



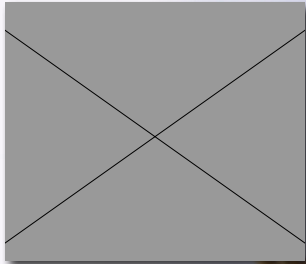
**STAR Fund**  
Texas farmers and ranchers will benefit from recent wildfires and other natural disasters. Consider donating today.  
**Page 4**



**Heat Safety**  
Summer is just a couple months away. Be prepared this summer and look for these important heat-related illnesses.  
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**TDA Updates**  
Young Farmer Grant Applications & Recipient, Food & Nutrition, Honey Banana Bread and more!



# TEXAS AGRICULTURE *Matters!*

Your monthly connection to the Texas Department of Agriculture.

Volume 3  
Issue 4  
April 2022



## Howdy Neighbors!

Welcome to the Texas Agriculture Matters newsletter, your monthly connection to the Texas Department of Agriculture.

We've had some record breaking natural disasters within the last few weeks. Tornadoes, drought, and wildfires have caused great damage to our farms and ranches across the state. I encourage you to help your fellow Texan by donating to our STAR Fund.

The thing I love about Texas and Texans is that no matter the disaster or damage, we're always there to lend a helping hand. We've had great donors like Tractor Supply and Cavender's step up for our ag community and I couldn't be more grateful. We've got a long road of recovery but together we will get there.

Remember friends,  
Texas Agriculture Matters!

Sid Miller

Texas Agriculture Commissioner

## Texas Producers Travel to Dubai for *Gulfood Trade Expo*

In mid-February, Texas agriculture headed east ... to the Middle East! More specifically, more than a dozen Texas agriculture producers representing seven organizations and five industry sectors traveled to Dubai to participate in the Gulfood trade show, Texas Day activities at Expo 2020 Dubai, and a USDA trade mission gathering.

The largest food and beverage trade show in the world, the 2022 edition of Gulfood marks the first time the Texas Department of Agriculture (TDA) hosted its own space at this event. The goal of promoting Texas as a leading agricultural producer and exporter was supported by representatives from the state's

citrus, pecan, peanut, beef, and sorghum organizations. With more than 4,000 companies from 120 countries present – in addition to tens of thousands of buyer attendees – Gulfood was a great way for Texas agriculture to explore the potential for increased trade activities and new sales opportunities in the Middle East and beyond.

In addition to the Texas agriculture stand in the USA Pavilion of the World Food Hall at the show, the Texas team also hosted “Texas Day” on February 17 at Expo 2020 Dubai, the new iteration of the World’s Fair. Geared toward educating buyers, importers, and consumers about Texas agriculture, the Texas Day event took place in the USA Pavilion’s Rocket Garden, under the boosters of a scale model SpaceX rocket! (Fun fact: SpaceX is a GO TEXAN partner!)

Wrapping the week up was the group’s participation in the USDA Foreign Agricultural Service’s welcome reception for their trade mission to Dubai. At this event US agricultural products were featured for buyers and invited guests to enjoy. It was also a great chance to meet with potential trade partners and leaders from USDA’s Office of Agricultural Affairs in the Middle East.

Leading the group from TDA was Assistant Commissioner Dan Hunter, along with the agency’s Coordinator for International Marketing, Jean Lonie. Cory Oliver from Wonderful Citrus participated to represent the produce/citrus

TEXAS AGRICULTURE *Matters!*



Produced by the Office of Communications  
Editor, Katlyn Gast

[www.TexasAgriculture.gov](http://www.TexasAgriculture.gov)  
(800) TELL-TDA



*Click the left and right arrows to view more photos.*

sector. This activity was funded by TDA’s USDA Agricultural Trade Promotion (ATP) allocation through the Southern United States Trade Association (SUSTA). The ATP program provides support for agricultural commodities to develop and participate in global trade activities. TDA was awarded \$4.1 Million in ATP funds.

In 2021, Texas agriculture was promoted in 12 different countries through ATP activities; in 2022 there will be ongoing events in nine countries to promote Texas

agriculture. These efforts include promoting Texas produce and citrus to trade partners around the world and strengthening our exports to our neighbors to the north and south.

