying Veggie Crops

It's vital to destroy spent vegetable crops, especially those that hosted problem pests, like Mexican bean beetles. Don't toss these plants into a compost pile unless you know it heats enough to destroy pests and eggs. It's safer to dispose of infested plants and fallen leaves in bags you put at the curb for garbage pick up.

Mistake No. 10: Failing to Use Frost Blankets

If you have a garden that's actively producing when frost threatens, there's no excuse for not investing in some season extending equipment to keep the fresh flavors—and nutrition—coming into your kitchen. This kit costs under \$25 and comes with built-in hoops and the ability to extend up to 18 feet.

Mistake No. 11: Letting Grass Grow Too Long

In snowy regions, grass that goes into winter without being mowed is more prone to develop snow mold. Try to give grass one last cut before winter snows arrive. Also, once the ground freezes, stay off the lawn. Frozen grass is more prone to breaking as you walk on it, which can damage individual grass crowns.

Mistake No. 12: Not Wrapping Vulnerable Shrubs

Take time to wrap shrubs and small trees with a winter coat of burlap for protection against cold temps. Plants at risk include those with borderline hardiness and evergreens prone to winter burn. Spray evergreens with an anti-transpirant before wrapping in burlap. Before adding the burlap, protect trunks against chewing rodents by tossing mouse bait that's enclosed in a protective container near the base of the plant.

Mistake No. 13: Failing to Protect Trunks

As food sources become scarce, rabbits, mice and voles can make quick work of bark on unprotected trees and shrubs. Use tree guards around young tree trunks, and surround shrubs with hardware mesh. You can also try to attract raptors like owls and hawks, which prey on these mammals, by erecting artificial perch poles.

Courtesy of http://www.hgtv.com/outdoors/gardens/planting-and-maintenance/do-not-make-these-winter-gardening-mistakes-pictures?nl=HGG_110717_featlink2_winter-gardening-mis-takes&bid=11178609&c32=6e8e43c3196e9fb8179fc46ed265f35266c178cb&ssid=DH13_HGSWEEPS%20Dream%20Home%20Giveaway%202013&sni_by=1949&sni_gn=Female



Family & Community Health

PUMPKIN PIE PARFAIT

- 15 oz pure pumpkin puree
- 2 tbsp brown sugar
- 1/4 c unsweetened evaporated milk
- 1/2 tsp cinnamon
- 1/4 tsp ginger
- 1/2 tsp nutmeg
- 1/4 tsp salt

Yogurt Layer

- 1 c low fat vanilla Greek yogurt

Crumble layer

- 6 sheets graham crackers
- 1 tbsp whole almonds for topping (optional)

Place all ingredients for Pumpkin Pie layer in a bowl, mix well.
Measure out yogurt into a bowl.

Place graham crackers in a plastic bag, crush until at desired texture.

Spoon a heaping tablespoon of pumpkin pie mixture into a small 3 oz. containers. Add a heaping of pumpkin mixture, yogurt, and top with more crumble. Add whole almonds on top if desired.

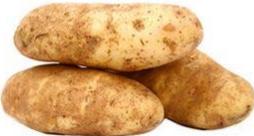
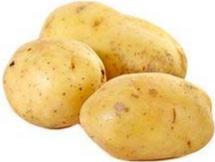
Nutrients per serving. Serves 6

Calories 150; fat:3; carbohydrate: 27g; dietary fibers: 0 g; protein: 6 g; sodium:190milligrams.



BuzzFeed Life

WHICH POTATO SHOULD I MASH?

 <p>RUSSET For the fluffiest, smoothest mash.</p>	 <p>YUKON GOLDS For the richest, creamiest mash.</p>
 <p>RED BLISS Use only if you want skin-on smashed potatoes.</p>	 <p>FINGERLINGS Not ideal for mashing! Best for roasting.</p>



blessing mix

- Bucles** represent the cornucopia, a horn of plenty.
- Pretzels** represent arms folded in thanks and prayer.
- Sandy corn** reminds us that during the first winter, the Pilgrims were allowed only a few kernels of corn per day because food was so scarce.
- Seeds** are promise of a future harvest if they are planted and well tended.
- Fruit** is a reminder of the harvest gifts from the land.
- M&M's** are for Memories of those who came before us.
- Hershey's Kiss** is a reminder of the love of family and friends that sweetens our lives.

