

TEXAS A&M
AGRILIFE
EXTENSION

Orange County
AgriLife
Newsletter
September 2022

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County Coordinator

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



ORANGE COUNTY 4-H
PECAN FUNDRAISER
HAS BEGUN

SEE THE
FLYER ON
PAGE 4



THANK YOU FOR SUPPORTING OUR
ORANGE COUNTY 4-H YOUTH



Hunters Education Course

Choose the Course date below you would like to attend, then register online at the link below

September 3rd (#1237193)
October 22nd (#1237197)
Saturday from 8 am to 2 pm

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

Classes are limited to 15 attendees

Certified Course Instructor
Franny Woods, 4-H Program Assistant

Course will be held at the
Texas A&M AgriLife Extension
11475 FM 1442 Orange

\$25
per person
Lunch
Provided



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

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. Persons attending our programs and needs auxiliary assistance, please contact the AgriLife office 3-5 business days before the program. 409-882-7010.



DO WELL, BE WELL WITH DIABETES

The Texas A&M AgriLife Extension Service is excited to offer free educational programs focused on managing type 2 diabetes.

Dates: September 13th, 20th, 27th, October 4th, & 11th
Time: 10:00 am to 12:00 pm
Location: Raymond Gould Community Center

5
 classes

Learn how to manage your diabetes through food & exercise.

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

To register, contact your local county agent!

Raymond Gould Community Center
 385 Claiborne St
 Vidor, TX 77662

Orange County Extension Office
 11475-A FM 1442
 Orange, TX 77630
 Call 409-882-7010 to register.
 Taught by:
 Fallon Foster-White, M.P.H.
 Orange County Extension Agent
 Family & Community Health

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

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FREE 2 Class Series

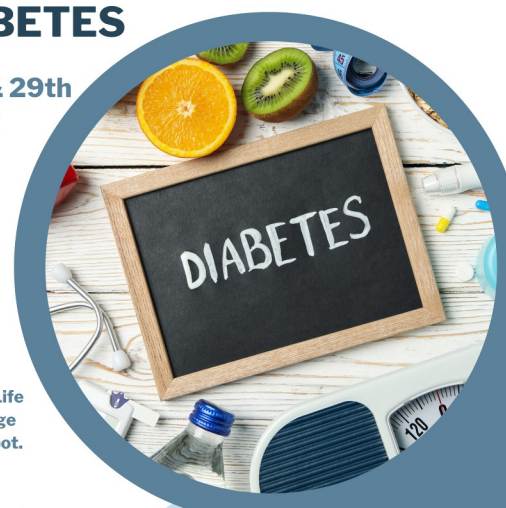
DO WELL, BE WELL WITH DIABETES

October 22nd & 29th
 10 AM to 12 PM

Field of Plenty
 2120 Wickard
 Orange, TX
 (Behind Orange Christian Services)

Call the Texas A&M AgriLife Extension Office in Orange County to reserve your spot.
 409-882-7010

There will be cooking demos using fresh produce from the garden!



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

Taught by Fallon White, M.P.H.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. Please notify the Orange County Extension Office 5 days prior to event at 409-882-7010 if you need specialized accommodations.



Saturday, November 5th
 Wooden Door Hanger
 DIY Class for Adults

Texas A&M AgriLife Extension
in conjunction with
Orange County Livestock Show Association

YOUTH FOOD & CRAFT PROJECT CONTEST

ENTRIES CHECKED IN
FRIDAY, OCT. 7TH 4PM TO 6PM
AT T2 ARENA

CATEGORIES
DESSERTS
CANNED & DRIED FOODS
PHOTOGRAPHY
INDUSTRIAL ARTS
ART
HORTICULTURE
FAMILY & CONSUMER SCIENCE

October 7th
Winners announced at the beginning of the Livestock Show Auction Saturday Oct 8th 7 pm

Tin Top 2 Arena
3810 Old Peveto Road
Orange

Free to Enter

A complete copy of rules available online

REGISTER ONLINE orange.agrilife.org Question call 409-882-7010

"Texas A&M AgriLife Extension is an equal opportunity employer and program provider. Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating"

Pumpkin Pie Eating CONTEST!

Saturday, October 8th
Starting at 12 noon
at Orangetober Fest

Age Divisions
Youth ages 8-12
Teens ages 13-17
Adults ages 18 and up

Prize given to winner of each age division.

Entry, Rules, and Regulations available
online at orange.agrilife.org
or call the office 409-882-7010.