## BEEF

Texas beef is renowned – and during a recent trip to Dubai for the Gulfood trade show the interest in this leading agricultural export from the Lone Star State was strong and steady! Stephanie Martinez with 2F Akaushi Beef was part of the Texas agriculture delegation that participated in the trade show

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## ABOUT COMMISSIONER SID MILLER

Sid Miller is an eighth generation farmer and rancher and the 12<sup>th</sup> Commissioner of Agriculture for the great State of Texas. Commissioner Miller has devoted his life to the agriculture industry, and supporting Texas producers and the communities they call home. He is a businessman, rancher, community leader, former ag teacher and former school board member. Commissioner Miller is a rodeo cowboy and holds 20 world championship titles. He is an honors graduate of Tarleton State University in Stephenville, where he received a Bachelor of Science in Vocational Agriculture Education.

and hosted a Texas Agriculture Roundtable presentation at Expo 2020 Dubai (the modern-day version of the World's Fair). Importers, chefs, and even consumers from all over the world stopped by the Texas Department of Agriculture booth to find out how they can get Texas beef in their stores and on the menu.

## PEANUTS

Whether you enjoy them on their own, as an ingredient in other foods, or as a keto-friendly, protein-packed spread, Texas peanuts are a great food that is good for you.

At the 2022 Gulfood show in Dubai, peanuts and peanut butters from around the world were found throughout the World Food Hall, but only one booth – the Texas Department of Agriculture stand – could offer products from all four varieties of peanuts and with the high oleic acid content that can contribute to healthy cholesterol levels.

Shelly Nutt with the Texas Peanut Producers Board and Jeffrey Lollar of Algrano Peanut Shelling were able to share with importers and

buyers the value of Texas peanuts – taking advantage of the global interest in this supernut and peanut-based foods!

## PECANS

It's official: The world is nuts for Texas pecans! There was almost non-stop interest in Texas pecans from global buyers and food manufacturers.

Pecans are a nutritional powerhouse and when combined with a healthy diet, they contribute to both heart and brain health. Also, pecans can be broken down and used in many forms such as halves, pieces, meal, flour, oil, and flavored snacks. Since Texas has a great global reputation as a producer of quality agricultural products, there is huge opportunity for Texas pecans overseas.

Will Cullers of Cullers Family Farms, and a board member of the Texas Pecan Growers Association, was part of the Texas agriculture delegation that went to Dubai to promote the state's agriculture industry. There was a steady flow of buyers wanting to explore pecan options from Texas.

## SORGHUM

Sorghum is a great grain that packs a powerful protein punch. It can be included in malted beverages, livestock or pet food, or in your own diet. It's also an antioxidant that is extremely high in B vitamins, magnesium, iron, and fiber. If you want to have some fun with it, you can even pop sorghum like popcorn!

Wayne Cleveland of the Texas Sorghum Producers Association attended the Gulfood show as part of a trade delegation to promote Texas agriculture.

In addition, the group hosted a Texas Agriculture Roundtable at Expo 2020, the current version of the World's Fair, where sorghum was promoted to importers and consumers alike.

Texas sorghum is in high demand globally, and the outlook for exports to grow is strong as this gluten-free, non-GMO whole grain finds new fans around the world. 🇺🇸

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## ABOUT TDA

The Texas Legislature established the Texas Department of Agriculture (TDA) in 1907. The agency's key objectives are to promote production agriculture, consumer protection, economic development and healthy living. The agriculture commissioner oversees the agency and is elected every four years. The current commissioner, Sid Miller, was elected in 2014 and re-elected to a second term in 2018. TDA is a diversified state agency that provides value-added services through our regulatory and marketing and initiatives. TDA is headquartered in Austin and has five regional service offices, two sub-offices, three laboratories and five livestock export facilities.

### Mission:

TDA's mission is to partner with all Texans to make Texas the nation's leader in agriculture, fortify our economy, empower rural communities, promote healthy lifestyles, and cultivate winning strategies for rural, suburban and urban Texas through exceptional service and the common threads of agriculture in our daily lives.