Agriculture/Natural Resources

Fall Turf Care

By Paul Rodman (Dave's Garden www.davesgarden.com)



I'm sure many of you are "garden weary" a term I coined to describe how most gardeners feel at this time of year.

With all the activities associated with fall and season-end chores to do, gardeners tend to neglect the lawn. There are some guidelines to consider when preparing lawns for winter that can help keep problems to a minimum.

Crabgrass, a warm-season annual, dies off in early fall, leaving brown areas in the lawn. Different cultivars of desirable lawn grasses, such as San Augustine, may vary in how fast they go dormant, which can add to the mottled appearance of lawns this time of year.

You must continue to cut your grass until there has been no visible growth for about two weeks. I know it's time to quit mowing when I have no more clippings to remove. Leave grass at least two inches high, but no more than three inches for winter. This height is optimum for several reasons. Grass cut too short is vulnerable to drying winter winds and, believe it or not, sun. Since we don't have a protecting snow cover, winter sun can be damaging to the grass. Two inches protects the crown, which is the white area visible at ground level that also extends into the root zone.

If you have a lot of thatch buildup in the turf, fall is an excellent time to remove it. Power rakes are available at most rental store. I like to get two or three neighbors to "chip in" on the rental. Most rental centers have a minimum time period; you can easily do a couple of lawns within that time period.

Aeration is another task that should be done on a semi-annual basis. A turf aerator removes "plugs" of soil and grass from the lawn. The holes left by the aerator allow oxygen, water and nutrients' to reach the root zone. Leave the "plugs" on top of the lawn; they will break down on their own.

Autumn is also the season to fertilize your lawn for the last time; further encouraging those roots. Much leaching of soil nutrients has occurred these past two rainy springs, so fertilizing is even more important than usual. Look for fertilizer high in nitrogen, or a winterizer-type, lower in nitrogen and higher in phosphorus and potassium. Fertilizing now will encourage lush growth next spring.

If your lawn is looking a little worse for wear, autumn is the ideal time to reestablish the turf.

1. Reseeding damaged areas: The first decision that needs to be made is whether to spot-seed the bare areas or if the whole area needs to be reseeded. This decision is basically one of practicality. If the turf was simply thinned or there are small patches of dead grass about the size of baseballs, a fall fertilizer application and favorable weather conditions should help the existing turf grass to recover and fill in those bare spots. If the damaged areas are the size of soccer balls or larger, or if the area only has sporadic turf plants, then over seeding is going to be necessary to restore the area to turf.



2. Tools to renovate: There are a number of different methods to ensure that reseeding efforts are successful. First and foremost, you must ensure that you get good seed-to-soil contact. I like to use a leaf rake to make sure the seed is covered by the soil. Straw makes excellent mulch for new seed also. Spread a thin layer over the seeded area; make sure all of the seeded is covered.

3. Species, seeding depth, and rates: Making sure you have the correct species and cultivar, especially if you are over seeding an existing lawn, is a critical step to ensure satisfaction. One common frustration many homeowners have after over seeding is that the newly seeded turf has a drastically different color and appearance than the existing turf stand. Most turf grass in our area is San Augustine. San Augustine does best by plugs. Centipede can be sowed by seeds.

4. Fertilizer, irrigation, and herbicides: At the time of seeding, apply a starter fertilizer at a rate of 1 pound Nitrogen per 1,000 square feet. To help those young seedlings get established. A starter fertilizer is a fertilizer with an Nitrogen to Phosphate ratio similar to 1:1 or 1:1.5. Make sure to keep the seeded area moist throughout establishment. In many cases, this may require watering several times a day. A good mulch cover will help the area stay moist so the site may be watered less frequently. Water lightly when irrigating; there is no need to see water puddling or running off the site.

To be safe, avoid applying all herbicides this fall; i.e., no "weed and feed" products. Young seedlings don't tolerate herbicides very well and the guideline is usually to wait three "real" mowing's before applying any herbicides or, in some cases, at least 60 days. By "real" mowings, I mean you're actually cutting significant grass, not just running over the area to trim down any weeds. Always make sure to read and follow the label directions before applying any herbicides.

