

TEXAS A&M AGRI LIFE EXTENSION

County Extension Agents

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

Franny Woods
4-H Program Assistant

Office 409-882-7010



County Judge

Carl Thibodeaux
Commissioner Precinct 1
Johnny Trahan
Commissioner Precinct 2
Theresa Beauchamp
Commissioner Precinct 3
John Gothia
Commissioner Precinct 4
Robert Viator



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

Orange County AgriLife Newsletter July 2019

Have a "Safe" July 4th!



Thanks to all who have served our great nation!

Office will be closed July 4th



Orange County
Texas A&M AgriLife Extension

Scan and go directly to
our Facebook page

Family & Community Health

HONEY EXTRACTION CLASS

Come and learn how to extract honey from the comb with a hands-on workshop. The first 30 people to register and pay will get to take the jar of honey home.

July 13, 2019
9:00 AM—12:00 PM
\$20

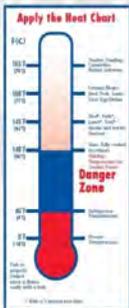
Orange County Convention & Expo Center
11475 FM 1442
Orange, TX
Call the Extension office at 409-882-7010 to RSVP



Presented by the Orange County AgriLife Apiary Committee. If you have any questions call Christie Ray at 409-550-9195.

FREE FOOD SAFETY CONFERENCE

AUGUST 6, 2019
9 AM - 3 PM
11475 FM 1442
ORANGE, TX
409-882-7010



- **SPEAKERS**
- **CONTINENTAL BREAKFAST**
- **LUNCH**
- **DOOR PRIZES**
- **VENDORS**
- **FOOD HANDLERS COURSE OFFERED FOR \$20 FROM 3:00 PM-5:00 PM**

DEADLINE TO REGISTER
JULY 29, 2019

TO REGISTER GO TO: ORANGE.AGRILIFE.ORG
AND CLICK ON THE FOOD SAFETY REGISTRATION TAB.



T E X A S



Save the Date!

Fall Training Class of the Texas Master Naturalist, Sabine-Neches Chapter serving Jefferson, Hardin and Orange Counties

Kick-off: Thursday, July 25, 2019, 6:30 p.m.
700 North Street, Beaumont, TX

Requirements:

- 40 hours of initial training
- 8 hours of advanced training
- 40 hours of approved volunteer work
- \$140 registration fee

Classes will be scheduled on Thursday evenings and Saturday mornings in August-December.

Contact: txmn.sabine@gmail.com

Family & Community Health



Fresh Start to a Healthier You



Come join us and learn about tips on:
 saving money at the grocery store, food safety, & meal planning



Location:

Orange Public Library

220 5th St. Orange, TX 77630

Dates: Friday August 2nd, 9th, 16th, & 23rd

Time: 11AM-12PM

To R.S.V.P or for Questions Contact Tommy Byers (BLT Nutrition Educator) at 409-882-7010



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 incomes. 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.



Orange County 4-H Back to School Bash

August 17, 2019

10:00 AM - 1:00 PM

Claiborne West Park

4105 North St, Vidor, TX

Come out, have fun, and find out what 4-H has to offer!

Activities include:

- Blow-Up Water Slide
- Face Painting
- Outdoor Games
- And more!

Refreshments:

- Drinks
- Hot Dogs
- Popcorn



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, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

A DONATION GARDEN

THE FIELD OF PLENTY

VOLUNTEER
 2120 Wickard, Orange, Texas
 thefieldofplenty@gmail.com
 EMAIL US TODAY!



Field of Plenty gives back to community with the fresh vegetables from the garden.

Family & Community Health

SOIL BASICS: FROM pH TO MICROBES Sheri Bethard, Texas Certified Master Gardener



As a plant lover working with my plants and the Master Gardener plants, one thing they all have in common is the soil they grow in regardless if they are small, large, annual or perennial, flowers or foliage. Soil is usually one of the most overlooked items new gardeners don't take seriously. They usually buy the cheapest they can find. Seasoned gardeners have learned to appreciate the value of a good soil medium. A good quality soil medium can make the difference in a successful gardening experience over a poor soil mix, which could lead to failure. Most of you are familiar with the terms, pH, microbes, and humus. But what do they really mean and how do they affect our trying to improve the soil while maintaining its fertility?