# STAR FUND NOW OPEN FOR 2022 WILDFIRES

[APPLY HERE](#)

WHEN DISASTER STRIKES  
TEXAS FARMERS AND RANCHERS  
WE ARE THERE



<sup>2</sup>  
**THE**  
**STAR**  
**FUND**  
STATE OF TEXAS  
AGRICULTURE RELIEF  
TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

Managed by the Texas Department of Agriculture, the STAR Fund was created to collect private donations from individuals and businesses to help Texas farmers and ranchers affected by natural disasters. It is a helping hand, not a handout. If you or your company would like to make a tax-deductible donation to the STAR Fund, please contact TDA today. Your support is appreciated!

## DONATE NOW

(800) TELL TDA  
[texasagriculture.gov](https://texasagriculture.gov)





## Hay, Feed, Fencing Supplies Still Needed to Support Texas Wildfire Victims

**A**griculture Commissioner Sid Miller is calling on all who can to donate hay, feed and fencing supplies to support those impacted by the devastating Eastland Complex wildfires which have covered more than 45,000 acres in west central Texas.

“People from across the nation have been very generous and we’re appreciative of their support. Our hope is that others can continue to lend a hand to our recovery efforts,” said Commissioner Miller.

The Texas Department of Agriculture, Texas A&M AgriLife Extension Service,

Red Chain Feeds, the Texas Animal Health Commission and the Texas Southwestern Cattle Raisers are coordinating efforts to meet the needs of these fire victims. The wildfires have spanned Eastland County covering 46,768 acres due to dry, windy conditions. The fire hazard continues to put thousands at risk due to the dry weather and high winds.

“Texans help their neighbors. That’s what we do. Please consider making a donation today,” Miller said.

### Donation locations and contact information:

Texas A&M AgriLife Extension Service  
Donations Hotline: 979-314-8200

### For direct delivery of supplies in the area:

Gorman Milling Company Inc. Fiber Plant  
1200 East Townsend  
Gorman, Texas 76454

Red Chain Feed Mill  
Phone: Luke Fritts, 254-734-2252

Those unable to donate supplies can make a monetary donation through the [Texas Department of Agriculture’s State of Texas Agriculture Relief \(STAR\) Fund](#). Payment can be made via PayPal or check. 🇺🇸

# IT’S OK TO ASK FOR HELP

Have you experienced problems like rising costs, market fluctuations, family conflicts, or extreme weather?

Are you stressed or feeling defeated?

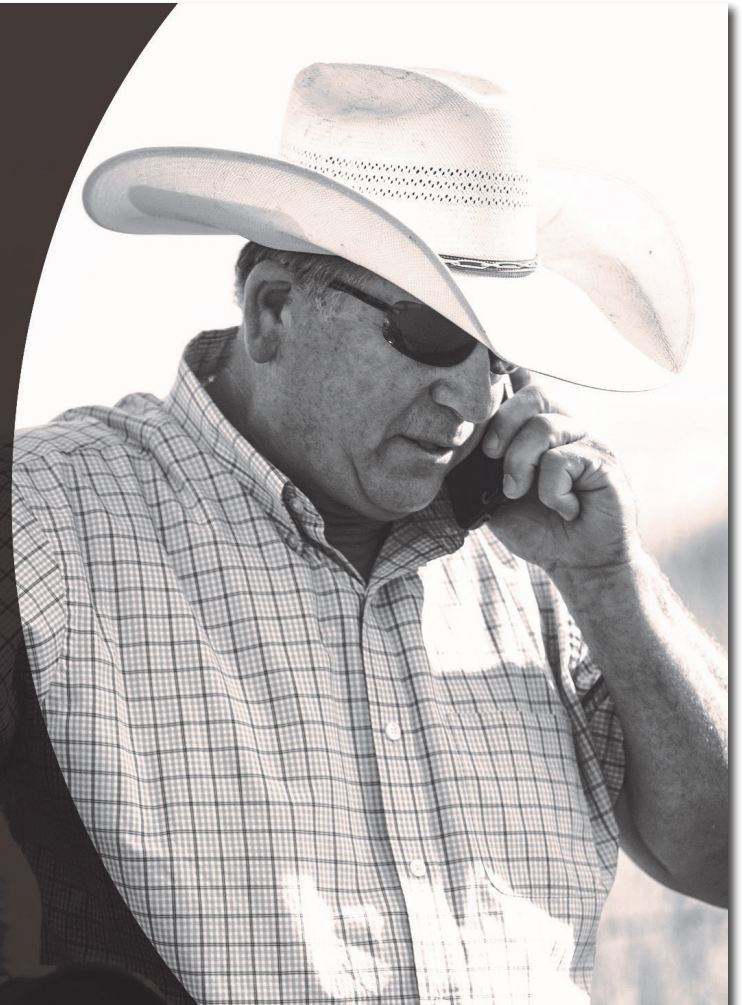
Even the toughest people **NEED HELP** sometimes.