Try to keep fallen leaves and other debris off your lawn. If the lawn is quite tall, a final mowing may be needed, although it could be too late if grasses have gone dormant and are matted down.



Agriculture/Natural Resources

ORANGE COUNTY MASTER GARDENERS MONTHLY MEETING Public Welcome

Monthly Meeting is held on the 2nd Thursdays of each month. Starting at 6 pm with a meal social till 6:30 followed by their business meeting and monthly presentation. The public is welcome to visit any of the meeting. The meeting is held at the Orange County Convention and Expo Center, 11475 FM 1442 Orange. If you have further questions about the Orange County Master Gardens contact the Texas A&M AgriLife Extension Office at 409-882-7010.



Call or stop by the AgriLife Extension Office
Tuesdays & Thursdays 10am-2pm
Or call and talk with our Master Gardener on the MG Hotline, 409-745-9708,
You can also call the office Monday-Friday 882-7010 and leave a message for the Master Gardener .



W I S H
Y O U
W E R E
H E R E

Volunteer
@
The Field of Plenty

2120 Wickard
thefieldofplenty@gmail.com
Email Us Today!

4-H/Youth Development



November 26th

Lamb, Goat & Swine Show ENTRY
Deadline

OPEN TO ALL COUNTIES...

SAVE THE DATE

Southeast Texas 🍀 Livestock Extravaganza

Saturday, December 1, 2018

Trinity Valley Exposition Fairgrounds
321 Wallisville Rd - Liberty, TX 77575

4-H/Youth Development



Adult Leaders Association

Meeting date may change
Will send out email and facebook
notifications of date and time.
4-H Office

Clay Busters Shooting Sports

Meetings—1st Tuesday, Nov. 6th @ 6 pm
4-H Office

Tuesdays Shooting practice 6 pm
Orange County Gun Club
Robert Caffey 409-767-6222
robert.caffey@kodiakgas.com

Dusty Trails 4-H & Clover Kids Club

1st Tuesday, Nov. 6th
6pm-8pm @ 4-H Office
Chesley Walters 409-781-0946
Tommy Byers 409-216-9865

Mighty Pirates 4-H

2nd Tuesday, Nov. 13th @ 7 pm,
Vidor Junior High Cafeteria
Tammy Glawson 409-474-2811
Franny Woods 409-330-7024

Boots & Bridles 4-H Horse Club

3rd Monday, Nov. 19th
6 pm @ T2 Arena
Nicole Kepley 409-779-5521

All Hearts 4-H Homeschool Club

3rd Monday, Nov. 19th
1 pm @ 4-H Office
Tammy Swindell 409-239-6026

County Council

4th Monday, Nov. 26th @ 4-H Office
6:30 pm

My 4H project

PLEASE NOTE SOME OF THE CHANGES
IN THE PROJECT DATES

Recordbook

Will meet again in January
January date will be announced in Dec.
6 pm @ 4-H Office

Livestock Judging

Meeting dates will vary
6 pm @ 4-H Office
Contact the 4-H office for dates
**(Do not have to own an animal to
participate)**

Dog Project

2nd Monday, Nov. 5th @ 6pm
4-H parking lot—bring dogs along with a
water bowl
2nd Thursday, Oct. 11th @ 6 pm
Classroom - no dogs
4-H Office

Food & Nutrition

3rd Tuesday, Nov. 20th
**Will only have class if you RSVP
To the 4-H Office by Friday, Nov.
16th**
6 pm @ 4-H Office