Let's take pH first. Different plants require soil with different pH ranges, acidic (less than 7.0), alkaline (more than 7.0), or neutral (7.0). You are wondering why would plants need different soil pHs? In plants, nutrients move at different rates through the soil. The more acidic the soil is the faster the rate. For example, if an acid-loving plant is in alkaline soil, it will not get nutrients at a fast enough rate. You can fertilize all you want but it will not help as the pH is too high keeping the nutrients from being able to move thru the soil to be available to the plant.

Below is a simple quick home test for testing the soil pH you can do if you want to get approximate results now while waiting on official soil tests from Texas A&M AgriLife Extension Service.

Obtain at least a cup of garden soil, 4 – 6 inches below the soil line where the roots are; remove all rocks, roots and any other foreign matter. This will give you a more accurate result. Put half a cup of soil in a glass container and pour half a cup of distilled water on it. Mix water and soil well to become muddy. Add more water if needed. Once it is a muddy consistency, pour half a cup of vinegar and wait. If the mixture fizzes or bubbles up, the soil is more alkaline.

You can do a similar test for acidity using baking soda. Mix your cup of cleaned soil with half cup of baking soda and mix well. Add half cup of distilled water to make soil's consistency a bit mushy.

Add water if needed. Don't get it too runny. Wait and see what happens to mixture. If it fizzes, bubbles up or foams up, your soil is acidic.

If nothing happens when doing either test, your soil's pH is probably neutral.

Salt is an enemy to your soil and you may not have realized that using commercial or synthetic fertilizers contain salts. They cause the nutrients to bind together thus the plant is unable to take them up. In addition, this can cause soil compaction decreasing the activity of beneficial soil microbes and increases the activity of pathogens, which in turn cause disease. Organic fertilizers do not contain salts. Your plants cannot tell if the fertilizer is synthetic or organic but your soil can.

Humus or finished compost is organic matter can provide beneficial microbes that in turn produce ideal nutrient storage for our plants. Humus can hold 3 – 4 times more moisture than clay alone. It helps the storage of water during dry periods as well as nutrients are readily available for the plants absorbing when needed. It also helps reduce the leaching of nutrients from the soil and the need for adding fertilizers.

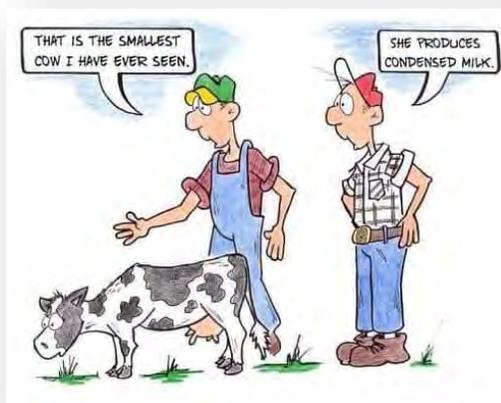
Humus plays an important part in reducing soil erosion. For example, an acre of soil with 1% humus can hold only less than ½ inch of water; any more rain will erode or run off. However, if you increase to 6% on the acre, it will hold over 2 inches of rain. All the more reason to compost, mulch and have your grass clippings mulch back into your lawn.

Microbes in the soil are the key to producing humus. If they are not present, organic matter will stay in its present form and it will take much longer for the organic matter to break down. In the first 1 to 3 inches of good garden soil there are almost a billion types of bacteria. It takes all types of organisms (bacteria, algae, fungi) to break down organic material to humus or compost.

If you live in a newer subdivision, most of the original topsoil with the beneficial microbes was most likely scraped off during construction and what was left was severely compacted. So, those of you in these situations, you should definitely do a soil test before doing any major landscaping. This will help determine if you need to amend your soil or not first and what to amend with.

Remember, humus (compost) is your friend and can help your garden soil stay on the right track, try to reduce or eliminate the use of synthetic fertilizers and then fine tune from there. If you have any horticulture questions, call our HotLine 409 882-7010 Tuesdays between 10AM – 2PM to speak to our specialist or leave a message any other time and we will get back with you.

