

TEXAS A&M AGRI LIFE EXTENSION

Hale County TEEA Hotline

November, 2015 225 Broadway, Suite 6, Plainview, TX 79072 806/291-5270

UPCOMING DATES



November

- 16 1:30 P.M. EE Council Meeting, Extension Office
- 19 TEEA Training Meeting, District Office, Lubbock
- 23 District 4-H Gold Star Banquet, Lubbock
- 26 Happy THANKSGIVING!!!
- 26-27 County Holidays

December

- 7 11:30 am EE Council Christmas Gathering
Susie Starnes, Plainview
- 23-25 County Holidays
- 25 MERRY CHRISTMAS!!!



****TEEA COUNCIL MEETING****

The November Council Meeting will be held Monday, November 16th at the Hale County Extension Office.

THANK YOU!!!

Thanks Ann Reilly for presenting a very informative program on "Emergency Evacuation."

MAY YOU HAVE

Enough happiness to keep you sweet;
Enough trials to keep you strong;
Enough sorrow to keep you human;
Enough hope to keep you happy;
Enough failure to keep you humble;
Enough success to keep you eager;
Enough friends to give you comfort
Enough wealth to meet your need;
Enough enthusiasm to look forward;
Enough faith to banish depression;
Enough determination to make each
day better than yesterday.

HAPPY BIRTHDAY!!!

December

- 20 Ester Atchley, Abernathy



County Wide EE Christmas Gathering

The Hale County Christmas Gathering will be held on Monday, December 7 at the home of Susie Starnes. We will meet at 11:30 a.m. at 606 W. 9th. Each club will plan their own menu. (Salad, Meat, Bread, Dessert) Bring a \$5.00 or less ornament for the ornament exchange. The community service project this year will go to the Snack Pack 4 Kids in Plainview. Bring peanut butter or pop tarts. The 2015 Woman of the Year will be announced.

Club Monthly Reports

Be sure you turn in your clubs report each month. This is what is used for the yearly report and we want to make sure your club gets credit for all you do. A report form is attached for everyone to see what is reported. Clubs can turn in reports by email or at council. The form is available on the TEEA website: <http://teca.tamu.edu>.

Clubs

Clubs be sure and let me or Cathy know if you have Special Activities or Recognitions you want announced in the newsletter or club meeting date changes.

FACEBOOK!!!!



Be sure and go to Facebook and like us. Get your friends and family to join also. This is a Great Way to keep updated on any upcoming events and activities!!

Please go to <https://www.facebook.com/HaleCountyFamilyConsumerScience>

Cultural Arts

Be sure and be working on your Cultural Arts projects. They will be judged at the February Council meeting.

Dinner Tonight Healthy Cooking School

Agents from Briscoe, Swisher, Castro and Hale County had a great time hosting the Dinner Tonight Show on November 10. I am going to share two of the recipes with you. I made the Yogurt Key Lime Pie and assisted with the Mexican-Style Pot Roast. They were both hits.

Mexican Style Pot Roast

2 1/2-3 lb. chuck roast
2 tbsp. vegetable oil
3 tbsp. All-purpose flour
1/2 tsp. salt and 1/2 tsp. black pepper
1 c. Mexican beer (optional)
1 can (10oz.) diced tomatoes & green chilies
Shredded Mexican Cheese Blend
Preheat oven to 325 degrees F. Heat oil in Dutch oven over medium-high heat until hot. Combine flour, salt and pepper in sealable plastic bag. Add roast and turn to coat evenly. Place roast in hot pan. Brown on all sides. Add beer, tomatoes, corn, black beans, pico de gallo and picante sauce. Cover tightly with lid and

1 can (15oz.) corn, drained
1 can black beans, drained & rinsed
1 c. prepared pico de gallo
1 c. prepared picante sauce
flour tortillas

place in preheated oven. Cook 3 to 3 1/2 hours, or until fork tender. Remove from oven, allow to cool 10-15 minutes. Shred beef with fork, removing any remaining fat. Stir to incorporate all ingredients in pan. Serve on flour tortillas topped with grated cheese.

This recipe can also be prepared in a crockpot.

Nutrition Facts per serving: 384 calories, 11g total fat, 1,120g sodium, 65mg cholesterol, 39g total carbohydrate, 2g fiber, 30g protein.

Yogurt Key Lime Pie

2 tbsp. cold water
1 tbsp. fresh lime juice
1/2 cup frozen (thawed) reduced fat whipped topping
2 tsp. grated lime peel
3 container (6 oz.) Key Lime yogurt
1 1/2 tsp. unflavored gelatin
4 oz. fat-free cream cheese, softened
1 reduced-fat graham cracker crust (6 oz.)

In a 1 quart saucepan, mix water and lime juice. Sprinkle gelatin on the lime juice mixture; let stand for 1 minute. Heat over low heat, stirring constantly, until gelatin is dissolved. Cool slightly, about 2 minutes.

In a medium bowl, beat cream cheese with an electric mixer on medium speed until smooth. Add yogurt and the lime juice mixture; beat on low speed until well blended. Fold in whipped topping and lime peel. Pour into the crust. Refrigerate until set, about 2 hours.

Nutrition Facts per serving: 170 calories, 6g total fat, 260mg sodium, 5mg cholesterol, 24g total carbohydrate, 0g fiber, 5g protein.



Sincerely,

Deana Sageser

Deana Sageser, CEA-FCS

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Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

If you need any type of accommodation to participate in this program or have questions about the physical access provided, please contact Deana Sageser at the Hale County Extension office at 806/291-5270 at least 2 weeks prior to the program or event.