Clothing & Textiles

4th Tuesday, Nov. 27th
6 pm @ 4-H Office

Beginners Robotics

Will Not Meet Until January
6 pm @ 4-H Office

4-H/Youth Development

November 2018 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 <i>BLT Fall Festival</i>
4 Daylight Savings Time Ends	5 Adult Leaders 6 pm	6 Clay Busters 6pm Dusty Trails/ Clovers 6 pm	7	8 Dog Project 6 pm	9 <i>Pecan Order Deadline Christmas Jr. Leadership Lab</i>	10 Special Angels Rodeo Jr. Leadership Lab
11 Veterans Day	12 Veteran's Day Observed <i>Office Closed</i>	13 Mighty Pirates 6pm	14	15 Volunteer Appreciation Dinner <i>Ft. Worth Entry Deadline</i>	16	17
18	19 All Heart 1pm Boots & Bridle 6pm	20 Food & Nutrition. <i>Must RSVP or no class</i>	21	22 <i>Happy Thanksgiving Office closed</i>	23 <i>Office Close</i>	24
25	26 <i>YMBL & Majors Entry Night @ 4-H Ofc</i>	27 Clothing & Textiles 6 pm	28	29	30	

December 2018 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Livestock Extravaganza
2	3 Adult Leaders 6	4 Dusty Trails 6 Clay Busters 6	5	6 Dog Project 6	7	8
9	10 Dog Project 6	11 Mighty Pirates 7	12	13	14	15
16	17 All HEART 1 Boots & Bridle 6	18 Food & Nutrition 6	19	20	21	22
23	24 <i>Office Closed</i>	25 <i>Merry Christmas—Office Closed</i>	26	27	28	29
30	31					

Family & Community Health

Top 10 Health Tips for a Happy Holiday

1. Eat breakfast! Start the day off right. If you starve yourself till the big meal then you are highly likely to overindulge.
2. Do not feel pressured to eat everything there is at the table. If you are not so keen on certain foods, don't think that you have to eat it since someone brought it. Focus on what you like to eat. This helps control portions.
3. Slow down when you eat, be sure to socialize during the meal. This allows you to listen to your body and show your brain that you are eating. Understand when your body says your full and stop, there will be leftovers and other times to eat all the delicious food.
4. Still keep your physical activity habits throughout the week and even on the holiday itself. If you are afraid about the extra weight that is generally added on during the holidays, then just keep up the physical activity habits. Eating right up to the holidays is recommended as well, one day of indulging yourself will not be that bad. Just be sure to pick the habit back up the next day!
5. Limit the amount of gravy and other toppings since they are generally calorie heavy. If you control the amount of added toppings to the food, this can have a huge difference in calories eaten compared to what it would have been.
6. Limit the alcohol to 1-2 glasses for the day. While we all know that alcohol can help us relax, especially in stressful times, if you can keep the bubbly to 1-2 drinks for the day then you can avoid an influx of calories and the next day hangover.
7. Do not be afraid to indulge in the holiday sweets, but be careful not to indulge for several days. We understand that staying healthy is a challenge and when confronted with all the holiday treats, it can make it harder. Go ahead and have some of the sweets on the holiday, one day will not make that much of a difference. Just be sure to not indulge for the next week on the sweets.
8. Listen to your body; don't try to gorge yourself because it's the holiday.



You can pack leftovers to make sure you try everything.

9. We understand that the holidays can be stressful time, be sure to relax and just enjoy the time you have with friends and family.
10. Finally, ENJOY YOURSELF! This is still a holiday and a time to relax and have fun, take time for the family, for friends, and most importantly for you!

5 Rules for cooking with kids by kids

1. Do not stress about the mess. "It is hard to concentrate on all that I need to do without worrying I am being neat" – Mini, 9. I try not to worry about the mess as we can all clean it up when the cooking is done. But beware kids can get bored, so don't expect them to do the cleaning straight away.
2. Don't cook with kids when you are short of time. Both my boys hate it when I hurry them. So make sure you have plenty of time.
3. Let them, choose what they cook. "I don't always want to cook what Mum wants me to cook. I like it when I go through the recipe books and pick my own" – Maxi
4. Don't make them wait to eat it. Kids are no good at waiting, if we cook something sweet then the boys want to eat it as soon as it is cooked! Let them try to taste the things they are cooking with if they want to.
5. Make it fun and do not take over. "I love cooking with Mum as she makes it fun and doesn't take over if I am not doing it right, she just shows me and then let's me do it my way" – Maxi

5 Rules for cooking with kids by kids



Agriculture/Natural Resources

Reintroducing Your Houseplants to the Indoors

By Laura Foreman, Dave's Garden www.davesgarden.com September 13, 2017

It's important to acclimate your houseplants to the indoors after a long summer outside.