H.O.P.E.
HELPING ON PURPOSE EVERYDAY

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Texas A&M AGRILIFE EXTENSION

Cooking with Rocky

Cooking Class for Adults

Join us for a fun morning cooking a full course meal and teaming up for a Food Challenge Contest

Saturday, October 15th
9 am to 1 pm
AgriLife Extension Office
11475 FM 1442 Orange

\$25 per person
Payable to H.O.P.E.
Pay Pal
select pay a friend
orange-tx@ag.tamu.edu

Questions, Contact the AgriLife Office at
409-882-7010

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Texas A&M AGRILIFE EXTENSION

SAVE THE DATE

SOUTHEAST TEXAS BEEF SYMPOSIUM & TRADE SHOW

OCTOBER 10.27.2022

Raywood Livestck Market
14810 East Hwy 90
Raywood, Texas

Topics included this year:

- Live Cattle – With chute side demonstrations
- Why do my calves bring what they bring?
- What is going on with cattle inventory?
- What might next year look like?

2022 Orange County 4-H Annual Pecan Fundraiser



PRE-ORDER DEADLINE
OCTOBER 10th Thanksgiving order
NOVEMBER 7th Christmas order



Plain Pecans Pieces

1 lb. bag	\$12
3 lb. box	\$38
5 lb. box	\$63

Plain Pecans Halves

1 lb. bag	\$14
3 lb. box	\$41
5 lb. box	\$69

Peanuts & Specialty Nuts

12 oz Chocolate Peanuts \$5.50	1 lb. Roasted and Salted Cashews \$10.25
12 oz Honey Roasted Peanuts \$5.50	1 lb. Walnuts \$8 1 lb. Raw Almonds \$8
1 lb. Hot and Spicy Peanuts \$3.25	1 lb. Roasted and Salted Pistachios \$11.50

Frosted or Flavored Pecans

12 oz. bag \$9.75 each

Chocolate Covered or White Chocolate or
 Chocolate Toffee Covered
 Praline Frosted or Amaretto Frosted
 Cinnamon Frosted or Honey Toasted Glazed
 Sugar Free Chocolate (contains Malitol) \$13.00

Samplers

1 lb. Pecan Sampler \$15

White Chocolate, Chocolate, Cinnamon & Praline
 Halves

2 lb. Pecan Sampler \$29

Chocolate, White Chocolate, Amaretto, Cinnamon,
 Pina Colada & Praline Frosted

Specialty Mixes

Texas Deluxe Nut Mix \$9.50 Pecans, Cashews, Almonds and Brazil Nuts	Spicy Peanuts, Peanut Oil and Salt
Hunter's Mix \$5.50 Cashews, Cocktail Peanuts, Sesame Sticks, Sesame Seeds, Natural Almonds, Fancy Pecan Halves, Peanut Oil and Salt	Fiesta Mix \$4.75 Bar-B-Que Corn Sticks, Taco Sesame Sticks, Nacho Cheese and Hot & Spicy Peanuts
California Mix \$6.50 Almonds, Walnuts, Dried Apricots, Diced Dates, Banana Chips, Seedless Raisins, Coconut Chips, Cashews and Sunflower Seeds	Cran-Slam Mix \$6.75 Dried Cranberries, Raw Walnut Pieces, Roasted and Salted Sunflower Seeds, Roasted and Salted Pumpkin Seeds, Diced Pineapple and Black Raisin
Trash Mix \$4.25 Sesame Sticks, Jumbo Runner Peanuts, Pretzels, Hot and	Mountain Mix \$5.50 Roasted and Salted Cashews, Roasted and Salted Peanuts, Roasted and Salted Almonds, Raisins and M&M's

Baskets

1 lb. Texas Wicker Basket \$23 Chocolate & White Chocolate Mixed
3.5 lb. Round Wicker Gift Basket \$60 1/2 lb. each of Milk Chocolate Pecans, White Chocolate Pecans, Praline Frosted Pecans, Texas Deluxe Mix and Hunter's Mix
3.94 lb. Big Tex Gift Basket \$77 Texas shaped basket filled with 11 oz. Pecan Topping, 12 oz. each of Milk Chocolate Pecans, White Chocolate Pecans, Praline Frosted Pecans and 1 lb. Raw Pecan Halves.

Orders can be placed through
 Orange County 4-H Member or by calling
 the club manager
 Clay Busters 4-H 409-882-4977
 Dusty Trails 4-H 409-988-3666
 Mighty Pirates 4-H 409-554-1960
 OC 4-H Judging 4-H 409-679-2441
 Hearts At Home 4-H 409-679-9904

TEXAS A&M
 AGRILIFE
 EXTENSION

You can also call the AgriLife
 office to place an order
 Orange County 4-H Office
 409-882-7010



CHECKS PAYABLE TO
ORANGE 4-H COUNCIL

How Safe is the Cottage Food Industry?



Like many industries, the cottage food industry is experiencing the effects of COVID-19, as more and more people turn to home-based solutions to earn money or to learn or expand on a passion for cooking and baking. The cottage foods industry refers to individuals who use their home kitchens to make food, and then sell the products either out of their homes, online, or at farmers' markets or other events.

While not legal in every state, these home-based businesses continue to grow as many states push for more ways to deregulate the industry, a trend that began before the pandemic and is now further fueled by it.