Cleaning the Refrigerator

National Clean Out Your Refrigerator Day is November 15th. But if you're busy that day, you don't have to wait a whole year to tackle that appliance. If you have the Owner's Manual, follow the cleaning instructions.

If you don't have the Manual, just follow these easy steps:

INTERIOR

(note: do this before going to the grocery store for your weekly shopping)

1. Unplug the fridge and slide a coil brush under the unit's kick plate to remove dust.
2. Empty the contents of the entire fridge. Toss anything past its prime.
3. Remove the drawers and scrub with a sponge, warm water and liquid dish soap.
4. Spray the (now empty) interior with a multi-surface spray and wipe down the walls and each shelf. You can use an old toothbrush and cleanser to remove grime from the cracks.
5. Plug the fridge back in and return the drawers and food while wiping down bottles and jars.
6. Place a small box of baking soda in the door or in the back of the fridge to keep odors at bay.

EXTERIOR

- **Stainless steel** Use a microfiber cloth and stainless steel surface spray, and rub in the direction of the grain.
- **Enameled steel** Use a multi-surface spray and paper towels.

The above may seem like a once a year job, but the truth is, you can work towards keeping a clean fridge every day. Wipe up spills with a paper towel and warm water as they occur. (Or, you can use cleanser, but apply it to the paper towel first and not directly into a fridge full of food.) Keep baking soda in the fridge year round. And every week, do a quick purge of food that has expired or gone bad.



Advance Prep for Holiday Entertaining

When the busy holiday season is on the horizon, get a head start by prepping your bakeware and serving items in advance. Follow these quick tips:

Spiff Up Your "Old Standbys." Throughout the year, cooking certain types of food – like recipes with cheese, gravies, eggs or pie fillings – can leave baked-on residue or food stains on your favorite cooking/baking dishes. In addition to having "recipe residue," your non-stick cookware can also be susceptible to stains from minerals in water or excessive heat. Here are tips for getting these entertaining workhorses back in shape for the holidays:



Casserole dishes and other glass or glass/ceramic bakeware:

- Soak in a solution of liquid hand dishwashing detergent and/or baking soda and water to loosen soil. (Don't use automatic dishwasher detergent product for *hand* washing unless recommended by the product manufacturer.)
- Scour gently with mild abrasive cleaner, baking soda or plastic mesh pad. (Avoid metal scouring pads. These could scratch the surface.)

Pots and pans:

- Make a solution from 1 quart water + 2 to 3 T of cream of tartar, lemon juice, or vinegar.
- Fill the pan with the solution, bring to a boil, and boil for 5 to 10 minutes.
- Empty the pan and scour it lightly with a steel wool soap pad.

Non-stick cookware:

- Make a solution from 1 quart water + ¼ c. coffee pot cleaner OR 1 quart water + 3 T oxygen bleach.
- Fill the pan with the solution, heat it to simmering, and let it simmer for 15 to 20 minutes.
- Wash the pan thoroughly, then rinse and dry.
- "Recondition" the pan with cooking oil or shortening before using again.

Survey the Silver. Sometimes, a simple re-buffing with a clean, lint-free towel is all that is needed to make your flatware shine for the occasion. Take a close look when doing your pre-holiday prep:

Silver or Silverplate:

- Check special flatware to see if it needs to be buffed -- if so, use a clean, lint-free towel.
- If you decide to re-polish it, do it well in advance to help avoid last-minute mania. Polishing with silver polish will remove stubborn spots.
- Some silver or silver plate is not dishwasher safe. If yours looks discolored – hand wash it instead of running it through the dishwasher.

Stainless:

- Use silver polish to remove spots, and prevent future spots on flatware by putting stainless and silver/silverplate in separate baskets in the dishwasher to prevent them from touching during the dishwashing cycle.
- Keep stainless flatware looking spiffy all season by avoiding direct contact with dishwasher detergent. Be sure to close the lid on the detergent cup before running the dishwasher!

Check Your Glasses. If wine glasses and other special-occasion pieces are stored on open shelves (or wrapped in paper),

they'll likely need to be re-cleaned to regain their sparkle. Follow these suggestions for general washing and specific conditions:

Get your glasses in sparkling condition with a pre-holiday wash.

- Run them through the dishwasher, if they are dishwasher safe.
 - Load them with space between each glass, to avoid potential chips.
 - Use a delicate wash cycle and skip the heated drying cycle.
- When in doubt – or if they are special/irreplaceable – wash them by hand.
 - Lay a towel in the sink, then fill it with hot water.
 - Wash one glass at a time to avoid damage, using a small amount of detergent and only where it's needed -- in the bottom of the glass and around the rim.
 - Cradle the bowl of the glass in one hand while washing to protect the stem. To clean the inside of a glass, use a stemware brush with soft-foam bristles.
 - Rinse each glass thoroughly with hot water, and immediately place it upside down to air dry, or dry the wine glasses with a smooth lint-free cloth.

Are you seeing spots? Spots and film on glassware can be caused by wash-water temperature that's too low, or by using too little detergent. Try these remedies:

- Increase water temperature and rinse thoroughly in hot water.
- Increase amount of detergent.

Check for film. Crystal glasses may develop a white or grey film – but it is usually removable.

- Soak glasses in a weak vinegar and water solution for one to two hours, then rinse.
- If you are soaking them in the sink, be sure to line the sink with a towel first, to help avoid chipping or breakage.

When the holidays arrive, take a deep breath – and enjoy the season!