

# Coastal & Marine Resource

Volume 2, Issue 2  
April, 2010

NEWSLETTER

Jefferson County 2011  
Hurricane Preparedness Seminar

**ARE YOU  
PREPARED?**

May 3, 2011

Texas AgriLife Extension Service  
1225 Pearl Street, Suite 200

**2 1 1 \* Evacuation Plan**

**Emergency Information \* Community Planning**

Beaumont TX

FREE AND OPEN TO THE PUBLIC!

Call (409) 835-8461 for details



### Better Living for Texans (BLT) Teaches:

- Comparing Prices
- Healthy Menu Choices
- MyPyramid
- Preparing Healthy Meals
- Importance of Physical Fitness

A program for adults and kids who want to learn how to eat well and save money. You can make friends and have fun while you learn about eating healthy foods and saving money! To be a part of the Better Living for Texans program, email, call or drop by your local county Extension Office, 1225 Pearl Street, Suite 200, Beaumont Texas.



### BAKED LOUISIANA TILAPIA

Serves 4

When Cajun cooking was at its peak a few years ago, restaurants were serving blackened everything. It's still an exciting way to prepare fish but if you ever made it on the stove the whole house was smoked. So here's a way to achieve the same zippy flavor without the smoke.

4 to 6 tilapia fillets

1/2 cup plain bread crumbs

4 tbsp. butter, divided

1 1/2 tsp. Cajun seafood seasoning

Pinch dried thyme

1/2 tsp. salt

Dash black pepper



Heat oven to 400F. Oil a large shallow baking dish and lay the fillets in it. Brush with a tablespoon of the melted butter. Combine the rest of the butter with the bread crumbs and seasonings and sprinkle over the tilapia. Bake for 15 to 20 minutes, or until fish is cooked through and flakes easily. Carefully plate the fillets and serve hot.



## GIVE US YOUR IDEAS!

[www.gulfspillrestoration.noaa.gov/](http://www.gulfspillrestoration.noaa.gov/)

Give-us-your-ideas





The Gulf of Mexico is one of America's greatest and most diverse treasures uniting five states with a single coastline. It is home to extraordinary habitats and wildlife from its deep blue ocean depths to productive estuaries and magnificent beaches. It is home to more than 44 million people, many whom depend on the Gulf for their livelihood or were drawn here by the Gulf's natural beauty and great lifestyles. With all this beauty, the Gulf faces many challenges. The region has 30 percent or roughly three million acres, of the Nation's coastal marsh which is disappearing at an alarming rate. Events such as hurricanes and the Deep-water Horizon oil spill have added to this ecological decline making communities, infrastructure, ports and other resources incredibly vulnerable. Secretary of the Navy Ray Mabus recommended and President Obama created the Gulf Coast Ecosystem Restoration Task Force to coordinate Gulf restoration activities and develop a comprehensive, Gulf-wide restoration strategy to address certain issues.

Task force members include the States of Mississippi, Alabama, Florida, Texas and Louisiana, as well as the Departments of Agriculture, Commerce, Defense, Interior, Justice, and Transportation. The Task Force is charged with development of a restoration strategy that proposes a Gulf Coast ecosystem restoration agenda. In order to develop this strategy, the task force is working to engage Gulf Coast communities, local stakeholders, local governments and tribes and to inform the public about the development of the strategy.

You may get involved by attending task force member meetings and listening sessions being held in each of the five Gulf States. Share your thoughts and comments by emailing [GulfCoastTaskForce@epa.gov](mailto:GulfCoastTaskForce@epa.gov). To join, visit [www.restorethegulf.gov/task-force](http://www.restorethegulf.gov/task-force) or call toll free at 855-427-9263.

Task Force Member Meeting  
June 27, 2011- Southeast Texas

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Are you experiencing signs of stress as a result of the oil spill disaster?

Gulf Coast residents can call **1-800-985-5990** to talk about any stress they are experiencing and to get info on how to manage or reduce their stress. The helpline is

Free

Confidential

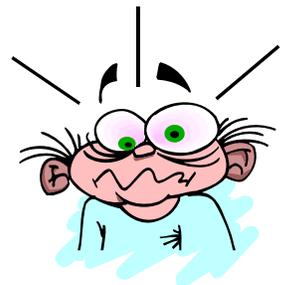
A local network of Gulf Coast Crisis Centers

Available 24 hours a day, 7 days a week

**Call 1-800-985-5990**

Connect with us online: <http://www.distress-helpline.org>

TEXT: **"TalkWithUs"** to 66746 or  
**"Hablanos"** to 66746



# shrimp smarts



Pink or brown? Fresh or frozen? Are prawns the same thing as shrimp? Whether you shop in your grocer's freezer or at a fish market, you'll likely see a variety of sizes, colors, and types of shrimp. Here's what you need to know in order to tell them apart.

**WHAT COLOR ARE THEY?** Shrimp are named for the color of their uncooked shells and can be pink, brown, or white, (almost all turn pink when cooked).

**FRESH OR FROZEN?** Technology has made it possible to freeze top-quality shrimp immediately upon harvesting them. Look for the abbreviation IQF (individually quick-frozen) on the labels

**WHERE ARE THEY FROM?** 90% of shrimp eaten in the U.S. is imported, primarily from Asia, the other 10% comes from the Gulf of Mexico.

**WILD OR FARMED?** Both farmed and wild shrimp are suitable for most recipes.

**HOW SAFE ARE SHRIMP TO EAT?** The Gulf oil spill has raised questions about safety, but national food safety experts have stated that seafood harvested from open, unaffected areas of the Gulf is safe and healthy to eat.



Three men stood before a judge on a charge of drunk and disorderly conduct in a public park. Judge: What were you doing? 1st man: Oh, just throwing peanuts in the pond. Judge: And what were you doing? 2nd man: I was throwing peanuts in the pond, too." Judge: Sounds harmless. And you, were you throwing peanuts in the pond as well? 3rd man: No, sir. I AM Peanuts!



Visit our website  
<http://Jefferson-tx.tamu.edu>

A handwritten signature in black ink that reads "Terrie Looney".

Terrie Looney, CEA, Coastal & Marine Resource  
Jefferson/Chambers Counties  
409-835-8461

*Programs conducted by the Texas AgriLife Extension Service serves people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A & M University System, U.S. Department of Agriculture and the County Commissioners' Court of Texas Cooperating.*