

Hale County TEEA Hotline

March, 2014 225 Broadway, Suite 6, Plainview, 806/291-5270
TX 79072

UPCOMING DATES



March

- 20 First Day of Spring
- 24 1:30 P.M. EE Council Meeting
- 24 6:45 P.M. 4-H Hale County Fashion Show, First Baptist Church, Cotton Center
- 27 District 2 TEEA Meeting, Snyder
- 27 Taste of Plainview

April

- 2 BLT/FCS Advisory Committee Meeting, Extension Office
- 10 District 4-H Fashion Show, Christ the King, Lubbock
- 14 1:30 EE Council Meeting
- 17 4-H County Roundup, Plainview
- 18 Good Friday / County Holiday
- 20 HAPPY EASTER!!!

May

- 12 Commissioners Luncheon

* Hug someone you love!!!

* Stretch. It will relive tension, relax your muscles and make your whole body feel good.

* Plan a slumber party for just yourself. Rent several movies that you have been wanting to see, pop popcorn, and curl up on the sofa with a big blanket.



"Think left and think right and think low and think high. Oh the things you can think up if only you try"

~Dr. Seuss

HAPPY BIRTHDAY!!!

April

10 Donnet Evans, Snyder Jr.

2014 District Meeting

WHEN: Thursday, March 27 in Plainview
Delegates for the District Meeting will be Pat Danford, Carol Williamson, Martha Todd and Alternate Gena Doyle. Kaylene Layton will be presiding over the meeting as our District Chairman. Clubs are responsible for Silent Auction items and door prizes. We will be setting up on Wednesday afternoon. We are responsible for morning refreshments. Contact your club president for more details.



Clubs

****Clubs** be sure and let me know if you have special activities or recognitions you want announced in the newsletter or club meeting date changes.

Medicine Drop Off

Every 2nd Tuesday of every month you can drop off all out of date medicine, over the counter, and vitamins. All medicines will be disposed the proper way. Bring all medicine to the Nunn Business Building - first floor from 12:00 P.M. to 1:30 P.M. Call the Extension office if you have any questions.

THANK YOU'S!

- Thanks to all the members that were able to assist with the Fundraiser meal.

Cultural Arts Results

Congratulations! To all of you who entered the cultural arts contest and for receiving 1st place. We have 11 items eligible for the district contest.

County Contest Results:

Kay Taylor - 1st place Memories 2014-14
 Carol Williamson - 1st place Maii Photographs
 Carol Williamson - 1st place Cross made with golf balls
 Twilla Morris - 1st place Navy Baby Quilt with Animals
 Martha Todd - 1st place Decorated Hold Mirror
 Martha Todd - 1st place Brooch Bouquet
 Twilla Morris - 1st place Table Runner
 Nelda VanHoose - 1st place Crocheted Shawl
 Carol Williamson - 1st place Golf Plaque
 Carol Williamson - 1st place Wrapped Necklace
 Twilla Morris - 1st place Framed Rules from Mom

Recipe

Mom's Pasta Primavera

1 carrot, peeled and cut into 2x1/2 inch strips
 1 medium zucchini, sliced into 1/4 inch slices
 1/2 small eggplant, sliced into 1/4 inch slices
 1/2 red onion, sliced into 1/4 inch slices
 1/2 bell pepper, any color, cut into thin strips
 3 tablespoons olive oil
 Salt and pepper
 1/2 teaspoon Italian seasoning or herbes de provence
 A sprinkling of garlic salt
 1/4 cup of spaghetti, marinara, or tomato sauce
 1 pint of cherry tomatoes, halved
 1/2 pound pasta (use rice pasta for gluten-free version)
 Grated Parmesan, optional

Method

1. Bring a large pot of salted water to a boil (for your pasta).
2. Heat oil in a large skillet on medium high heat. Add vegeta-

bles, stir to coat with oil. Cook for about 10 minutes, stirring only occasionally, until vegetables are just cooked. Turn off heat, but let pan stay on the burner.

3. While you are cooking the vegetables, add the dry pasta to the boiling water and follow the cooking instructions for pasta. You want to time it so that the pasta is done soon after the vegetables.
4. Add a 1/4 cup of the spaghetti, marinara, or tomato sauce to the vegetables, along with 1/4 cup of water to thin the sauce. If you are using a prepared spaghetti or marinara sauce, you don't need to add much seasoning, just a 1/2 teaspoon of Italian seasoning or herbes de Provence, a few sprinkles of garlic salt, and salt and pepper to taste. If you are using a plain tomato sauce you might want to start out cooking the vegetables by cooking a minced clove of garlic first, and then adding the vegetables, add then a bit more of the seasoning (to taste). Spaghetti and marinara sauce are already seasoned.
5. Once the pasta is ready—cooked but still a firm, or al dente drain the pasta and put it directly into the skillet with the vegetables. Adjust seasoning. Add more sauce if needed. Gently mix in the cherry tomatoes. Serve with some freshly grated Parmesan, if you like. A little bit of chopped fresh basil would go nicely with this as well.



Sincerely,

Deana Sageser

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