In 2021 alone, 55 new bills were introduced across the U.S. seeking to loosen restrictions on cottage food, according to Emily M. Broad Leib, JD, clinical professor of law and faculty director of the Harvard Law School Food Law and Policy Clinic and deputy director of the Harvard Law School Center for Health Law and Policy Innovation in Boston. Among the restrictions these bills hope to ease are those directed at raising the annual sales caps on what cottage food pro-

ducers can earn, increasing the types of foods that can be produced, and expanding the method of permitted sales (e.g., permit selling products online, by phone, through mail, via third-party delivery services).

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

Given the growing interest in, proliferation of, and expanding legislation for home-based products, what are the safety concerns with these products?

In part, this question is answered by the level of risk they pose with regard to pathogens, and the subsequent risk of foodborne illness.

PATHOGEN RISK IN COTTAGE FOODS

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

To date, all 50 states allow the sale of cottage food in some form. While states vary in terms of the foods they allow to be produced from home for

sale, most limit the products to those considered low risk. "Many cottage foods that can be made without a permit are non-temperature control for safety (non-TCS) foods that are categorically very low risk," says Leib. For states that allow a broader set of foods, additional permitting, training, and inspection for home cooks is often required.

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

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

Although jams and jellies are examples of processed foods, Hall says that these are on the lower end of safety risk compared to products such as canned vegetables or salsas that have a higher pH and water activity value. Foods with a higher water activity value pose a higher safety risk, as they can support bacterial, yeast, or mold

Continued next page



James Scales, Health Inspector
Deputy Director
Orange County Environmental Health
and Code Compliance



Fallon Foster-White, M.P.H.
County Extension Agent
Family & Community Health
Orange County

growth. "In most states, jams and jellies are fine, but in other states, like Ohio, no processed foods, like acidifying foods or those with a higher water activity level, fall under cottage food," she adds.

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

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

Steven Mandernach, JD, executive director of the Association of Food and Drug Officials (AFDO), speaks with more caution about the safety risk potential of cottage food products and the decreasing regulation across states. He thinks states with more restrictions, such as those that only allow non-TCS products for sale from home-based kitchens, have the better approach to safety versus states that allow, for example, the sale of home-cooked meals. "The trend is moving to regulate cottage food

less and less, and this is becoming a bigger issue over time as we see a lot of traditional restrictions go away," he says. In such an environment, he uses the term "buyer beware" to highlight the responsibility consumers face when buying these products.

Currently, he says that the most common point of sale for these products are local farmers' markets, where he describes the cottage food industry as "the front porch to the farmers' market." Products that may find a market in grocery stores or restaurants will more likely be foods with less safety risk, such as baked goods.

KNOW YOUR STATE LAWS

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

For example, in Minnesota, each person producing cottage food needs to be registered with the Minnesota Department of Agriculture, says Carrie Rigdon, operations manager for the Minnesota Department of Agriculture Food and Feed Safety Division in St. Paul, and must complete a training session on issues within the cottage food law. "All

cottage food producers in Minnesota need to complete a training session that describes the cottage food law, its requirements, and its limitations, as well as instructions on food safety, allergen control, and hygienic practices," she adds.

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

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

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

foodqualityandsafety.com



James Scales, Health Inspector
Deputy Director
Orange County Environmental Health
and Code Compliance



Fallon Foster-White, M.P.H.
County Extension Agent
Family & Community Health
Orange County



It was a good morning at the Field of Plenty.



Orange County Master Gardeners
 Meet the 2nd Thursday of each Month
 At the Orange County Convention & Expo Center

Meeting begins at 6 pm with a cover dish social
 6:30 pm begins business meeting and/or guest speaker/program.

Public is invited to attend a meeting to learn more about Orange County Master Gardeners.

Facebook
 Orange County Texas Master Gardeners Association

Website: <https://txmg.org/orange>
 Email: ocmg1990@gmail.com

Gardening Hot Line
 Tuesdays & Thursdays 10 am to 2 pm
 Call 409-882-7010

Or can email questions, concerns and or pictures to
extension@co.orange.tx.us



We got a lot done at the greenhouse this morning, and we had time to chat, too 😊 The shade structure improvements are coming right along. It was a good day to be a Master Gardener 👍

Pictures curiosity of Mike Layman



Timing is Everything: Establishing a Wildflower Garden

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

How quickly time passes us by! Another week has come and gone. Summer is going to be with us for several months, providing us ample opportunity to continue with our seasonal gardening tasks such as lawn maintenance, weeding flower beds, harvesting vegetables, replanting vegetable gardens and replacing faded spring flowers with summer plantings. Many gardeners also choose to undertake larger garden projects during the spring and summer months, often adding water features or ponds, lengthening flower beds, building raised vegetable gardens, creating functional outdoor space for entertaining, or in my case, building a greenhouse (inundated by material shortages, shipping delays and even weather events). Soon, I will write about how to build a greenhouse, including challenges and lessons learned but this is a topic for another day.