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Family & Community Health

Sheet Pan Salmon with Charred Broccoli, Oranges and Asian Dressing

Serves 2

- 4 heaping cups broccoli florets
- 2 tablespoons light sesame oil, divided
- Kosher salt
- Freshly ground black pepper
- Two 6 to 8 ounce center cut salmon fillets, skin removed

For dressing:

- 1 1/2 tablespoons low-sodium soy sauce
- 2 teaspoons rice vinegar
- 1 1/2 teaspoons Dijon mustard
- 1 teaspoon honey
- 1/2 teaspoon toasted sesame oil



For Serving:

- 1 navel or Cara Cara orange
- 1/4 cup toasted sliced almonds
- 1 whole scallion, thinly sliced
- Sesame seeds (optional)

1. Pre-heat the oven to 400 degrees. Line a baking sheet with parchment paper, aluminum foil, or a silicone baking mat (for easy cleanup).
2. Place the broccoli florets on the prepared baking sheet. Drizzle with 1 1/2 tablespoons of the sesame oil and season with a little salt and pepper. (Crushed red pepper is also great in place of black.) Toss to coat and spread the florets out so that there's some space between each one. (This will help them get nice and crispy.) Roast for 8 to 10 minutes or until bright green and very lightly browned spots. Remove the pan from the oven.
3. Brush the salmon on both sides with the remaining 1/2 tablespoon of sesame oil. Season the fish on both sides with a little salt and pepper.
4. Move some of the broccoli on the baking sheet to make space for the salmon fillets. Return the sheet pan to the oven and roast for 12 to 15 minutes or until the salmon flakes easily with a fork.
5. Meanwhile, combine all the ingredients for the dressing in a small bowl. Briefly set aside.
6. Using a sharp knife, carefully slice the top and bottom from orange. Slice the peel and white pith from all around the orange. It doesn't have to be perfect! Slice the orange crosswise into thin rounds. You can also segment it, if you prefer.)
7. To serve, add the oranges to the sheet pan. Sprinkle everything with the toasted almonds and scallions, and drizzle with the dressing. Finish with sesame seeds (if using). You can also divide the orange segments between two plates, add salmon and broccoli, then finish with toppings and dressing.

Note:

Feel free to use your favorite firm white fish in place of salmon. Cauliflower is also a great sub for broccoli!

Domesticate-me.com
Fruitsandveggies.org

WHAT'S IN SEASON?

Summer Ueggies

JUNE-AUGUST



TEXAS A&M AGRILIFE EXTENSION

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

At the store or market:

- Choose produce that isn't bruised or damaged.
- Keep pre-cut fruit and vegetables cold by choosing produce that is refrigerated or kept on ice.
- Separate fruit and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

At home:

- Wash your hands and all cooking utensils used to prepare fruit and vegetables.
- Clean fruit and vegetables before eating, cutting or cooking.
- Keep fruit and vegetables separate from raw foods.
- Refrigerate fruit or veggies you have cut or peeled or cook within 2 hours.

Fun Fact:
It is recommended that you eat five servings of fruit or vegetables a day. A serving equals one-half cup.

FOOD SAFETY EDUCATION TEXAS A&M AGRILIFE EXTENSION

FOODSAFETY.TAMU.EDU

Family & Community Health

Plants Mosquitos DO NOT Like

Adapted from HGTV.com by Sheri Bethard Texas Certified Master Gardener

Plants act as short-term repellents and used strategically can help deter mosquitoes. Learn what you need to know to make the most of mosquito-repelling plants.

Marigolds

Cheerful and bright, marigolds make an easy-to-grow addition to any garden plan—in pots or planting beds. These perky annuals bring terrific color all season long. What you might not know is that marigolds pack a punch to many insects, including mosquitoes, thanks to chemical insecticides they release. That's why marigolds have such a strong odor when you touch them. Both flowers and leaves release the chemicals, but blossoms deliver the strongest punch. Other insects that marigolds deter include aphid, whitefly, thrips, tomato hornworm, Mexican bean beetle and squash bug. Tuck marigolds into pots on the patio to make summer evenings less buggy. Or use them in the vegetable garden to help repel pests.