Labor Day signals more than the unofficial end of summer — it's also the time to begin the process of bringing houseplants and other weather-sensitive plants indoors. After a few months of soaking up the heat and sun, tropical plants must be brought in before temperatures fall. Of course, there's more to this process than just hauling these plants inside, as they are often easily shocked by sudden changes in temperature, humidity, light, and other conditions. Take a few weeks to acclimate them to their new environment, and you'll be rewarded with happy and healthy houseplants.



Choose Which Plants to Move

Before you move any plants, you'll want to assess which ones should make the transition. Start with your favorite ones, or the plants you tend to shower extra attention on during the year. Then, turn your attention to [succulents](#) and the other houseplants you've set outside for the summer. If you're growing any warm season vegetables like [peppers](#), bring them indoors, too, so you can continue to enjoy the harvest well into the cooler months.

Only bring the healthiest plants inside. Chances are, if a plant struggled to thrive outdoors, it'll continue to struggle in its new environment. While you may be able to nurse it back to health, it may be better to just let it go now so you can make room for a healthier plant.



Check for Pests

Prevent bugs from setting up shop in your home and infecting your other indoor plants by thoroughly inspecting your plants for pests such as [spider mites](#), whiteflies, mealybugs, and aphids. Be sure to [carefully remove any that you encounter](#). It may sound tedious, but a bit of work upfront will keep you from having to deal with a wild infestation in all of your houseplants later in the winter.

After you've searched for and removed pests, hose the leaves down to ensure you're getting rid of anything that may have hidden in your plants' nooks and crannies. Then, you'll want to treat your plant with [neem oil](#), which you can purchase online or at your local garden shop. Neem oil is a non-toxic pesticide and fungicide that works great on all of your houseplants and in the garden.

Prune and Change the Soil

If your plants experienced a growth spurt over the summer, now is a good time to [prune](#) and shape them to encourage healthy growth in the future. Remember, it's only necessary to prune about one-third of most plants — any more may damage them. Be sure to remove any dead or yellowing leaves. If you're pruning the leaves, it may also be necessary to prune an equal share of the roots as well.

[Repotting your plants](#) and changing the soil in their containers will help you get rid of any bugs that may have made a home there. Plus, many soils intended for houseplants contain fertilizers that can only provide nourishment for a short period of time, making it necessary to change them out every year or so in order to reap their benefits.



When removing the plants from their pots, be careful not to damage their roots, especially if you find they've become root-bound. Once you've removed the plant and soil, clean the interior of each pot with a solution of 10 percent bleach. If the plant is root-bound, carefully tease the roots out of the holes in the pot. If you've already pruned the top of the plant, you may be able to simply cut the roots free of the pot, so long as the amount you cut in each area is about equal.



Although you're removing the plant from the pot and replacing the soil, you should only increase the size of the pot if the plant is root-bound. Otherwise, you can replant it in the same-sized container and wait to upgrade it until the spring.

Agriculture/Natural Resources



Find the Perfect Spot

Find a spot in your home that is draft-free and gets plenty of sunshine (preferably a south-facing place, especially if you have sun-loving plants). You'll want to ensure that the plants can enjoy the maximum amount of sunlight each and every day. Keep your windows clean so that your plants can soak up as much light as possible during the winter months.

If you don't have a sunny spot to place your plants, purchase indoor plant lights to compensate. Group plants with similar light and watering requirements together to make them easier to care for.

If you have pets, place your plants in an inaccessible area, such as on a shelf. Some varieties are even poisonous to pets, so if you have a curious dog or cat, make sure to review [this list from the ASPCA](#), and take extra precautions if any of your plants are on this list.

Get Your Plants Acclimated

Begin bringing your plants indoors when the temperatures get closer to about 65 degrees Fahrenheit at night. While you could wait until the first frost, starting the process early will guarantee your plants' safety in the event of a surprise cold spell. There's a marked difference in light, humidity, and temperature between the in and outdoors, so start by bringing the plants in only at night for at least three or four days. As you bring them back outside in the morning, look for signs of stress like wilt or leaf loss.