Today, I want to discuss Texas wildflowers, (of which there are many) but first, I want to share with you a vivid memory (my initial encounter) with one of Texas wildflowers. It was my first journey through Texas Hill Country during the spring of 2010. I had recently relocated from Mobile, AL to LaBelle, TX. Scheduled to attend multiple training sessions in Austin, I decided to drive rather than fly, to learn more about Texas byways and see a few sights along the way. I was not prepared for what I was going to see and for this gardener, it was humbling. I had never heard of or for that matter, seen a Texas Bluebonnet. I had the profound good fortune of witnessing Bluebonnets blooming *en masse!* A truly amazing sight to behold, which remains imprinted on my mind to this day!



Flowering Bluebonnets and Indian Paintbrush bloom along a roadside in Texas Hill Country (Image courtesy of texashillcountry.com)

How many times have you driven on Texas highways during the spring and wished to grow wildflowers in your own yard or pasture? For most of us, the thought of planting wildflowers occurs as we are viewing these beautiful flowers. Unfortunately, spring is the incorrect time to plant wildflower seeds. Wildflower seeds must be planted months before to establish healthy root systems before they can grow into plants which will provide stunning visual displays. You might have already guessed but now is the time to plan for your wildflower garden and to place orders for wildflower seeds.

Typically, August through December are the most favorable months for planting wildflower seeds. Many species will germinate during autumn allowing the plants enough time to establish healthy and robust root system before going dormant for the winter. Some seeds will not germinate when the ground temperature is below 70°F and the seeds will remain dormant until it warms up in spring.

Create a Wildflower Garden following these steps:

- Select a location with at minimum 8 hours of full sun, which is well-drained.
- Remove weeds and mow existing vegetation as short as possible, remove clippings.
- Select and purchase the highest quality wildflower seeds.
- Prepared seedbed by raking or lightly tilling the surface to a 1-inch depth.
- Mix wildflower seed with sand, perlite, or potting soil to allow for even distribution (4 parts to 1 part).
- Increase seed coverage by broadcasting in one direction then the opposite direction.
- Press seed into the ground with a flat blade shovel, holding shovel parallel to the ground and tapping
- Lightly water multiple times in short time intervals to mitigate runoff.

Wildflowers add an amazing amount of color and natural beauty to landscapes. They are low maintenance and require little water once established and they will seed themselves year after year. Adverse weather conditions such as drought, or excessive rainfall, can affect the success of wildflowers. Some years flowering will be plentiful and robust and other years flowering will be meager and sparse. Patience is key, they will return.

One final note, as fertilization of wildflowers is not recommended unless the soil where they are grown has been depleted of nutrients. Contact your local AgriLife County Extension office regarding a soil test. Remember fertilizing wildflowers encourages weed growth at the expense of wildflowers.

There are numerous companies where you can purchase wildflower seeds. Here are a few reputable Texas wildflower seed companies: Wildseed Farms in Fredericksburg, Douglas King Seed Company in San Antonio, Justin Seed Company in Justin, Native American Seed Farm in Junction, Turner Seed Company in Breckenridge, and David's Garden Seeds in San Antonio.

So, let's get out there and grow ourselves a greener, more beautiful world-one plant at a time. Happy gardening everyone!

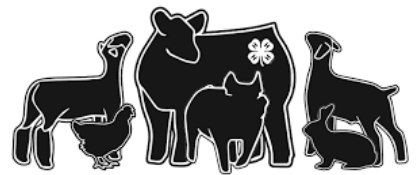
If you have specific gardening questions or would like more information, contact the Orange County Master Gardeners **Helpline:** (409) 882-7010 or visit our website: <https://txmg.org/orange>, **Facebook:** Orange County Texas Master Gardeners Association or **Email:** extension@co.orange.tx.us.

4-H OPEN HOUSE WAS A GREAT SUCCESS. OUR CLUBS MET A LOT OF WONDERFUL FAMILIES INTERESTED IN ORANGE COUNTY 4-H



WEIGH DAY

ORANGE COUNTY 4H LIVESTOCK CLINIC
 MAURICEVILLE SHOW BARN
 5319 ARNEL ROAD ORANGE, TX



SEPTEMBER 17 TH	7-9AM	PIGS	ROY FLORA
OCTOBER 29 TH	7-9AM	RABBITS	APRIL CADE
DECEMBER 17 TH	7-9AM	LAMBS/GOATS	TBA
JANUARY 21 ST	9-11AM	CATTLE	TBA

Weigh day is a 4-part series held once a month from September to January to assist livestock exhibitors in preparing their animals for showing. Each session will begin with weigh in where the exhibitors can track the progress throughout the series. As listed above, a guest speaker will highlight a different animal each month, focusing on showing 101, general health and wellness, feed/nutrition management, weights and weight classes, grooming, and answering questions.

This series is planned to help families who are just starting out showing livestock, but also a refresher for experienced exhibitors!