Bee Balm

Beloved for its ability to beckon bees, butterflies and hummingbirds, bee balm (*Monarda*) also earns rave reviews for its mosquito-repelling qualities. For many insect-detering plants to work, you have to crush leaves or blooms to release the plant's volatile oils. Bee balm is an exception to that rule. As it grows and blooms in your garden, it releases fragrances mosquitoes dislike (so does basil, by the way). Bee balm is a perennial that flowers in a variety of colors and plant sizes.



Sage

Look to herbs like sage to give mosquitoes the brush-off. Use sage fresh by crushing leaves and rubbing on your skin or clothing. Or tie a bundle of sage stems (fresh or dried) and toss them into your firepit or chiminea to create a cloud of mosquito-repelling smoke. No firepit? Light one end of a sage bunch and let it smolder on a fire-resistant tray. Other herbs that work the same way to repel skeeters include rosemary and thyme.

Variegated Plectranthus



If you've ever grown variegated plectranthus, you know how smelly this plant is. Just brush it gently or splash water onto leaves, and the odor is released. That odor is what helps repel mosquitoes—and a host of other insects. This plant goes by many names, including Madagascar spur flower, Swedish ivy and mintleaf. Botanically, look for *Plectranthus madagascariensis* 'Marginatus'—or just ask for variegated plectranthus. You'll know you have the right one by the felted leaves with the strong odor.

Scented Geranium

Few plants offer as much sensory appeal as scented geraniums. The group includes a wide variety of foliage forms and plant sizes. Flowers tend to be smaller than traditional bedding plant geraniums. When crushed or rubbed, scented geranium leaves release their volatile oils. Fragrances include citrus blends, rose, peppermint, nutmeg, apple and cinnamon. The lemon-scented varieties seem to possess the strongest skeeter-repelling characteristics. Scented geraniums make beautiful container plants. In cold zones, move plants indoors for winter or root cuttings to keep plants alive until spring.



Catmint



Catnip essential oil has been scientifically proven to repel mosquitoes 10 times more effectively than DEET. Catmint is the ornamental cousin of catnip, unfurling scented leaves and beautiful flowers. Less attractive to cats than catnip, catmint also possesses mosquito-repelling qualities. It's a perennial in Zones 4 to 9. Plant it near outdoor seating areas and entry doors to help repel mosquitoes. This pretty variety is *Nepeta faassenii* 'Puursian Blue'.

Mint

Mint is a workhorse in the garden when it comes to giving insects the brush off. To release the strong mint oils in leaves, brush against plants or crush leaves and rub on skin or clothing. Try tucking lightly bruised leaves (still attached to stems) into pockets or bouquets on your porch or patio to confuse and repel mosquitoes. You can also use any mint, including Pineapple, spearmint, lemon mint or peppermint. Mints spread aggressively in the garden. Always plant it in containers, even in beds; keeping the edge of pots elevated at least an inch above soil. When mint flowers, the blooms attract beneficial insects, including ones that sting, like wasps. If you don't want these insects near seating areas, keep plants trimmed so blooms don't form.



Thyme



Thyme, including red creeping thyme possesses excellent mosquito-repelling properties. The secret is to crush the leaves to release the volatile oils. You can simply place crushed stems around outdoor seating areas or rub the leaves on skin or clothing. Burning thyme leaves also shows skeeters the door, providing 85 to 90 percent protection for up to 90 minutes. Lemon thyme, silver thyme, English thyme, and creeping thyme—all types offer some degree of mosquito protection.

Tuck them into pots, or use them to edge planting beds.

Family & Community Health

Day 1-3
Cooking 8
recipes a day!



Family & Community Health



Rocket Chefs

Day 4 Food Challenge



Breaksticks



The Bomb



Mighty Chefs



The Killer Frostings



Mini Chefs



M&M's



The Protein Pals



Master Chefs



Rock-n-Rollers



Cook Master



Girl Power



CoCo Puffs



Galaxy Cooks



Chef Mavis & Sous-Chef Monty



The Bubblegum Factory

Family & Community Health

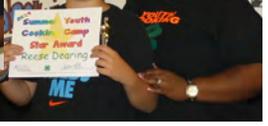
Our Cookers



Volunteers



Star Award



Jr. 1st Place Food Challenge



Intermediate 1st Place Food Challenge



Top Banana Award



Jr. 2nd Place Food Challenge



Intermediate 2nd Place Food Challenge



4-H/Youth Development

New 4-H Year Starts in August.