**AgriStress**  
**HELPLINE** SM  
for Texas

**833-897-2474**



Scan code to save the number!



*The Texas Department of Agriculture, in partnership with the national nonprofit AgriSafe Network and the Southwest Center for Agricultural Health, Injury Prevention and Education (at The University of Texas Health Science Center at Tyler) designed this comprehensive agricultural crisis helpline for Texans.*



# YOUNG FARMER GRANT

## *Applications Now Open*



The purpose of the [Young Farmer Grant](#) program is to provide financial assistance in the form of dollar-for-dollar matching grant funds to young agricultural producers that are engaged or will be engaged in creating or expanding an agricultural business in Texas.

TAFAs (Texas Agricultural Finance Authority) Young Farmer Grant Program aims to:

- ★ Grow and support Texas agriculture
- ★ Help meet a financial need that is otherwise not met
- ★ Help grow an operation that so impacts the community

Grant applications will be accepted from any person 18 years or older, but younger than 46 years of age as of the application deadline, who

is engaged or will be engaged in creating or expanding agriculture in Texas. Applications that merely propose to sustain an existing agricultural business are not eligible for an award under this program.

Corporations, limited liability companies, partnerships or other types of foreign or domestic entities are not eligible for awards under this program. TDA will immediately disqualify any application filed on behalf of a corporation, limited liability company, partnership or other types of foreign or domestic entity. The applicant must be able to make dollar-for-dollar matching expenditures to sustain, create or expand the proposed project. Applicant must be a U.S. Citizen and applicants must reside and operate in Texas.

Grant funds will not be awarded to multiple family members for the same project. Each individual grant applicant must clearly describe a distinct project and demonstrate how the individual grant applicant will independently benefit from the Young Farmer Grant. [Apply today!](#) 🇺🇸

**Applicants must submit one (1) complete, e-signed grant application package for consideration. The complete online application packet including the application must be RECEIVED by 11:59 p.m. CDT on Wednesday, April 27, 2022. Applications may not be supplemented after the submission deadline. It is the applicant's responsibility to ensure the timely delivery of all required materials.**



The purpose of this program is to provide financial assistance in the form of dollar-for-dollar matching grant funds to young agricultural producers that are engaged or will be engaged in creating or expanding an agricultural business in Texas.

The Young Farmer Grant Program aims to:

- ☆ Grow and support Texas agriculture
- ☆ Help meet a financial need that is otherwise not met
- ☆ Help grow an operation that also impacts the community

Past YFG recipient Rebecca Hume.  
Photo by Scott David Gordon, The Daily



# YOUNG FARMER GRANT *Recipient*

TEXAS DEPARTMENT OF AGRICULTURE



a business - the start-up cost. Today, Samantha is a successful young rancher because of this opportunity.

“My ultimate goal was to grow my herd and continue to cull the cows that aren’t as strong and replace them with cows that are more superior,” says Samantha. “I was able to purchase twice as many cattle as I had originally thought. This program has allowed me to grow twice as fast because it assisted in the financial burden.”