THE 2022-2023 4-H YEAR BEGINS SEPTEMBER 1ST 2022.
 EARLY BIRD REGISTRATION OF \$25 FROM AUG. 15TH-OCT. 31ST.
 STARTING NOV. 1ST ENROLLMENT IS \$30 PER CHILD
 FINANCIAL ASSISTANCE IS AVAILABLE FOR FAMILIES IN NEED.

4-H Connect enrollment website
<https://v2.4honline.com/>

LETS WELCOME OUR NEW 4-H HOMESCHOOL CLUB
Hearts @ Home 4-H Club
 Will meet the 4th Thursday of the Month @ 12 noon
 For additional information contact
 Club Manager
 Christie Randall
 409-679-9904

Adult Volunteer Application Fee
 \$10

Clover Kids 5-8 years of age free to join.

**Adult Leaders Association
 (ALA)**
 1st Monday 6 pm
 4-H Office
 All enrolled Adult Volunteers
 are encouraged to be a
 part of ALA

**Dusty Trails 4-H &
 Clover Kids Club**
 1st Tuesday
 6:30 pm 4-H Office
 Club Manager
 Anna Bandy
 409-988-3666

County 4-H Council
 All enrolled 4-H youth
 are encouraged to
 be a part of
 County Council
 1st Monday 6 pm
 4-H Office

Mighty Pirates 4-H
 2nd Tuesday 7 pm
 4-H Office
 Club Managers
 Lisa Edwards
 409-554-1960

OC 4-H Judging Club
 Practice Thursday's
 6 pm 4-H Office
 Club Manager
 Melissa Pyatt
 409-679-2441

**Clay Busters Shotgun
 Sports**
 Meetings 3rd Tuesday
 6 pm 4-H Office
 Practice Tuesdays 6 pm
 Orange County Gun Club
 Club Manager
 Chris & Robyn Clausen
 409-882-4977

Food & Nutrition
 2ND MONDAY 6pm
 4-H Office

Projects outside of clubs

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


Robotics
 4th Monday
 4-H Office
 Leader
 Cindy Childress

Fashion & Interior Design
 2ND TUESDAY 6pm
 4-H Office

No cost to members who participate in projects

If you need any type of accommodation to participate in this program or have questions about the physical access provided, please Orange AgriLife Office 409-882-7010, at least 2 weeks prior to the program or event you are interested in.

ORANGE COUNTY 4-H CALENDAR SEPTEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	NOTE: ALA & CC WILL NOT MEET IN SEPTEMBER			1 *Official Start of the 2022-2023 4-H Year	2	3
4	5 *Office Closed 	6 *Dusty Trails meeting 6:30 pm	7 *OFC DL YMBL Steer/F-1 Entry	8 *OC4H Judging 6 pm	9	10
11	12 *County Council 5:30 *Food & Nutrition Project 6 pm *ALA 6 pm *OCLSA meeting	13 *Mighty Pirates meeting 7 pm	14	15 *OC4H Judging 6 pm	16	17 *Weigh Day @ OCLSA Barn 7am-9am Pig 101
18	19 *Equine Project 6 pm	20 *Claybusters meeting 6 pm	21	22 *OC4H Judging 6 pm	23	24
25	26 *Robotics Project 6 pm	27	28	29 *Hearts @ Home 12 Noon *OC4H Judging 6 pm	30	

ORANGE COUNTY 4-H CALENDAR OCTOBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 *ALA/County Council 6 pm	4 *Dusty Trails meeting 6:30 pm	5	6 *OC4H Judging 6pm	7 *Food & Craft Project Contest *OCLSA Live-stock Show	8 *OCLSA Show/ Auction & Project winners announced *One Day 4-H
-----National 4-H Week-----						
9	10 *Pecan order Deadline *Food & Nutrition Project 6 pm *OCLSA meeting	11 *Mighty Pirate meeting 7 pm	12	13 *OC4H Judging 6pm	14	15
16	17 *Equine Project 6 pm	18 *Claybusters meeting 6 pm	19	20 *OC4H Judging 6pm	21	22
23	24 *Robotics Project 6 pm	25	26	27 *Hearts @ Home 12 noon *OC4H Judging 6pm	28	29 *Weigh Day 7am-9am April Cade-Rabbits
30	31					

FOOD SAFETY CONFERENCE



Monarch Butterflies: Endangered Species “Red List”

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



Gardeners, typically I refrain from being the harbinger of sad news but on July 21st, 2022, the IUCN classified one of our most majestic butterflies, as an endangered species and added them to the endangered species “red list.” For me to understand exactly what this means, and to gain a better understanding of adding a species to the endangered species red list, I did some digging (pun intended), to find out more about the IUCN and what it is they do as an organization, including adding an endangered species to the red list.