Dusty Trails 4-H & Clover Kids Club

1st Tuesday
6pm @ 4-H Office
Tommy Byers 409-216-9865

Adult Leaders Association

2nd Monday @ 7 pm
4-H Office

Mighty Pirates 4-H

2nd Tuesday @ 7 pm,
Vidor Junior High Cafeteria
Tammy Glawson 409-474-2811
Sandy Byers 409-201-8523

Boots & Bridles 4-H Horse Club

3rd Monday
6 pm @ T2 Arena
Debbie Vance—409-365-9027
Lori Bailleau

All Hearts 4-H Homeschool Club

3rd Monday
1 pm @ 4-H Office
Tammy Swindell 409-239-6026

Clay Busters Shooting Sport

Meetings—3rd Tuesday
6 pm 4-H Office
Tuesdays Shooting practice 6 pm
Orange County Gun Club
Robert Caffey 409-767-6222
robert.caffey@kodiakgas.com

County Council

4th Monday @ 4-H Office
6:30 pm

My 4H project

Projects will resume in September

Food & Nutrition

3rd Tuesday
6 pm @ 4-H Office

Clothing & Textiles

4th Tuesday
6 pm @ 4-H Office

Livestock Judging

Every Thursdays
6:30 pm @ 4-H Office
(Do not have to own an animal to participate)

4-H FAMILIES

Please be sure to check your email and or the AgriLife Facebook page daily. If there is a change to a meeting or project it will be sent out through email and Facebook.

Thank you!

4-H/Youth Development

July 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 4-H Charter Due	4 	5	6
7	8 OCLSA Chicken order deadline	9	10	11	12	13 OCLSA Tag-In
14	15	16	17	18	19	20 4-H Officer Training 10-2
21	22 Office Deadline for STSF Steer & F-1 tags	23	24	25	26	27
28	29	30	31			

August 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 4-H Club Managers, Assistant/Co Manager, Project Leaders and Adult Leaders Training 10-2
4	5 OCLSA meeting 7 pm	6 Dusty Trails 6 pm	7	8	9	10 Sabine River Shootout
11	12 ALA 7 pm	13 Mighty Pirates 7pm	14	15 4-H Connects opens for registration	16	17 4-H Back to School Bash. Claiborne Park
18	19 All HEART 1 pm Boots & Bridles 6 pm (New Club Mgr)	20 Claybusters 6 pm	21	22 4-H Awards Banquet	23	24
25	26 County Council 6:30 pm	27	28	29	30	31

Family & Community Health

The Benefits of Colorful Produce

Fruits and vegetables get their colors from natural pigments. There are almost 2,000 known plant pigments, including more than 8— flavonoids, 450 carotenoids, and 150 anthocyanins. They are wonderfully useful to humans: they make food appealing, tip you off to ripeness and flavor and help you tell apples from apricots. And, on top of that, they have health benefits! Here's a sampling of produce colors and their benefits.

1. Red

Tomatoes, pink grapefruit, watermelon and guava contain the carotenoid lycopene, a red pigment. This may help inhibit the growth of cancer cells in several ways, including stimulating the immune system to battle cancer cells, blocking the destructive action of free radicals in the body and lowering the potency of the male hormone testosterone, which can fuel prostate cancer.

2. Red, Purple and Blue

Blueberries, strawberries, beets, eggplant, red and blue grapes, red cabbage, plums, red apples and cherries contain anthocyanins, potent antioxidants that provide a reddish-blue color. They may help protect against heart disease.

3. Orange

Acorn and butternut squash, pumpkins, sweet potatoes, apricots, carrots, mangoes and cantaloupe contain alpha and beta carotene, which provide an orange color. As an antioxidant, beta carotene helps mop up free radicals that may promote cancer. Alpha carotene intake has been linked with a reduced risk of various cancers, including lung and cervical.

4. Orange-Yellow

Peaches, oranges, tangerines, nectarines and papayas are rich in beta cryptoxanthin. Besides acting as an antioxidant, this

pigment may help suppress the growth of tumor cells, as in cervical cancer.