After about four days, begin to extend the amount of time the plants stay indoors. For example, on day four, bring in the plants an hour earlier in the evening and put them out an hour later in the morning. Soon, they'll be inside all the time. Continue to look for signs of stress.

Remember, your plants may not need as much water during the cooler months, so only water them when the soil in their containers is dry. Watering stakes, which you can pick up at your local garden shop or make yourself using a soda or wine bottle with a tapered neck, cut down on your labor by watering the plant for you when it needs it the most.

With a bit of time, care, and attention, your houseplants will successfully make the transition from outdoors to indoors and continue to thrive throughout the fall.



Did you know that rainwater is as good as filtered water when harvested and stored correctly? Learn more about rainwater quality at <http://ow.ly/rorz30IBQpA>

Family & Community Health

Maple Butternut Squash, Roasted Brussel Sprouts, Pumpkin Seeds, and Cranberries

Roasted Brussel Sprouts:

3 cups Brussels sprouts, ends trimmed, yellow leaves removed
 3 tablespoons olive oil
 Salt to taste

Preheat oven to 400 F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil. Make sure Brussel Sprouts have trimmed ends and yellow leaves removed. Then, slice all Brussels sprouts in half. In a medium bowl, combine halved Brussels sprouts, 2 tablespoons of olive oil, salt (to taste), and toss to combine. Place onto a foil-lined baking sheet, cut side down, and roast in the oven at 400 F for about 20-25 minutes. During the last 5-10 minutes of roasting, turn them over for even browning, the cut sides should be nicely and partially charred but not blackened.



Roasted Butternut Squash:

1 1/2 lb. butternut squash peeled, seeded, and cubed into 1-inch cubes (Yields about 4 cups of uncooked cubed butternut squash)
 2 tablespoons olive oil
 3 tablespoons maple syrup
 1/2 teaspoon ground cinnamon

Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil.

In a medium bowl, combine cubed butternut squash (peeled and seeded), 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix.

Place butternut squash in a single layer on the baking sheet. Bake for 20-25 minutes, turning once half-way through baking, until softened on 400 F.

Note: You can roast both Brussel sprouts and butternut squash on 2 separate baking sheets at the same time, on the same rack in the oven.

Other Ingredients:

1/2 cups pumpkin seeds
 1 cup dried cranberries
 2-4 tablespoons maple syrup, optional

In a large bowl, combine roasted Brussel sprouts, roasted butternut squash, pumpkin seeds, and cranberries, and mix to combine. (OPTIONAL): For more sweetness, add 2 to 4 tablespoons of maple syrup, if desired—do not add all maple syrup at one, start with 2 tablespoons, then add more, if desired, and toss with the salad ingredients to combine

8 Servings

Nutrition Facts: Calories 232; Total Fat 11g; Saturated Fat 1g; Sodium 13 mg; Potassium 494 mg; Total Carbohydrates 34g; Dietary Fiber 4g; Sugars 19g; Protein 3g.

juliasalbum.com



Roasted Edamame and Corn Salad

Serves 4

2 cups shelled edamame soybeans
1/4 teaspoon kosher salt
1/2 cup yellow sweet corn
1/4 teaspoon ground black pepper
1/4 cup green onion chopped
1 cup fresh tomatoes chopped
1/2 teaspoon crushed garlic
1/4 cup basil chopped
1 tablespoon extra virgin olive oil
1 tablespoon red wine vinegar

1. Preheat oven to 400 degrees F.
2. Place edamame, corn, onion, garlic, olive oil, salt and pepper into a 13 X 9 pan and stir to combine. Place on middle rack of the oven and roast for 10 to 15 minutes, just until the edamame begins to brown.
3. Remove from oven and place in refrigerator until completely cool, approximately 30 minutes.
4. Add tomato, basil and vinegar to mixture and toss to combine. Taste; adjust seasoning as needed. Serve chilled or at room temperature



Nutrition Facts

Calories 100, Total Fat 5g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0 mg, Sodium 125mg, Total Carbs 8g, Dietary Fiber 3g, Total Sugars 3 g, Protein 6g.