



# FCS Newsletter

*Vol. 1, Issue 2*

*July 2014*

*You only live once, but if  
you live right—once is  
enough.  
- Mae West*



Are you a member of the Chambers County FCS Committee? If you're interested in joining, please call the Extension Office at 409-374-2123 to ask to be notified of the next meeting!

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*Creating Healthy & Sustainable Families*

## July 2014 Meeting

The Chambers County FCS Committee met on Tuesday, July 15, 2014 at 12 p.m. at The Wellness Center at Bayside.

To start the meeting, the Committee heard an awesome lecture by guest speaker Holly Mitchell, RN for Bayside Community Hospital. Nurse Holly talked with our Committee Members about the importance of protecting their skin from the sun's damaging rays and gave them tips on how to stay safe in the heat of the summer.

The Committee spent the rest of their July meeting discussing their finances and talking about how the group can help support Agent Lindy Pitre's programs and efforts in the county.



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## When Cool Isn't Cool: 10 Foods You Shouldn't Refrigerate and Why

When it comes to storing food properly many people swear that the way they do it is the best way. Do you store your bread in the freezer, the fridge or in a bread box? Should you store tomatoes in the fridge or on your counter? Chances are you've been making some mistakes when storing your food—here's a list of foods that you shouldn't store in your refrigerator.

1. Tomatoes—tomatoes will lose all flavor in the fridge as the cold air stops the ripening process which gives these juicy orbs all their flavor; keep tomatoes in a bowl or basket on the counter
2. Basil—basil will wilt faster if kept in the fridge and will absorb the smells of everything around it; store basil on your counter with stems in a fresh glass of water
3. Potatoes—storing potatoes in the cold will turn their starch into sugar more quickly and you'll be left with sweet, gritty potatoes; store potatoes in a paper bag in a cool, dark place like your pantry
4. Onions—onions turn soft and moldy very quickly in the fridge; store them in a cool, dry place like your pantry, but make sure to keep them separate from your potatoes or they will deteriorate more quickly
5. Avocados—if you want your avocados to ripen, you shouldn't put them in the fridge
6. Garlic—garlic will sprout in the fridge and can even get rubbery or moldy; store garlic in a cool, dry place
7. Bread—bread dries out more quickly in the fridge; bread should be kept on the counter or in the freezer
8. Olive Oil—olive oil condenses into a harder, butter-like consistency when put in the fridge; it should be stored in a cool, dark place
9. Coffee—leaving coffee in the fridge will cause it to lose flavor and take on the smells of the items around it; coffee should be stored in a cool, dark place where it retains its flavor or in the freezer
10. Honey—honey stays good pretty much forever if you keep it tightly sealed, keeping honey in the fridge can cause it to crystalize

Adapted from an article written by Allison Spiegel for The Huffington Post.

## The Perfect Summer Salad

Recipe by [ahouseinthehills.com](http://ahouseinthehills.com)

### Ingredients:

- 1 bunch watercress
- 2 cups cubed watermelon
- 1/4 cup pumpkin seeds
- 1/8 cup grape seed oil
- 2 tablespoons lime juice
- 1/4 teaspoon sea salt
- 2 tablespoons finely chopped cilantro
- 1 teaspoon maple syrup



Prepare the dressing by mixing the grape seed oil, lime juice, sea salt, cilantro and maple syrup. Rinse and dry watercress, mix with watermelon and toss in dressing. Toast pumpkin seeds in a skillet on the stove then sprinkle over the top of the salad and serve!

*Things are  
about to  
get really  
good.*

## Did You Know?

How many of you wash your chicken before you cook it? More than 45 percent of Americans do this without realizing that it actually does more harm than good.

Washing chicken doesn't get rid of bacteria, instead it sprays it throughout the room in a process called aerosolization. Through aerosolization, harmful bacteria called campylobacter can be splashed on to kitchen counters. This bacteria is responsible for four-out-of-five cases of food poisoning per year! And what's worse is that this harmful bacteria can lead to the onset of reactive arthritis, irritable bowel syndrome and even Guillain-Barre Syndrome.

To those of you whose argument is that you wash your chicken because it feels slimy—well if your chicken is slimy that's a problem.