5. Yellow-Green

Corn, cucumbers (with skin), green beans, green peas, yellow and green peppers, honeydew melon, kiwifruit, romaine lettuce and spinach contain lutein and zeaxanthin, two carotenoids that seem to protect eye health. They may reduce the risk of cataracts and macular degeneration, which can cause loss of vision. They not only squelch free radicals and absorb potentially damaging blue light in the eye, but may also activate the immune system so it's better able to fend off cancer.

6. Try all the Colors!

Make your grocery basket and your plate as colorful as you can. The darker and richer the colors, the better. So, choose dark leafy greens. Substitute sweet potatoes for white potatoes or pasta. Add bright peppers to salads and side dishes. Toss a few cherry tomatoes into the salads. Snack on carrots, blueberries, and mangoes. And stock up on beans (legumes), which contain healthful pigmented compounds in their coating. From mottled pinto and cranberry beans to pink or dark red kidney beans and the maroon adzuki, beans make a beautiful, nutritious mosaic.

7. Color and Beyond

In addition to pigments, colorful foods can contain many other beneficial phytochemicals. For example, broccoli contains indoles, which may help prevent cancer. But indoles are not colored. In addition, pale plant foods—such as cauliflower, green grapes, beans, bananas and pears—are also worth eating. They have their share of phytochemicals, as well as vitamins and minerals. However, if you pay special attention highly colored produce, making sure you have some with every meal and as snacks, you can't go wrong.

www.berkeleywellness.com

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 .

Family & Community Health

Top 25 Health Benefits of Raw Natural Honey

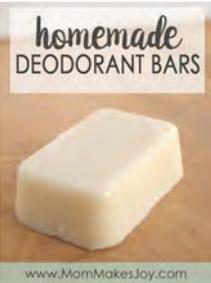
1. **Heals Wounds Rapidly**—One of the most popular medicinal uses of honey is for rapid wound healing. A study published in the [US National Library of Medicine](#) shows that honey accelerates healing of postoperative wounds with minimal scarring. But how does a sweet sorghum like honey do this? Honey contains a glucose oxidase enzyme. It is essential for the production of hydrogen peroxide, which is a very potent antimicrobial compound. The acidity of honey also helps in killing bacteria that interfere with the wound healing process. As a result, wounds are able to heal faster, and the rate of infection decreases.
2. **Soothes Throat Irritation and Cough**—A dose of honey is as effective as dextromethorphan, a common cough suppressant medication.
3. **Immunity Booster**—If you think that only Vitamin C can help boost your immune system, think again! According to recent research, honey does it better. A naturally occurring sweetener can stimulate your immune system to fight against infections. Studies show that honey helps in the generation of cytokine, which are cell signalers. They signal to your immune system when to fight off invading infections.
4. **Improves Your Skin**—Therapeutic effects of honey are the key to having a glowing complexion. A mixture of honey and turmeric can be a natural and affordable alternative to your daily skin products.
5. **Lowers Blood Sugars**—Honey increases insulin levels in the blood while reducing serum glucose and fructosamine. Honey is also found to decrease levels of triglycerides and glycosylated hemoglobin (HbA1c), while increasing your good cholesterol (HDL).
6. **Helps You Sleep**—When you consume honey, your blood insulin levels rise. In return, it also triggers the neurotransmitter, serotonin. Your body then converts this into a chemical called melatonin.
7. **Anti-inflammatory Properties**—Various studies show that honey can decrease inflammation in the body.
8. **Fights Dandruff**—Per a recent study diluted honey on your scalp and leave it in for a few hours. Can do this everyday. Even if you don't have dandruff honey acts as a natural moisturizer to keep your hair soft and shiny.
9. **Treats Gastrointestinal Tract Diseases**—A concoction of 5% concentration of honey significantly decreases the duration of diarrhea. Adding honey to your oral rehydration solution can also be of great help. It increases the potassium level in your body, while keeping the sodium level within range.
10. **Relieves Hangovers**—The horrible hangover headache occurs from your liver's inability to process all the alcohol in your system. Consuming foods that contain natural fructose helps to speed up the process of oxidation of alcohol. Although honey can help to relieve a hangover, you should still drink in moderation.
11. **Kills Antibiotic-Resistant Bacteria**—Medical grade honey can kill antibiotic resistant bacteria.
12. **Treats Acne**—Two ways honey can help fight acne. First, you can incorporate it into your diet. Try using it as a sweetener in your tea or adding it to your salad dressing. Another option is to apply it directly to the affected areas. Leave the mask on for a few minutes. Then rinse it off with warm water.
13. **Promotes a Healthy Nervous System**—Study concludes that honey has a nootropic property—meaning it can enhance brain function. It helps in the development of the entire nervous system, especially in newborn babies. Honey contains a flavonoid called catechin. Research studies show that this element can delay memory regression due to old age. Honey is also abundant in chrysin, another flavonoid that targets the central receptor of the brain. As a result, it can reduce the possibility of neurodegeneration, dementia, and other conditions affecting your nervous system.
14. **Increases Libido**—Honey is a natural aphrodisiac.
15. **Source of Natural Energy**—Honey contains fructose and glucose. These simple sugars can be used as a ready source of calories whenever your body feels depleted of energy. Since most of the sugars in honey are in their simplest form, they convert easily into your bloodstream. As a result, you get instant energy.
16. **Treats Yeast Infections**—Honey contains flavonoids that can help combat fungal infections. You can prepare a simple honey and yogurt mixture at home. Apply this directly around the infected area, once or twice a day. Leave the mixture applied for at least 10 minutes, then rinse completely.
17. **Fights Against Certain Cancer Cells**—One study shows that honey has positive effects against cancer cells. Honey's anti-cancer properties function as a barrier against implantation tumors in oncological procedures. It is also shown to reduce fever after chemotherapy.
18. **Treats Gum Disease**—Due to its strong antimicrobial property, honey can be used as a potent remedy against gum disease, such

