

TEXAS A&M AGRI LIFE EXTENSION

County Extension Agents

Fallon Foster
Family & Consumer Science

Christina Ritter
4-H/Youth Development

Ashlee Krebs
Agriculture/Natural Resources

Office 409-882-7010



County Judge

Brint Carlton

Commissioner Precinct 1

David L. Dubose

Commissioner Precinct 2

Barry Burton

Commissioner Precinct 3

John W. Banken

Commissioner Precinct 4

Jody E. Crump



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

ORANGE COUNTY AGRI LIFE NEWSLETTER

FEBRUARY 2016



February 2—March 1st

Classes will be held on Tuesdays

1 pm to 3 pm

Free to all participants

**Will be held at the
Orange Senior Center
103 N. 5th Street in Orange
(Across from Farmer's Mercantile)**

**Learn to control your Type 2 diabetes
with portion control, learning to read
labels,
exercise and maintaining good health.**

*Happy
Valentine's Day!*



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Attention all Food Establishments Managers



Needing to get your Certified Food Managers Certificate?

Here is your first of three chances this year to obtain your certificate.

February 24th and 25th with registration deadline of February 5th, 9 am to 4 pm @ AgriLife Extension Office, 11475 FM 1442, Orange.

Must go to <http://foodsafety.tamu.edu> to complete registration form and submit along with payment of \$125 directly to TAMU.

Cost includes 2 day course, handbook and materials and national certification exam.



NUTRITION message

1. Involve the whole family
2. Know your Go, Slow, and Whoa foods (fat, sodium, added sugars)
3. Limit sugar sweetened beverages
4. Decrease time spent sitting
5. Be physically active
6. Tame your portions
7. Fill half your plate with vegetables and fruits
8. Plan meals and children's snacks
9. Allow children to serve themselves food
10. Prepare and serve safe food.

Class offered for Food Handlers

Texas Department of State Health Services accredited food handler program is recommended for all food service employees to help promote the service of safe food.

There will be four classes offered this year with the first class being held

February 18th @ 6 pm

AgriLife Extension Office

\$20 per person/payable by check or cash the day of the class

RSVP to the AgriLife Office 882-7010



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 ex**E**rcise
 e**A**t
 Live
 fi**T**ness
 c**H**allenge
 enjo**Y**



HEART HEALTH

WHY IS IT IMPORTANT?

- Roughly 610,000 people die in the U.S. every year due to heart disease.
- It is the leading cause of death for men and women.
- The following risk factors increase chance of heart disease.

ARE YOU AT RISK?

- Diabetes
- High blood pressure
- High cholesterol
- Smoking
- Overweight or obese
- Poor diet
- Physical inactivity
- Excessive alcohol use

LIFESTYLE AND NUTRITION TIPS

- Use as many calories as you eat to prevent weight gain.
- Start exercising! Aim for at least 150 minutes per week.
- Find an exercise that works for you and stick with it.
- Stop smoking and avoid secondhand smoke.
- Take medications as prescribed by physician.
- Reduce the amount of processed foods in your diet.
- Share a meal or eat half at a restaurant.
- Limit sodium.
- Choose salt-free or reduced-sodium seasonings.
- Eat a variety of fruits, vegetables, and whole grains.

- Choose lean cuts of meat and chicken without skin.
- Eat fish at least twice a week.
- Choose fat-free or low-fat dairy products.
- Take trans-fat out of your diet.
- Reduce saturated fat in your diet.
- Reduce beverages with added sugars like soda.
- Watch your portion sizes.
- Drink alcohol in moderation. (One drink per day for women and 2 drinks per day for men.)
- Read nutrition labels and look for healthier options.
- Plan your meals before going to the grocery store.



February:

Heart Health Month!

Show your heart some love!



Game Plan for Super Bowl 50: Are You Drinking or Are You Driving?

This is NOT the time for an option play

The Super Bowl is America's most watched national sporting event. On Super Bowl 50 Sunday, Feb. 7, 2016, there will be lots of game day socializing that may include drinking. That's why the Texas A&M AgriLife Extension Service Watch UR BAC program is urging football fans to call the play now: Drinking OR driving. If you plan on drinking on Super Bowl Sunday, designate a sober driver to get you home safely.



"Drunk driving is completely preventable," said Texas A&M AgriLife Extension Service agent Orange County. "All it takes is a little planning. We want fans to remember that it's a choice — drink or drive, but never do both. Law enforcement agencies will be out in large numbers to stop anyone who makes the dangerous decision to drive impaired."

According to the Texas Department of Transportation, 1,041 people were killed in drunk-driving crashes in 2014, accounting for 29 percent of the total motor vehicle traffic fatalities in Texas. Super Bowl Sunday is a risky day for drunk-driving crashes.



FEBRUARY 7, 2016

The Watch UR BAC program advises that if you're attending a Super Bowl party or watching the game at a sports bar or restaurant:

Designate your sober driver, or plan another way to get home safely before the party begins.

If you don't have a designated driver, then ask a sober friend for a ride home; or call a cab, friend or relative to come and get you. If you are at a friend's house, stay the night.

Never let friends drive if they have had too much to drink.

If you're hosting a Super Bowl party:

Make sure all your guests have a non-drinking driver to take them home, or arrange for alternate transportation to see that they get home safely.

Serve plenty of food and non-alcoholic drinks at the party.

Host your party just like they do at the stadium. Stop serving alcohol at the end of the third quarter of the game, and begin serving coffee and dessert.

Take the keys away from anyone who has had too much to drink.

Remember, you can be held liable and prosecuted if someone you served ends up in a drunk-driving crash.



Texas A&M AgriLife Extension Service's Watch UR BAC program is a free, statewide program to promote alcohol awareness, the dangers of impaired driving, and friends watching out for friends. Contact ldmooney@ag.tamu.edu for booking information.

Big Time in D9

April 29th & 30th

Lone Star College

Montgomery Campus, Conroe



Open to 4-H members

ages 8 to 18

Orange County 4-H Entry Deadline April 7th on 4-H Connect

Contact, Christina Ritter, 4-H Agent by MARCH 15th if you are interested in competing.

4-H Pit Master

Burgers, Beans, Brisket, Spare Ribs and Chicken. Team must provide their own electricity/water.

4-H SET

4-H'ers apply scientific method to their 4-H project experience.

Ag Products ID

4-H'ers identifies 20 ag products, each with a multiple choice question pertaining to the product.

Consumer Decision Making

Apply knowledge and experience in consumer education by analyzing consumer situations.

Duds to Dazzle

Redesign and re-purpose discarded garments into new, viable consumer products.

Ed Presentation/Public Speaking

Planned talks where 1 or more 4-H'ers teach others about a project or activity.

Fashion Show

Exhibit skills of wardrobe selections, clothing construction or comparison shopping, fashion interpretation., style, good grooming and poise in front of others, modeling and presentation.

Fashion Story Board

Poster board display of original designs using illustrations, such as fabric swatches, patterns and photos.

Food Challenge

Demonstration of culinary knowledge and skill.

Food Show

Showcase culinary skills, including presentation and interview; participate in 1 of 4 categories.

Healthy Lifestyles

Competitive event utilizing knowledge/skills gained through participation in 4-H Healthy Lifestyles programs.

Leaders 4 Life

Designed to challenge county 4-H council teams in leadership skills, parliamentary procedure and service.

Photography

Demonstrate skills in composition, light, story line, posing and awareness.

Photography Judging Contest

Understand the dynamics of a judging contest; determine placings and cuts, pair switching, and simple bust.

Pinewood Derby

Derby competition among fellow 4-H members, with a final race stage at the Award Assembly.

Produce Judging

Participants recognize unripe or over ripe produce, discern consistency in produce classes and detect blemishes on produce.

Quiz Bowls

Demonstrate critical thinking abilities and reasoning
*Beef *Food & Nutrition *Horse *Swine

Robotics Challenge

Teams of three to five members supply their own challenge equipment; teams will have three hours to design, build, program and test their robot in preparation for competition

Share the Fun

Individual or team performance in 1 of 7 categories
*Celebrate 4-H, *Poetry/Prose
*Choreographed routine *Vocal
*Musical/Instrumental *Dramedy
*Solo/Band Performance

Wildlife Challenge

Demonstration of appreciation and understanding of the natural world with emphasis on sports fishing, hunting/wildlife, forestry, entomology and wildlife habitat evaluation program.

Orange County Livestock Show Association SPRING BASH

Saturday, February 27, 2016

OCLSA Show Barn Arnel Road in Mauriceville

Showmanship
60/40 Split
\$5 entry paid
at gate



Each Overall
Reserve Champion
Large Rosette
&
\$50

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

Check In 7 am-8:30 am
Swine, Lamb and Goat
Show Time 9 am

Check In 10 am-11:30 am
Steer and Heifers
Show Time 12:30

Steer and Heifer Classes Rosettes
for Breed Champions American,
English and Exotic

- Class 1 0-6 months
- Class 2 7-12 months
- Class 3 13-18 months
- Class 4 19-24 months
- Class 5 24 months & up

Swine, Lambs, & Goats shown by weight
Steers shown by Breed & Weight
Heifers shown by breed and age

Entry Fee \$25 per animal
Make checks Payable to OCLSA
Entry fees will be accepted up until the end
of check in.

Concession Stand Provided
Generators Welcome

Question Contact: Tommy Harrington 409-504-5210 or
Jennifer McConnell 409-746-9727



Orange County 4-H Photography Contest

Hey 4-H Members 8–18 years of age.....

Have a passion for photography!

**Then why not enter the Orange County 4-H
Photography contest?**

**Photo's must be submitted to the Orange 4-H
office by Monday, March 14th.**

All photographs must have been taken by 4-H members between the dates of January 1, 2015 and the time of entry. Photos must be 8x19, placed on a foam board with the information label placed on the back side.

There are 15 categories to choose from or you can entry one photo per category. Cost is \$5 fee per photo to entry.

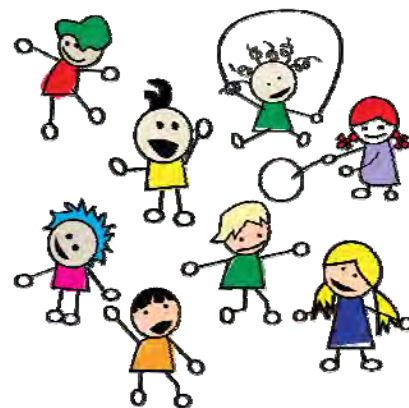
Visit: orange.agrilife.org for the guidelines and rules.



Mock Orange County 4-H Roundup



Please don't miss out on this opportunity to get your children involved in Big Time in D9 (District Round up). The Orange County 4-H office will have a mock run on **Saturday February 6, 2016 at the Extension office, registration 8am- 9am and the contest will begin at 9am** so that the 4-H children can get a concept of what to expect at Big time in D-9. Some of the contests that will be offered at the extension office are photography (judging), food challenge, horse & nutrition quiz bowl, and pinewood derby. Just because we don't have a mock run of your favorite contest for 4-H round up you can still sign up for other contest that are listed on <http://d94-h.tamu.edu> on right side in tan box select events then scroll down and click on Big Time in D9-Roundup 2016 and you will have a list of all the categories. Deadline for entry for the district round up is **April 10, 2016**. Round up provides an opportunity for each participant to exhibit their knowledge and skills when preparing and presenting a dish. Provide an opportunity for each participant to learn from other team members and to promote teamwork. Empower youth to participate in a public speaking role. Provide leadership opportunities for youth. Give 4-H members the opportunity to participate in a new exciting 4-H opportunity. If you are interest in the mock run of the district contest please **RSVP by 5pm Monday, February 01, 2016 by calling the 4-H office at 409-882-7010**. A schedule of the contest will be sent out by Monday February 2, 2016. I encourage you to participate in the mock 4-H round up to get the children ready to participate at Big time in D-9 so that Orange County can show that we have a wonderful group of 4-H children.



If have any question please don't hesitate to contact the 4-H office 882-7010.



Vidor FFA Booster Club Winter Extravaganza Prospect Show March 5, 2016



Show order will be Swine, Goats, Lambs, Steers, and Heifers

Check in will be 7-8:30 am Show starts at 9 am

Rules:

Swine, Goats, and Lambs shown by weight

Steers shown by breed and weight

Heifers shown by age

Concession stand will be provided

**Buckles for
Grand Champions!
Rosettes for
Reserve Champions!**

Entry fee is \$25 per
animal.
Showmanship
60/40 Split!

Steer and Heifer Classes

American, English, and Exotic

Heifer Age Classes

Class 1 0-6 months

Class 2 7-12 months

Class 3 13-18 months

Class 4 19-24 months

Class 5 older than 24 months

New Location!!!!

Vidor High School Ag Barn!!

945 Reynolds St. Vidor

Questions? Contact:
Vidor FFA Advisor: Tim Singleton
(409) 951-8932
Or
Billy Phillips
(409) 466-1941



District 9 4-H Upcoming Events

April

16 -District 4-H Horse Judging Contest—<http://d94-h.tamu.edu/eventsandcontests/horse-judging/>

23—Multi-District Judging Contest

29—30—District 4-H Pit Master Food Challenge BBQ Cook Off & District 4-H Roundup “Big Time in D9” - Conroe—<http://d94-h.tamu.edu/eventsandcontests/bigtime/>

June

20-22—District 4-H Horse Show—Bryan—<http://d94-h.tamu.edu/eventsandcontests/horse-show/>

28—30—District 4-H Leadership Lab—Galveston—<http://d94-h.tamu.edu/eventsandcontests/leadership-lab/>



July

13—District 4-H Recordbook Judging—Houston—<http://d94-h.tamu.edu/eventsandcontests/recordbook-judging/>

February Club Meetings

Dusty Trails 4-H February 8th, 7 pm, 4-H Office

Mighty Pirates 4-H February 9th, 7 pm,
Vidor Community Center

Clay Busters 4-H Each Tuesday,
6 pm, Orange Gun Club

Boots and Bridles 4-H
February 15th, 6 pm, T2 Arena
(or 4-H Office depending on weather)

All HEARTS 4-H (Homeschool)
February 18th, 1 pm, Claiborne Park



4-H Horse Judging Practice
February 10th
5:30 @ 4-H Office



**Must RSVP by
Noon day of, 882-7010
for Workshops, Practices
Adult Leaders &
County Council Meetings**



February 22nd
6 pm @ 4-H Office

**Orange County 4-H
Adult Leaders Association
And
County Council Officers
Monthly Meeting**

February 1st

7pm @ 4-H Office



Orange County 4-H Needs your help!!!!



4-H Sewing Workshop
February 23rd
6 pm @ 4-H Office



SOUTH TEXAS STATE FAIR
BROILER PICKUP
CHANGED TO FEBRUARY 9TH
4 PM TO 6 PM

**LOCATION
CHANGE!**

PICKUP AT STEER BARN ON FAIRGROUNDS

Livestock Updates and Dates to Remember

- February 2—YMBL Rabbit Entry deadline to the 4-H office. Must own Doe.
- February 10—YMBL Broiler Pickup at YMBL: Office 4 pm to 6 pm
- February 27—Orange County Livestock Association Spring Bash—see flyer on page 5
- March 25-April 3— South Texas State Fair



We would love for you to be a part of OCLSA

We meet the 1st Monday of each month
7 pm

OCLSA Barn or AgriLife Office
(depending on weather)

Barn is located on Arnel Road in Mauriceville.

Take Cohenour off Hwy 62 then first left and the barn will be down on the left.

Multi-District Horse Judging

April 16th

Texas A&M Campus, College Station

Horse Judging

Increase knowledge of Equine evaluation and selection techniques, employ decision making skills, create a sense of team work.



District Judging Contests

April 23rd

Texas A&M Campus, College Station

Livestock Judging—increase knowledge of livestock evaluation and selection techniques, better understand breeding concepts and use of analytical tools such as EPD's.



Meat Judging & ID—learn to identify and evaluate meat cuts of beef, swine and sheep, critically evaluate with written reasons, learn to work as a team in accomplishing shared goals.

Soil Judging—teach youth to identify different soil types and understand their characteristics, deepen and appreciation for value of soil and it's conservation.

Healthy Foods for Under \$1 per serving!

Eating healthy on a budget can seem difficult; but it can be done! Being creative can help you stick to your budget and incorporate nutritious foods into your diet. Try to incorporate some of these healthy foods under \$1 into your weekly menu planning.

- **Apples (raw with skin)**

Great for: Snacks, green salads, main dish salads and fruit salads

What's a serving? 1 large apple

Nutrition Info per serving: About 116 calories, 5.4g fiber, 17% Daily Value for vitamin C, 7% Daily Value for potassium

- **Bananas**

Great for: Snacks and fruit salads, yogurt parfaits and smoothies

What's a serving? 1 banana (large)

Nutrition Info per serving: 121 calories, 3.5g fiber, 14% Daily Value for potassium (487 mg), 20% Daily Value for vitamin C

- **Baby Carrots (raw)**

Great for: Snacks, casseroles, stews, veggie platters and side dishes

What's a serving? 8-10 baby carrots (3 oz)

Nutrition Info per serving: About 30 calories, 2.5g fiber, 234% Daily Value for vitamin A

- **Homemade or Canned Beans (kidney, pinto, garbanzo or navy)**

Great for: Green salads, casseroles, stews, hummus and chili. Types of beans range from 50% less sodium kidney beans and black beans to white beans and garbanzo beans.

What's a serving? Each can contains about 3.5 (1/2-cup) servings.

Nutrition Info per serving (for canned kidney beans): About 105 calories, 7g protein, 7g fiber, 8% Daily Value for iron, 9% Daily Value for potassium

- **Fresh or Canned Tomatoes (packed in tomato juice, reduced-salt versions)**

Great for: Italian and Mexican recipes, chili, stew and casseroles. Flavor options range from no-salt-added sliced stewed tomatoes to diced tomatoes with garlic and olive oil.

What's a serving? One can contains about 3.5 (1/2-cup) servings.

Nutrition Info per serving (for canned tomatoes): About 20 calories, 1g fiber, 6% Daily Value for potassium, 19% Daily Value of vitamin C

- **Oranges (fruit 2-7/8" diameter)**

Great for: Snacks, green salads and fruit salads

What's a serving? 1 large or extra large orange

Nutrition Info per serving: About 70 calories, 3g fiber, 138% Daily Value for vitamin C, 7% Daily Value for potassium

- **Pears (raw)**

Great for: Snacks, as an appetizer with cheese, green salads and fruit salads

What's a serving? 1 large pear

Nutrition Info per serving: About 133 calories, 7g fiber, 16% Daily Value for vitamin C, 8% Daily Value for potassium

- **Lentils (cooked)**

Great for: Soups and stews, cold bean salads and casseroles

What's a serving? 1/2 cup cooked

Nutrition Info per serving: 115 calories, 9g protein, 8g fiber, 18% Daily Value for iron, 10% Daily Value for potassium

- **Yogurt (plain, low fat or fat-free)**

Great for: Smoothies, yogurt parfait, dips and dressings

What's a serving? A 6-ounce container is usually a serving.

Nutrition Info per serving: (for 6 ounces of fat-free plain yogurt): 95 calories, 10g protein, 34% Daily Value for calcium, 12% Daily Value for potassium



Source: U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24.

For a complete listing go to:

http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/HowtoMakeHealthyHome/Healthy-Foods-Under-1-Per-Serving_UCM_303809_Article.jsp#_Vp-66cuh50l



AgriLife Extension will be closed

Monday, February 18th in

Observance of Presidents' Day

Get Your Kids Moving and Check Some Chores Off Your List

With one in three kids overweight or obese, staying active is more important than ever. When you think about activities to get them moving, don't forget to spread the love with chores — from dusting to mowing to walking the dog.

Your kids may not thank you, but their hearts will. Here are some chores and the calories they burn, adapted from Fitday.com. (Don't forget to join them!)



1. **Can they dig it?** Give your kids shovels and ask them to start digging. If they do it vigorously for 20 minutes, they'll raise their heart rates and strengthen their cardiovascular systems.
2. **Hand out soap and a bucket and ask them to wash the car.** Arms and abdominals will get a good workout.
3. **Rake it in.** Raking for 30 minutes burns 225 calories.
4. **Scrub-a-dub tub for 30 minutes.** Removing that stubborn soap scum from your tiles is a great way to burn about 200 calories and tone arm and shoulder muscles.
5. **Make beds for 30 minutes.** You'll burn 130 calories, the same number you'd use if you jogged on a treadmill or on flat terrain for 15 minutes.
6. **Put a load in the dishwasher.** Loading the dishwasher for 30 minutes burns 105 calories, which is less than the 160 calories burned when washing them by hand.
7. **Dive for the dust bunnies.** Vacuuming for 30 minutes burns about 90 calories; dusting for the same time kills about 50 calories.

www.heart.org/heartorg/healthy-living

Tortilla Soup with Grilled Chicken

Cooking spray

2 6-inch corn tortillas, cut in half, then into 1/4-inch strips

2 cups fat-free, low-sodium chicken broth

2 cups water

1 8-ounce can no-salt-added tomato sauce

6 ounces cubed grilled skinless chicken breasts, cooked without salt, all visible fat discarded

1 small yellow summer squash (about 4 ounces), diced

1 small zucchini (about 4 ounces), diced

1/2 cup frozen whole-kernel corn

1 teaspoon salt-free all-purpose seasoning blend

1 teaspoon chili powder

1 teaspoon onion powder

1 teaspoon olive oil

1/2 teaspoon ground cumin

1/4 teaspoon dried oregano, crumbled

1/4 teaspoon salt

1/4 cup shredded low-fat Cheddar cheese

Preheat the oven to 350° F. Lightly spray a baking sheet with cooking spray.

Place the tortilla strips in a single layer on the baking sheet. Lightly spray with cooking spray.

Bake for 10 minutes, or until crisp.

Meanwhile, in a medium saucepan, bring the remaining ingredients except the Cheddar to a simmer over medium-high heat. Reduce the heat and simmer, covered, for about 15 minutes. Serve sprinkled with the tortilla strips and Cheddar.



Serves 4, 1 1/4 cups per serving; Calories per serving 163; Total Fat 2.0g; Saturated Fat 1.0g; Trans Fat 0.0g; Polyunsaturated Fat 0.5g; Monounsaturated Fat 1.5 g; Cholesterol 34 mg; Sodium 288 mg; Carbohydrates 16 g; Fiber 3 g; Sugar 5 g; Protein 19 g.

<http://www.heart.org/HEARTORG/>

Orange County Master Gardeners

The Orange County Master Gardeners Association
Presents its



Third Annual Bloomin' Crazy Plant Fair
Saturday, March 19, 2016 8AM - 1PM
8235 FM 1442, Jewel Cormier Park, Orangefield, Texas
(Exit 869 S off IH10)

Our Annual Event is celebrates with the sales of Texas Superstars, natives, perennials, annuals, trees, citrus, avocados, blackberries, blueberries, vegetables, house plants and many unique and hard to find plants.

Specialty booths will be on premise selling garden and plant related items. Our Ask the Master Gardener Specialist will be available to answer any horticulture questions you might have.

Sign up for our next Master Gardener class which will be starting in April. For more information contact the Orange County AgriLife Extension @ 409-882-7010.



Check our website www.tmg.org/orange for more information.



Public is Welcomed at our Monthly Meeting

Orange County Master Gardeners

Meet 2nd Thursday of each Month

6pm Social 6:30 pm Meeting/Presentation

Orange County Convention & Expo Center

Public is welcomed



Feel free to email your question or picture to the hotline email. It will be checked on Tuesdays

extension@co.orange.tx.us



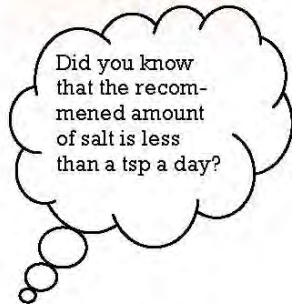
Master Gardener Hotline Tuesdays,
10 am to 2 pm, 745-9708



Love Your Heart

Whole Grains

- Whole Grain bread
- Brown rice
- Corn tortilla
- Popcorn
- bulgur



Did you know that the recommended amount of salt is less than a tsp a day?

Omega 3 Sources:

- Salmon
- Crab
- Tuna
- Walnuts
- Flaxseed
- Canola oil



New Years Resolution? Heart Health.

Written by: Bree Lanclos, Lamar University, Dietetic Intern, 2015

As you start the new year, you might make the resolution to get more organized, stop smoking, or save money, but what about to take better care of your heart?

Did you know that 1 in 4 Americans have heart disease? Heart disease is actually the number one cause of disease death for women. This might come as some surprise to you since it is overshadowed by breast cancer. I just want to simplify a heart healthy diet for you in a few steps.

1. Whole Grains

The difference between whole grain grains and refined grains is the fiber. Fiber keeps you fuller making you eat less than you normally do. Eating a diet rich in whole grains reduces your risk of heart disease and stroke. Multigrain does not mean whole

grain. Check the label for the phrase "whole grain."

2. Healthier Fats

In general, clear fats are going to be more healthful than solid fats (at room temperature). So choose fats like olive or canola instead of butter or coconut. Eating Omega 3 fats, found in fatty fish or walnuts increase your HDL levels or "good" cholesterol.

3. Less Salt

Americans love their salt. Hypertension, high blood pressure, is called the silent killer because it goes unnoticed for years and then causes havoc. Avoid adding salt to your meals and choose lower sodium options. If you buy canned vegetables, you can rinse them off to greatly reduce the amount of sodium. After doing this for awhile, you won't crave that salt anymore.

4. Exercise

I challenge you to exercise more than you are right now. Regular exercise helps you maintain your weight and reduces the strain on your heart.



Heart Healthy Cheese

Ingredients:

- 1 cup of Bisquick heart smart mix
- 1/3 cup of fat-free milk
- 1/4 cup shredded reduced fat cheddar cheese

- 1/4 tsp garlic powder

Directions:

1. Heat Oven to 450°F
2. In a small bowl, stir bisquick mix, milk, cheese, and garlic powder to make a

Biscuits

soft dough.

Drop dough by spoonfuls onto a greased cookie sheet.

3. Bake about 8 minutes or until golden brown. sheet. Serve warm.

SAVE THE DATE!
 Thursday, February 4, 2016
31st Annual
**Fort Bend Regional
 Vegetable Conference**
Fort Bend County Fairgrounds

Sponsored in part by:

CAPITAL FARM CREDIT, SARE, TEXAS A&M AGRILIFE EXTENSION, PRAIRIE VIEW A&M UNIVERSITY

To register, go to:

<https://agriliferegister.tamu.edu/index.cfm/productDetails/ProductID/1968/>

New Landowner Series

\$100 for all classes (February—July)

Or \$25 per class

Learn how to start up a ranch or farm.

This course will teach you the beginning basics.

If interested call 882-7010.

2016 Beekeeping Course

Starts February 11th @ 6:00 pm

Contact the Extension Office

if interested 409-882-7010

Texas Master Naturalist

T E X A S



SABINE NECHES

CHAPTER

New Class Training in Spring of 2016

Please contact Tara, Chapter President, via e-mail taranichole73@msn.com for more information.

TEXAS A&M AGRILIFE EXTENSION
11475-A FM 1442
Orange, TX 77630
Phone: 409-882-7010
E-mail: orange-tx@tamu.edu

Non-Profit Org.
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Orange, TX
Permit #12

Return Service Requested

TEXAS A&M
AGRILIFE
EXTENSION

Sweetheart Buddies



5 ounces white almond bark or white chocolate chips
5 ounces red candy melts
1 teaspoon shortening
1 cup strawberry cake mix
1/2 cup powdered sugar
1/2 package valentines chocolate M&M's

- Start by dividing the chex mix into two bowls. (2 1/2 cup in each)
- In microwave safe dish, melt the 5 ounces white almond bark or white chocolate chips. Add 1/2 teaspoon shortening so that the almond bark will spread evenly. Microwave 30 seconds at a time and be careful not to burn the almond bark. Dump this in the first bowl of chex and mix evenly to coat all of the chex cereal.
- Melt the red candy melts next also checking and stirring the candy melts 30 seconds at a time. Once this is melted, pour this over the second bowl of divided chex and mix until coated.
- In two gallon size ziplock bags, put 1/2 cup strawberry cake mix and 1/4 cup powdered sugar in each bag. Dump each bowl of chex mix in each bag and shake until coated with the powder sugar and strawberry powdered cake mix. Pour in M&M's and shake. Store in airtight container or bag.

Recipe by The Recipe Critic at <http://therecipecritic.com/2013/02/sweetheart-buddies/>

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