## Samantha Medve *2016, 2018 & 2020 Recipient*

**S**amantha Medve is a multiple YFG recipient who qualified for funding in year 2016, 2018 and 2020. Her passion and dedication to ranching helped her overcome the first challenge in starting

We asked Samantha if she had any advice for other young farmers, “... look into programs that can help you. I also think asking others for help when you need it or advice is very helpful in ranching! It’s all about experience and budgeting properly. I am so grateful for this program! It has changed my life.” 🇺🇸



For more information on the grant and how to apply please visit our website, [www.texasagriculture.gov](http://www.texasagriculture.gov)





HARVEST OF THE MONTH  
APRIL



**Broccoli** belongs to the Cruciferae family, which also includes cauliflower, cabbage, bok choy and Brussels sprouts. Broccoli prefers cool weather. It is often boiled, roasted or steamed, but can also be eaten raw. A head of broccoli is made up of tiny flower buds. If you don't pick it early enough, the head turns into a bunch of yellow flowers. Broccoli is filled with a lot of healthy vitamins and minerals which provide strength to the body and help fight diseases.

### DID YOU KNOW?

Broccoli is an excellent source of vitamins C and K, and it is a good source of vitamin A and potassium.

### FUN FACT

Broccoli has been around for more than 2,000 years and has been grown in the United States for more than 200 years!



BROCCOLI GROWING REGIONS

- 1. Winter Garden
- 2. Rio Grande Valley



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA. This institution is an equal opportunity provider.



# Transitional Standards Focus on Nutrition Excellence

The U.S. Department of Agriculture (USDA) recently announced that it will implement the Transitional Standards for Milk, Whole Grains, and Sodium to ensure everyone in the National School Lunch Program continues striving for excellence.

This new rule establishes standards for milk, whole grains, and sodium for school years 2022-2023 and 2023-2024 to give schools time to make any necessary adjustments. After two difficult years, school nutrition professionals expect some sense of normalcy to return in the 2022-2023 school year and will be able to increase the nutrition standards that form the foundation of the National School Lunch Program.

The Transitional Standards, which are based on the Dietary Guidelines for Americans (DGA), will help schools encourage kids to drink milk for strong bones, eat whole grains for better digestion and consume less sodium for overall health.

The new regulations support schools' efforts to provide high-quality meals that support health and development while teaching children important lessons about a healthy diet. A complete summary of the changes is available in this [fact sheet](#) from USDA.



Adhering to nutrition standards tied to DGA ensures children continue to get some of their healthiest meals at school. School nutrition teams work hard every school day to create appealing meals that include Texas agriculture and are also balanced and nutritious; a return to normalcy is expected to make these efforts less challenging.

The Texas Department of Agriculture Food and Nutrition Division has worked closely with schools to address pandemic challenges and will turn now to supporting them as they use the Transitional Standards to build a healthier future for the Lone Star State. 🇹🇽



# SAFETY SAVES

## *Heat Safety*

If you employ workers on your agricultural, logging, or fishing operation, then you have most likely encountered the ongoing labor shortage that is taking place in the U.S. Perhaps now more than ever, it is important to incorporate safety into the workplace to keep the workers that you do have, safe and healthy.

Every year, dozens of workers die and thousands more become ill while working in extreme heat or humid conditions. There are a range of heat illnesses and they can affect anyone, regardless of age or physical condition. 1 Extreme heat can send someone into cardiac arrest and damage vital organs, and people living with comorbidities, like heart disease or diabetes, are even more vulnerable to fatality.2 Can you afford to lose a worker to something as preventable as heat illness?

Heat-related fatalities have occurred with a heat index below 80°F, particularly when aggravating factors like performing heavy strenuous work without easy access to water or shade, or working in direct sunlight are present.



So, before the summer heat wave sets in, it is important to know how you and your workers can beat the heat and prevent heat illness.

### **SIGNS AND SYMPTOMS**

It is important to note that there are varying levels of heat-related illness. Sweating may seem like a normal response to working in the heat, but excessive sweating could be

heat exhaustion. Similarly, a worker could complain of nausea and blame it on what he ate for lunch, but it could also be a sign of a heat stroke which can be fatal.