Family & Community Health

as gingivitis and plaque. The secret once again lies in its capacity to produce hydrogen peroxide. If you run out of mouthwash, simply dilute honey with warm water and use it as a rinse substitute.

19. **Curbs Appetite**—Studies show that honey reduces the level of leptin, a hormone found in the body. Leptin regulates your appetite and in turn, decreases your caloric intake.
20. **Relieves Eczema**—Try combing honey with lime, cinnamon and warm water. Drink this concoction daily for the best results. In addition, you can also add 1—2 teaspoons of apple cider vinegar to your concoction for added benefits. You can also apply honey directly to the affected areas. Be sure to always use organic raw honey.
21. **Cures Eye Diseases**—Indians were the first to use honey for eye diseases. Honey for treating eye cases is best used in a diluted form. Mixing water and honey 50% by volume would be an ideal preparation. Manuka honey is ideal for eye remedies.
22. **Source of Important Vitamins and Minerals**—Almost all types of honey contain a substantial amount of vitamin C, riboflavin (B2), vitamin B6, niacin (B3), pantothenic acid (B5), and iron. Honey also contains calcium, manganese, magnesium, phosphorus, potassium, sodium, selenium, fluorine, copper and zinc.
23. **Excellent Source of Antioxidants**—Antioxidants are substances that inhibit oxidation or deterioration of human cells. Manuka honey in particular is known to be excellent source of antioxidants.
24. **Regulates Lipids (Cholesterol)** - Having high levels of lipids (cholesterol) can increase your risk of cardiovascular diseases. Honey can be used instead of regular sugar, for a healthy heart. Aside from regulating your appetite and glycemic index, honey can also keep your lipids under control.
25. **Anti-Viral Properties**—Once study showed positive results in treating herpetic lesions on the labia and genitals. Helped management of pain symptoms.

www.remediesforme.com



homemade DEODORANT BARS

- 6.5-7 tbsp coconut oil
- 4 tbsp arrowroot powder
- 2-4 tbsp baking soda
- 1.5-1.8 oz beeswax
- 3-6 drops tea tree essential oil

www.MomMakesJoy.com

In a double boiler, melt down your beeswax. Mix together remaining ingredients. Combine beeswax and remaining ingredient mixture, allowing the coconut oil a chance to melt. Stir your mixture gently but thoroughly before pouring it into your bar mold. Allow to cool completely before removing the bars.