Founded in 1964, the International Union for Conservation of Nature (IUCN) is a network of public, private and nonprofit organizations working together to conserve nature worldwide. According to the IUCN, they are the world’s most

comprehensive inventory of the global conservation status of all known biological species. There are seven levels of classification for endangered species: least concern, near threatened, vulnerable, endangered, critically endangered, extinct in the wild, and extinct. The *Red List of Threatened Species*, known as the IUCN Red List, utilizes precise criteria and a standardized assessment approach to evaluate the extinction risk of thousands of species and subspecies. By listing the monarch butterfly on the “red list” draws attention to its status and highlights areas where more research is needed to better understand factors contributing to its decline.

On question you might ask yourself, what are the main factors threatening monarchs?

There are many factors contributing to monarch butterfly’s decline. The Xerces Society for Invertebrate Conservation states one of the most serious threats is habitat fragmentation and loss thru urban development and agricultural expansion, both diminish large areas of habitat into smaller, isolated spaces. Habitat erosion reduces areas available where monarchs can find nectar-rich plants for adult butterflies feed upon, or milkweed, monarch caterpillars sole food source. There are multiple other threats as well, such as pesticides, disease, climate change and invasive species.



Over the next couple of months, majestic Monarch butterflies will be migrating thru our area, on their way to South Texas and Mexico. Gardeners, like myself, plant Tropical Milkweed (*Asclepias curassavica*) in our flower gardens and other random places throughout the landscape for them to feed. Tropical milkweed is an easy plant to source and grows readily in our area. While not native to the United States, it is native to Mexico and can found at local garden centers instead of the milkweed plants which are native to Southeast, Texas such as: Pineland Milkweed (*Asclepias obovata*), Shore Milkweed (*A. perennis*), and Butterfly Milkweed (*A. tuberosa*). Visit “Identification of Milkweeds in Texas” at https://tpwd.texas.gov/publications/pwdpubs/media/pwd_rp_w7000_1803.pdf.

There are simple ways we can all help Monarchs and other beneficial insects:

- Plant native plants and select native flowers which bloom during each season.
- Plant native milkweed for our region of Southeast, Texas.
- Drastically reduce or eradicate the use of chemicals on your property and green spaces,
- Contact your local City Hall to see if your city has guidelines in place preventing toxic runoff to protect our pollinators. Are there guidelines in place for local parks, green spaces, city property, and schools?
- Help to fund and/or maintain new beautification programs, green spaces, native planting experiences, nature hubs, and pollination stations.
- Contribute to scientific knowledge about winter-breeding monarchs by participating in citizen science projects. **Project Monarch Health** involves volunteers in collecting parasite samples from wild monarchs (monarchparasites.org). Observers receive a report on the infection status of all monarchs they sample. Volunteers can also report observations about winter monarch sightings on **Journey North** (learner.org/north) and collect detailed information on monarch use of milkweed plants in any season for the **Monarch Larva Monitoring Project** (mlmp.org).

It was John F. Kennedy who stated, “One person can make a difference, and everyone should try.” So, fellow gardeners, let us go out and grow ourselves a greener, more sustainable world, one plant at a time!

If you have specific gardening questions or would like more information, contact the Orange County Master Gardeners **Helpline:** (409) 882-7010 or visit our website: <https://txmg.org/orange>, **Facebook:** Orange County Texas Master Gardeners Association or **Email:** extension@co.orange.tx.us.

Clover Kids Day Camp Adventure





Claybusters Shooting Sports 4-H Members Participated at the State Shoot Competition in San Antonio Congratulations to All!



These **Chicken Flautas** are a quick and easy dinner recipe that only take 10 minutes to prepare! This flautas recipe uses canned chicken (no one will ever know your secret!), dried seasonings, cream cheese, salsa, and shredded cheese for a fast dinner that everyone will love.

- 2 cans (12.5 oz each) chicken *drained & flaked*
- 6 oz cream cheese *softened*
- 1/3 cup salsa
- 1 cup shredded cheese *any variety*
- 1/4 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon chili powder
- 12 8" flour tortillas

1. Heat oven to 400°. Prepare a cookie sheet by lining with parchment paper or tin foil, or you can spray the pan with cooking spray.
2. Combine drained and flaked chicken, cream cheese, salsa, cheese, cumin, garlic powder, onion powder, and chili powder into a mixing bowl. Stir together until well combined
3. Spread 3 tablespoons (a large spoonful) of chicken mixture onto a tortilla. Roll up tightly and place seam side down on a cookie sheet. Repeat with remaining tortillas.*
4. Spray the tops of the flautas with cooking spray. Don't soak them but you want them to have a decent coating of cooking spray so they will get really brown and crispy.**
5. Bake for 18-20 minutes or until they reach desired crispness that you want. Let cool for about 5-10 minutes before serving so the filling can cool and come together.

Serve with dips of your choice (sour cream, salsa, guacamole).