These types of heat illness rank from most to least dangerous. Note that heat cramps may seem mild but ignoring this sign of heat illness may worsen your symptoms. 🇺🇸



## Heat Stroke

### WHAT TO LOOK FOR

- ★ High body temperature (103°F +)
- ★ Hot, red, dry, or damp skin
- ★ Fast, strong pulse
- ★ Headache
- ★ Dizziness
- ★ Nausea
- ★ Confusion
- ★ Losing consciousness (passing out)

### WHAT TO DO

- ★ Call 911 right away-heat stroke is a medical emergency
- ★ Move the person to a cooler place
- ★ Help lower the person's temperature with cool cloths or a cool bath
- ★ Do not give the person anything to drink

## Heat Exhaustion

### WHAT TO LOOK FOR

- ★ Heavy sweating
- ★ Cold, pale, and clammy skin
- ★ Fast, weak pulse
- ★ Nausea or vomiting
- ★ Muscle cramps
- ★ Tiredness or weakness
- ★ Dizziness
- ★ Headache
- ★ Fainting (passing out)

### WHAT TO DO

- ★ Move to a cool place
- ★ Loosen your clothes
- ★ Put cool, wet cloths on your body or take a cool bath
- ★ Sip water

### GET MEDICAL HELP RIGHT AWAY IF:

- ★ Person is throwing up
- ★ Person's symptoms worsen
- ★ Person's symptoms last longer than 1 hour

## Heat Cramp

### WHAT TO LOOK FOR

- ★ Heavy sweating during intense exercise
- ★ Muscle pain or spasms

### WHAT TO DO

- ★ Stop physical activity and move to a cool place
- ★ Drink water or a sports drink
- ★ Wait for cramps to go away before person does any more physical activity

### GET MEDICAL HELP RIGHT AWAY IF:

- ★ Cramps last longer than 1 hour
- ★ Person is on a low-sodium diet
- ★ Person has heart problems

## Heat Rash

### WHAT TO LOOK FOR

- ★ Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

### WHAT TO DO

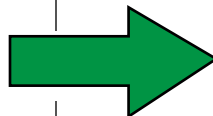
- ★ Stay in a cool, dry place
- ★ Keep the rash dry
- ★ Use powder (like baby powder) to soothe the rash

## Preventing Heat Illness

To prevent heat-related illness and death, ensure that workers:

- ★ Are allowed water breaks every 15 minutes
- ★ Rest in the shade or air conditioning to cool down
- ★ Wear a hat and light-colored clothing
- ★ Know heat-illness signs and symptoms
- ★ Report symptoms early, and watch out for coworkers
- ★ Know what to do in an emergency
- ★ Gradually build up their heat tolerance using an acclimatization process

An app developed by the OSHA, allows workers and supervisors to calculate the heat index for their worksite, and, based on the heat index, displays a risk level to outdoor workers.



## Commissioner Miller Presents Ag Mechanics Award at HLSR

**O**n March 20, Commissioner Sid Miller helped honor the winners of the Agricultural Mechanics Project Show at Rodeo Houston.

The Agricultural Mechanics Project Show highlights the many talents of Texas 4-H and FFA members. These individuals build gates, hay haulers, trailers and more!

Congratulations to the Agricultural Mechanics Grand Champion and Reserve Grand Champion! 🇹🇽

## Commissioner Miller Encourages Texas Youth to Apply for 4-H Water Ambassador Program

**D**o you have an interest in H2O? Applications for the Texas 4-H Water Ambassadors Program will open April 1st! Students in 9-12th grade are eligible. Applicants do not have to be a current 4-H member to apply, however, if selected, they must join a local 4-H club to serve. Learn more about this transformative, leadership opportunity by clicking this [link](#)!

The Water Ambassador Program is a great way for young Texans to learn more about our most precious natural resource: Water. The application process for the program opens tomorrow, April 1st. I'd encourage any Texas High School student to consider this worthy program,"  
- Commissioner Sid Miller 🇹🇽







**GO TEXAN.**<sup>®</sup>

**FIND THE MARK**  
*that matters*

## WHAT

**does it mean?**

When you see the mark, you know the product or place has been proudly certified as authentically Texan.

## WHERE

**do you find it?**

Look for the mark anywhere you shop, from local farmer's markets to national retail chains.

**Support Texas.**

Want to learn more?  
[gotexan.org](http://gotexan.org)

**#GOTEXAN**



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



# Fresh From the Field



TEXAS DEPARTMENT OF AGRICULTURE ★ COMMISSIONER SID MILLER

## Uncork Texas Wines



UncorkTexasWines.com

GO TEXAN!

## NEW PARTNERS!

- ★ [Newton's Southern Comfort Food](#)
- ★ [Kaprc0, LLC](#)
- ★ [Panhandle Popcorn Company](#)
- ★ [Anzu Genetica, LLC](#)
- ★ [Kick Ass Condiments](#)
- ★ [Chago Chipotle, LLC](#)
- ★ [Dos Amigos BBQ](#)
- ★ [Tunsouk](#)
- ★ [Bumble and Buzz, LLC](#)
- ★ [Mistikalrose](#)
- ★ [Stagecoache](#)
- ★ [El Campo Chamber of Commerce](#)
- ★ [Bovine Elite](#)
- ★ [Oak Clif Cultivators, LLC](#)
- ★ [Mark A Travis](#)
- ★ [Wenzel Lonestar Meat Co](#)
- ★ [Bowers Shrimp Farm](#)
- ★ [Midway Cattle Company](#)
- ★ [Freed, LLC](#)
- ★ [Hill Country Surface Restoration](#)
- ★ [Cake4One](#)
- ★ [Cowgirl Pepper Company](#)
- ★ [Munchoes Bakery](#)
- ★ [Sisterdale Organics Farm](#)
- ★ [Jack's Produce](#)
- ★ [Clear Ranch Ag Services](#)
- ★ [Lowcarb Austin, LLC](#)
- ★ [Texas Handmade Suds](#)
- ★ [Lelly's Oven](#)
- ★ [G3](#)
- ★ [Lone Star Antler Chews](#)
- ★ [Headquarters](#)
- ★ [Floral Solutions, INC](#)
- ★ [Team Corp](#)
- ★ [Native Texas Growers, LTD](#)

## SAN ANGELO RODEO

April 1-17, 2022



GO TEXAN!





## Did You Know?

**TDA emerging markets program** is a federal grant that focuses on supporting new export markets in developing countries, which benefit Texas producers and commodity groups.

**TDA's Family Land Heritage Program (FLH)** honors Texas families who have kept their land in continuous agricultural production for 100 years or more.

**TDA Fruit Fly Eradication** works to eliminate the risk of the Mexican Fruit Fly with USDA Animal and Plant Health Inspection Service and Texas citrus industry.

**TDA Pesticide Lab** collects pesticide residue data and contributes to a pesticide residue database of commodities sampled from U.S. and international markets.



## Texas Ag Stats:

- ★ Texas producers with military service accounted for 50,004 farms.
- ★ For 36% of producers in Texas, farming is their primary occupation.
- ★ The number of Texas female producers increased 69% in 2017 compared to 2012.
- ★ 1 in 7 Texans works in an agriculture related field.

## Recipe of the Month

### [Honey Banana Bread](#) | [Nature Nate's Honey](#)

#### Ingredients:

1 1/2 cups very ripe bananas, mashed (the riper the better!)  
1/2 cup canola oil  
1 cup Nature Nate's Honey  
2 eggs, beaten  
1 cup flaxseed meal  
2 cups self-rising flour  
1/2 teaspoon salt  
1 teaspoon vanilla  
1 cup chopped walnuts or pecans, optional

#### Directions:

**1.** Preheat oven to 325 degrees.  
**2.** Grease and flour an 8x5-inch loaf pan.

**3.** Whisk bananas, oil, eggs, honey, salt and vanilla in a large bowl. Stir in flaxseed meal. When well mixed, add flour. Stir just until flour is incorporated. Add nuts, if desired.

**4.** Spoon into loaf pan and bake for about 1 hour, until cake tester comes out clean when inserted in the center.

**5.** Allow to cool before turning out of loaf pan and slicing.





