

THE Tyler County AGENTS' ADVICE

UPCOMING EVENTS:

Dec 9th- FCS Advisory Board Mts. 11-12pm EOC Rm 1

Dec 24th-25th – Christmas Holidays (All County Offices will be closed)

December 31st – New Year's Holiday (All County Offices will be closed)

January 1st- New Year's Holiday (All County Offices will be closed)

January 13th- FCS Advisory Board Mtg. 11-12pm

January 18th- County Holiday (All County offices will be closed)

January 28th- Feral Hog Workshop: Ticket cost \$20.00

Christmas Trees!



Christmas Time is a Coming! At this point in the year most of us have already got or soon will have our tree in the living room decorated in festive ornaments and ready for the many traditions that remind each of Christmases past and provide a bright outlook as to Christmases future! At this time, it seems like more and more families opt for the ease of a "fake" tree with its near-perfect limbs and pre-lit lights, but for some of us a real tree just has a special feel! Once we finish with our tree here at the office I'm not sure what we will do with it, but there are some opportunities with fresh trees that you don't get with the fake ones, for example since trees are bio-degradable, they can be really recycled. Trees

can be mulched or shredded to be converted to compost or mulch that can be used add organic matter to the soil which can help with both moisture retention and weed control in gardens and flower beds.

Another option when looking at what to do with your now used Christmas tree is to add it to your farm pond or lake. Especially in ponds that have little cover already, a Christmas tree can add valuable space for small fish to congregate and use the needles and branches for cover. These areas allow for aquatic insects and invertebrates to have valuable habitat which then attracts smaller fish, and eventually increase the number and frequency of bites from the fish you intend to catch. If you have the type spot where you can add multiple trees it's a good

idea to vary the depths of the trees in the pond. It may be necessary to pile several trees in one location making a bigger, denser habitat for fish species. Setting trees in a line going from shallow to deeper water also helps create a desirable fish habitat as well. Weights added to the tree may help place it in the proper location as the tree will settle or move as it sinks to the bottom.

Tyler County Extension Agents



Kelly Jobe, Family & Consumer Science
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For more information on SNAP-Ed, contact your local county Extension office. Better Living for Texans is located in over 200 counties across the state.

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What's in Season? Onions

Onions are great at enhancing the flavor in a variety of dishes. There are many popular types of onion. The most common, and cheapest to buy, is the yellow onion. Red and sweet onions are milder in flavor and don't store as well as yellow onions. Green onions and Chives

(which are thin green stems) are also mild in flavor. No matter the variety, onions can be used in most recipes to help boost flavor.

Despite their pungent odor when raw, onions are very healthy vegetables and are great sources of fiber and vitamin B6.

When choosing a whole onion, select one that is firm, heavy for its size, and scentless. The outer skin should be dry and papery.



Monthly Recipe: Onion Cake

Ingredients:

3 bacon strips, diced	4 medium Vidalia or yellow onions, chopped
3 tablespoons butter	1/2 cup sour cream
1 tablespoon all-purpose flour	1/2 teaspoon salt
3 eggs, beaten	1 tube (8 ounces) refrigerated crescent rolls

Prep time: 20 minutes Bake Time: 30 minutes



Nutritional Facts: 1 serving (1 piece) equals 144 calories, 10 g fat (4 g saturated fat), 53 mg cholesterol, 255 mg sodium, 10 g carbohydrate, 1 g fiber, 3 g protein.

Directions: In a large skillet, cook bacon until crisp; drain bacon and discard pan drippings. In the same skillet, cook onions in butter until tender. Cool. In a large bowl, combine sour cream, flour and salt; add eggs. Stir in the bacon and onions; set aside. Next, separate the crescent roll dough into four rectangles. Pat dough onto the bottom and 1 in. up the sides of a greased 9-in. square baking pan, stretching as needed. Pinch edges together to seal. Pour onion mixture over dough. Bake at 375° for 30 minutes or until the topping is set and crust is golden. Cool slightly before cutting into small squares. Serve warm. Yield: 16 servings. Source: Taste of Home

Kids in the Kitchen

Did You Know?

The more that kids are involved in the cooking process, the more likely it is that they'll eat or try new food!

Try these ideas to get your kids involved in the kitchen!

- *Have them open and measure ingredients
- *Let them stir ingredients
- *Have them set the table
- *Teach kitchen safety on knives & stove tops
- *Let them help plan meals and pick out a new item to try each week