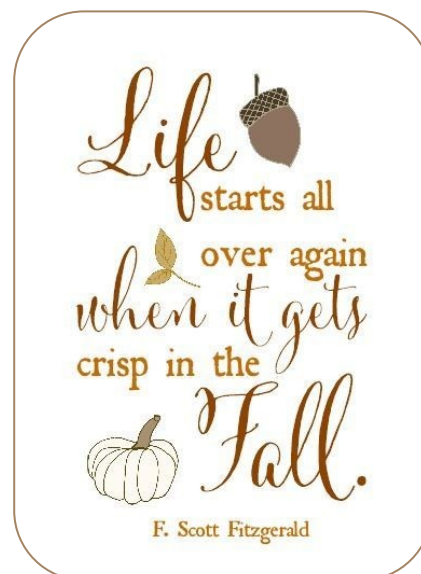
*If you use smaller tortillas then you won't need the full 3 tablespoons of filling, so adjust accordingly.

**I also like to sprinkle some kosher salt on top of the sprayed flautas, but this is totally optional.

Nutrition: Calories 218, Saturated Fat 6g, Fiber 1g, Calcium 119mg, Carbohydrates 17g, Cholesterol 36mg, Sugar 2g, Iron 1mg, Protein 11g, Sodium 463mg, Fat 12g, Potassium 128mg,



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Child Passenger Safety Week September 18-24, 2022

CHILD SAFETY PROTECTION MONTH: *Car Seat Milestones*

FOR FIRST-TIME PARENTS, THE SHEER CHOICE OF CAR SEATS CAN BE DAUNTING. LEARN WHICH ONE TO CHOOSE BASED ON YOUR CHILD'S AGE AND WEIGHT, AND KEEP YOUR MOST PRECIOUS CARGO SAFE WHILE ON THE ROAD.

TYPES OF CAR SEATS



REAR-FACING **FORWARD-FACING** **CONVERTIBLE** **BOOSTER**

WHEN TO USE WHICH CAR SEAT?



0-2 REAR-FACING
Children aged two and under should be restrained in a rear-facing car seat

CONVERTIBLE/ALL-IN-ONE
These are available to help you transition from rear- to forward-facing without the expense of buying a whole new car seat



2+ FORWARD-FACING
Children over two can switch to a forward-facing car seat.

CONVERTIBLE/ALL-IN-ONE
These are available to help you transition from rear- to forward-facing without the expense of buying a whole new car seat



4-12 BOOSTER
Children who have reached 4 foot 9 inches in height can transition to a booster seat, and typically stay there until they are between 8 and 12 years old



8-ADULT SEAT BELT
If your 8-12 year-old has outgrown his or her booster seat, it's fine to sit in the back seat with a seat belt
After 13 years, provided your child is big enough, he or she can transition to the front seat, as long as seat belts are always fastened

SOURCES: SAFERCAR.GOV/ HEALTHYCHILDREN.ORG/



THE NEWSWHEEL

SMART PARENTS DON'T FALL FOR THE SMART KID BELT!

- This device does NOT meet the criteria to be considered a booster seat under US federal safety standards and is NOT a safe substitute for a booster seat.
- Children using this product are vulnerable to serious internal organ and spinal injury due to improper seatbelt positioning in a crash.
- The manufacturer, Clypx, has previously been sent a Cease & Desist order by NHTSA about this product.
- If you need a compact travel or carpool solution, consult a Child Passenger Safety Technician to discuss safe options!

Country Kids Car Seat Safety



Watering Techniques for SE Texas Gardens

By John Green, Certified Texas Master Gardener



I'm hoping each of you was able to spend time with family, friends and loved ones to celebrate the holiday. I spoke with my sister recently, who lives in North Alabama, and she asked several questions about watering plants during the summer months. During our conversation, she asked if I could write an article about the best watering technique for keeping lawns and flowering plants hydrated, growing, and looking their best without wasting our precious natural resource-water. So let me begin by saying the way water is applied to our plants is important!

For example, there is absolutely no use in applying water faster than the soil can soak it in when watering a lawn. If water is applied excessively, then water runs down the curb into the street or provides relief to your neighbor's lawn, at your expense! Sandy type soils can handle water almost as fast as it can be applied but the soil in our area of SE Texas is clay soil. Clay soils will soak up water very slowly, often taking days after a heavy rain event. Select the method of application which is the best fit for your soil type. Drip hose or a drip irrigation system is by far the most efficient use of water for flower beds and vegetable gardens.

Mulch, mulch, mulch whenever possible! The use of mulch has numerous benefits for trees, shrubs, flower beds and vegetable gardens, since mulch conserves soil moisture, mitigates soil compaction, lowers soil temperature in summer (elevates soil temperature in winter), and helps to reduce weed seed germination. My preference is to use a 2-to-4-inch layer of organic mulch- such as leaves, rice hulls, pine bark, straw, hay, grass clippings, cardboard, and newspaper. Keep an eye on the depth of the mulch material, organic mulch decomposes and will wash away during heavy rainfall. You'll need to add more mulch as necessary throughout the seasons to maintain the benefits of using mulch.

There are plant experts who state night-time watering is detrimental to your landscape plants and lawns, espousing plant diseases will develop. In some environmental conditions, I would agree. But there are times when it is *acceptable* to water your lawn and plants at night! For example, when daytime temperatures are excessive, 95F or higher I have been known to water during the heat of the day to keep my garden plants and lawn thriving, though there is more evaporative loss of water. The evaporative loss also cools plants which is often beneficial to the plant!

For water efficiency, water early in the morning or late evening while temperatures are cooler, which means evaporation rates are lower. We all know our summer nighttime temperatures are also hot. I'm here to let you know, watering at night will not be a significant factor in disease development! So, the absolute best time to water lawns and plants during the summer is after 8 p.m. and before 8 a.m. If you have an automatic sprinkler system you can set it and forget it, but if you don't, consider purchasing a mechanical water timer. They range in cost from \$20 to \$50 and are well worth the investment since you can set the timer to activate for several hours (2 or 3). Be mindful of the sprinklers spray pattern to minimize water runoff into the roadway or adjacent property. Move the sprinkler nightly until the entire lawn is watered.

Encourage deep root development by thoroughly watering every time you water the lawn or landscape plantings. By watering thoroughly at 5- to 9-day intervals, ensures deep root penetration and utilization of the available soil moisture. Often plants wilt during the heat of the day, this doesn't necessarily mean the soil is dry. If plants remain wilted the following morning, water the area thoroughly, don't wait until evening as your plants are stressed and will suffer severe damage.

So, let's get out there and grow ourselves a greener, more beautiful world-one plant at a time! Happy gardening everyone.

Apricot Chia Bars

- * 1 cup Medjool dates, pitted
- * 1 cup dried apricots
- * 2 tablespoons chia seeds
- * 1/4 teaspoon cinnamon
- * 1 cup raw pumpkin seeds (pepitas)
- * 1 1/2 cup white chocolate chips
- * 1/4 cup semi-sweet chocolate chips, for drizzle
- * 1/4 teaspoon nutmeg
- * 1 cup almond pieces
- * 2 tablespoons hemp seeds



1. Wash hands and clean and sanitize the food preparation area.
2. Line an 8x8 square pan with wax or parchment paper.
3. Place dates, apricots, chia seeds, cinnamon nutmeg, and almond pieces in a food processor and process until well combined.
4. Use a spatula to scrape the mixture off the sides of the food processor.
5. Add pepitas to the mixture in the food processor, and pulse until there are small piece of pepitas.
6. Use spatula once again to break up the mixture.
7. Add white chocolate chips and pulse a few time to break and distribute the chips slightly.
8. Empty the mixture into the prepared pan and press the mixture into the pan until even.
9. Refrigerate for 30-45 minutes, then slice into bars or squares.
10. Place the chocolate chips in a microwave-safe bowl and heat for 30 seconds or until melted. Drizzle the melted chocolate over the refrigerated bars.

Nutrition Facts: Serving size 1 bar. Calories 190, Total Fat 9g, Saturated Fat 2g, Sodium 10mg, Total Carbohydrate 24g, Dietary Fiber 4g, Total Sugars 18g includes 1g added sugars, Protein 6 g.

All About...

Chia & Hemp Seeds

CHIA SEEDS

Small edible seeds that contain high amounts of fiber. They may improve digestive health.





HEMP SEEDS

Seeds from a hemp plant that are very nutritious and have a mild nutty flavor. They can be roasted, raw or cooked.



DINNER TONIGHT
TEXAS A&M AGRILIFE EXTENSION

TEXAS A&M AGRI LIFE EXTENSION

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AGRI LIFE ORANGE COUNTY 2022 CALENDAR

SEPTEMBER

- * National Child Passenger Safety Month
- * 3rd Hunters Education Course
- * 5th Labor Day Holiday Office Closed
- * 13th, 20th & 27th Do Well, Be Well with Diabetes series

OCTOBER

- * 2nd–8th National 4-H Week
- * 4th & 11th Do Well, Be Well with Diabetes series-Vidor
- * 7th Youth Food & Craft Project Contest @ OCLSA Livestock Show
- * 7th & 8th Orange County Livestock Show
- * 8th Orangetober Fest Pie Eating Contest
- * 15th Adult Cooking Class with Rocky

- * 22nd Hunters Education Course

NOVEMBER

- * 5th Wooden Door Hanger DIY Class
- * 5th YMBL livestock tag in
- * 7th, 10th, 14th, & 17 Do Well, Be Well with Diabetes Series-Mauriceville
- * 11th Veterans Day Holiday Office Closed
- * 11th-12th Jr. Leadership Lab
- * 19th Meat & Vegetable Canning Class
- * 24th-25th Thanksgiving Holidays Office Closed

DECEMBER

- * 22nd, 23rd, & 26th Christmas Holidays Office Closed



Texas A&M AgriLife Extension Orange County

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