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Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

August 2014



Mark Your Calendar!

County Extension Education
Association Meeting
Monday, September 29, 2014
San Patricio County Extension Office

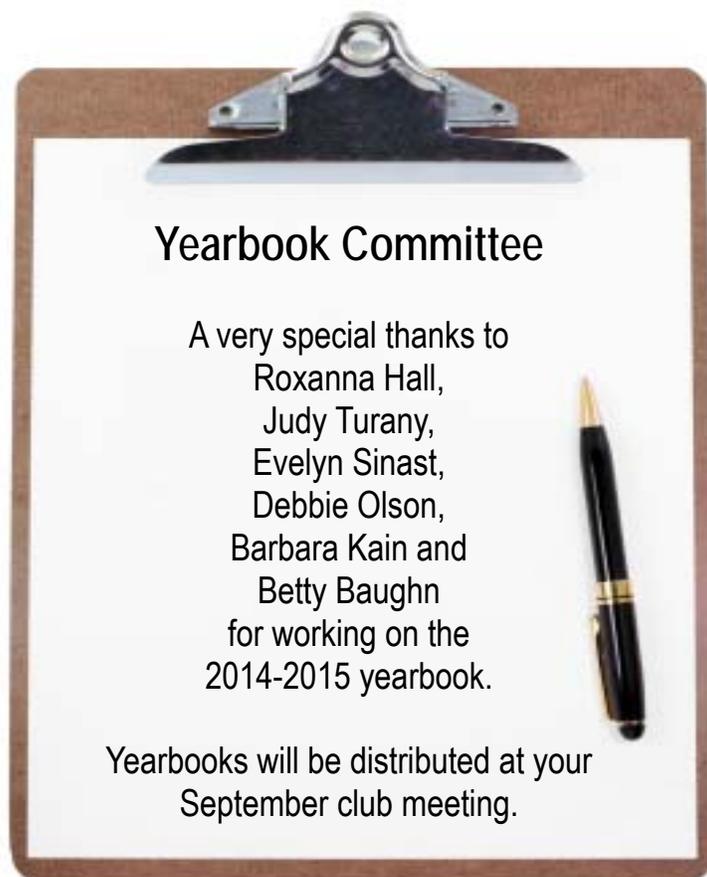
9:00 a.m. - Refreshments
Hostess → Mathis EE Club
9:30 - Business meeting

Club reports will need to be turned
in at this meeting.



Start Date: Monday, September 1, 2014

- ★ Get your team together now - 8 total members
Each team will consist of 1 Team Captain and 7 members
- ★ Captain must complete team registration form and return to the Extension Office along with all individual registration forms by Friday, August 29.



Yearbook Committee

A very special thanks to
Roxanna Hall,
Judy Turany,
Evelyn Sinast,
Debbie Olson,
Barbara Kain and
Betty Baughn
for working on the
2014-2015 yearbook.

Yearbooks will be distributed at your
September club meeting.



The San Patricio County
Extension Office will be closed on
Monday, September 1, 2014
in observance of

LABOR DAY





San Patricio County Health Fair



Thursday, September 11, 2014

8:00 a.m.-12:00 p.m.

San Patricio County Fairgrounds Civic Center
219 West Fifth Street, Sinton

Educational Exhibits

Health Screenings

Flu Shots—\$20.00

Door Prizes

Harvest Time

There is nothing better than taking a trip to your local apple orchard on a cool autumn day.

Start a new family tradition.

Your family will love it—fresh air, colorful fall leaves and plenty of crisp delicious apples! Once you make the trip, your family will look forward to picking their own apples every year.

Have plenty of apples in your refrigerator for snacking.

Apple Bites

- ♥ Spread peanut butter on apple slices. Try chunky peanut butter.
- ♥ Stir apple chunks into hot cereal.
- ