

# THE Tyler County AGENTS' ADVICE

## UPCOMING EVENTS:

### January

Monday, January 2<sup>nd</sup> -County Holiday

Thursday, January 5<sup>th</sup> – 4H County Round-Up for Food and Fashion

Monday, January 16<sup>th</sup> - MLK County Holiday

Thursday, January 19<sup>th</sup> – Cooking with Friends, Extension Office, 6-8pm

Friday, January 20<sup>th</sup> - LGEG Chester Elementary

Monday, January 23<sup>rd</sup> - 4H Council/County Wide Meeting, Extension Room C- 6pm

Friday, January 27<sup>th</sup>-LGEG Chester Elementary

### February

Friday, February 3<sup>rd</sup> - LGEG Chester Elementary

Saturday, February 4<sup>th</sup> - SFA District Food/Fashion Show

Friday, February 10<sup>th</sup>-LGEG Chester Elementary

Monday, February 13-17<sup>th</sup> - 2017 Health Summit, Arlington, Texas

Monday, February 20<sup>th</sup> - Presidents Day, County Holiday

Friday, February 24<sup>th</sup> - LGEG Chester Elementary

Monday, February 27<sup>th</sup> - 4H Council/County Wide Meeting, Extension Room C-6pm

## Tyler County Extension Agents



Kelly Jobe, Family & Consumer Science  
Jacob Spivey, Agriculture/Natural Resource

## Farm Ponds Can Use Some Attention In The Winter Months

Winter pond management can mean better fish production in the spring. There are several important winter management tips to consider for pond owners who want to produce good fishing in their private impoundments. Typically, in East Texas, higher precipitation rates in winter months often lead to many stock ponds catching new water from their watersheds. This can change the pond's water chemistry and if the pond is located on acidic soils, a water test should be conducted in January to determine agricultural limestone needs. Ponds typically need lime when the pH is below 6 and they have a total alkalinity reading of less than 20 parts per million, Higginbotham said. A pH level of 6.5-8.5 is desirable for fish production. The lower the alkalinity, the more agricultural limestone is required.

Applications can vary from 1-4 tons of lime per surface acre.

Landowners should apply the lime as evenly as possible over the surface via boat or barge or dump the lime at the upper end of the pond to allow distribution by natural water flow.

If agricultural lime is required, applications should be made between January and March to give the lime time to react prior to spring fertilization in April.

Supplemental feeding activity slows greatly when water temperatures decline. Consider turning off automatic feeders and only supplying measured amounts at specific times to ensure fish are eating supplemental feed. A good rule of thumb is to not feed if the fish are not eating, switch to offering a little feed in late afternoons after several warm sunny days in a row. The fish will not feed as vigorously as they did back in September, but a little supplemental feed

throughout the winter will keep the fish in good condition going into the spring growing season. Overfeeding leads to wasted money and possibly a change in water chemistry as feed decomposes. If aquatic weeds were problematic during the summer, they will surely return as the weather warms this spring. If possible, pull samples of weed growth and have it identified for control recommendation purposes.

This is also an excellent time to review catch records from throughout 2016 to determine if the pond is moving in the right direction to achieve production goals for fishing. If you were unhappy with what you were catching in 2016, nothing will change in the new year unless you take the appropriate management steps to correct problems.

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? Cabbage

I am sure that when planning a meal, unless it is New Year's Day, cabbage is not the first food that comes to mind. It's not the fanciest vegetable out there, but it is packed with nutrients and fiber, and you would be surprised what you can do with this cruciferous, leafy powerhouse. **Cabbage is anything but boring!** It comes in many varieties, including green, purple and white. The brightly colored purple cabbage is not only beautiful, but contains anthocyanins, which have been proven to have anti-carcinogenic properties...meaning, it helps your body to fight off cancer.

**Cabbage is great for your waistline!** Cabbage is very low in saturated fat and cholesterol, and is a good source of fiber. If you are trying to maintain or obtain a healthy weight, adding cabbage into mixed green salads is a good idea for several reasons. One, it will help fill you up. Two, it will help keep you regular. And three, it fits into the zero-calorie food group. Napa Cabbage, which has a sweet,

crunchy, celery flavor, makes a wonderful, filling Asian slaw with a spoonful of rice wine vinegar, a few drops of sesame oil, some toasted sesame seeds, and a handful of edamame beans.

**Cabbage is a good source of folates.** Folate is one of the essential components of DNA. Are you listening pregnant moms? Not only will adding cabbage to your diet help protect your baby from birth defects, but it will satisfy your rumbling tummy without adding unnecessary calories. Try chopping up some bok choy and stir-frying with some lean chicken breast and other colorful veggies such as carrots, mushrooms, sugar snap peas and garlic. This way, you will enjoy a high protein, high nutrient, low calorie meal that is good for you and your family.

**Cabbage can help keep your bones and body healthy.** Cabbage is a good source of vitamin C and vitamin K. Vitamin C helps the body develop resistance against infectious agents and scavenging, harmful, pro-inflammatory free radicals. Cabbage is also packed



with vitamin K. Enough vitamin K in the diet makes your bones stronger, healthier and delays osteoporosis. **Eating cabbage is like taking a multi-vitamin.** While taking a multi-vitamin daily is a great idea, adding cabbage to your diet just bolsters the good work your vitamin of choice is doing for your health. Like other green vegetables, it is a good source of many essential vitamins such as riboflavin, pantothenic acid, and thiamin. In addition, it is a very natural source of electrolytes and minerals like calcium, potassium, phosphorous, manganese, iron and magnesium, which can help control heart rate and blood pressure. Iron is required for red blood cell formation and is an important mineral for keeping anemia at bay. **One warning:** People with hypothyroidism may want to limit their intake of types of cabbage, brussels sprouts, bok choy and broccoli, because they inhibit the absorption of iodine.

## Monthly Recipe: Cabbage-Pineapple Slaw

### INGREDIENTS

1 (8oz) can pineapple tidbits in Juice, undrained  
3 cups finely shredded cabbage  
1 ½ cups chopped red delicious apples  
½ cups chopped celery  
¼ cup golden raisins  
¼ cup light mayonnaise  
Cabbage leaves (optional)  
Apple Slices (optional)



Per serving: 108 calories,  
3.5g fat, 20.2g carb, 1.2g protein,  
2.9g fiber, 0mg cholesterol

### DIRECTIONS

Drain pineapple, reserving 3 tablespoons juice. Combine drained pineapple, shredded cabbage, and next 3 ingredients in a large bowl. Combine reserved pineapple juice and mayonnaise; add to cabbage mixture, tossing gently. Cover and Chill.

To Serve, spoon mixture into a cabbage leaf-lined bowl, and garnish with apple slices, if desired. Serves 8

Tip: This tasty chilled salad is a cross between Waldorf salad and coleslaw. Delicious!!

Have you ever asked yourself the question whether you should soak or not soak when preparing beans?



How To  
Quick-Soak Black-Eyed Peas



The black-eyed pea, which is also known as a cowpea, doesn't necessarily need to be soaked. But if you find yourself short on time, soaking black-eyed peas can make a true difference in regards to cooking time. So if time is ever your enemy, this simple method will make your day!

**Step 1:** Rinse the beans in cool water

**Step 2:** Pour the beans in boiling water, and boil them for 2 minutes.

**Step 3:** Remove them from heat and let them sit aside for an hour to cool.

**Step 4:** Discard the water. Then you can start cooking with the beans!