5 FACTS ABOUT BLUEBERRIES



- 1 SELECTION & STORAGE**
 - Look for dusty blue color and uniform size
 - Choose firm, plump and dry berries
 - Store in refrigerator for up to a week
 - If freezing, do not wash berries. (May cause tough skin)
- 2 FIFTEEN FEET**

It takes most plants 7 to 8 years to reach a mature size of 15 ft tall and 10 ft wide.
- 3 HARVEST RIPE**

After harvest, berries do not ripen. For max flavor and minimal bitterness, berries are allowed to ripen on the bush.
- 4 USES FOR BLUEBERRIES**
 - Fresh snack
 - Healthy addition to yogurt, cereals, or smoothies
 - Used in jellies, jams, and pies
- 5 NUTRITION BENEFITS**

1 cup of berries contains:

 - 85 calories
 - 15% DV for Vitamin C
 - Rich in anthocyanins and other phytonutrients that are believed to play a role in brain health

pathtotheplate.tamu.edu




Family & Community Health

Feel Hungry? Drink Water! It's easy to confuse being thirsty with being hungry.

Children gain heat faster than adults when the outside temperature is higher than their body temperature.

Your body is telling you it's thirsty when you are dehydrated.

HYDRATION

Check the color of your urine. The ideal color is a very pale yellow. The more transparent, the more hydrated you are.

Drink plenty of water before and during physical activity. Sweat = water loss

Research suggests drinking water can contribute to a healthy weight loss plan.

HOW YOUR BODY USES Water

- helps to regulate your body temperature
- helps your body digest food and absorb nutrients
- helps flush out waste
- moistens oxygen for breathing
- lubricates your joints
- water makes up 75% of your brain, 75% of your muscles, 22% of your bones, and 83% of your blood

ORGANIC LABELS EXPLAINED

Organic products are labeled according to the percentage of organic ingredients they have. This chart shows what to expect from different labels.

100% Organic	Organic	Made with Organic	Organic Ingredients
<ul style="list-style-type: none"> ✓ Organic seal allowed ✓ 100% certified organic ingredients and processing aids ✓ No GMOs ✓ All ingredients comply with National List of Allowed and Prohibited Substances ✓ Certification required 	<ul style="list-style-type: none"> ✓ Organic seal allowed ✓ 95 % certified organic ingredients ✓ No GMOs ✓ Non-organic ingredients comply with National List ✓ Certification required 	<ul style="list-style-type: none"> ✗ Organic seal NOT allowed; Must specify which ingredients are organic ✓ At least 70% certified organic ingredients ✓ No GMOs ✓ Non-organic ingredients comply with National List ✓ Certification required 	<ul style="list-style-type: none"> ✗ Organic seal NOT allowed; Product can't be described as "organic" ✗ No specific % certified organic ✗ May contain GMOs ✗ Compliance with National List not required ✗ Certification NOT required

Learn more about organic labels at www.ams.usda.gov/organic

Agricultural Marketing Service, April 2018
 USDA is an equal opportunity provider, employer, and lender.

Strawberry Cucumber Salad

Serves 8

Salad

- * 3 large Cucumbers skin removed, chopped
- * 3 cups Strawberries, quartered
- * 1/2 cup Red onion, finely chopped
- * 1/4 cup Basil leaves, chopped
- * 1/2 cup Fat Free Feta Cheese, crumbled

Dressing

- * 1/3 cup Lime juice
- * 1 tablespoon Olive Oil
- * 2 tablespoons Honey

1. Rinse vegetables, fruits and herbs under cool running water before chopping.
2. In a large bowl, combine the cucumbers, strawberries, red onion, and basil.
3. In a small bowl or jar combine lime juice, olive oil, and honey. Whisk or shake until combined.
4. Pour the dressing over the cucumber mixture and toss to combine. Top with feta cheese.



Nutrition Facts: Calories 90, Total Fat 2g, Trans Fat 0g, Cholesterol 0mg, Sodium 220mg, Total Carbohydrate 14g, Dietary Fiber 2g, Total Sugars 9g includes 4g Added Sugars, Protein 5g.

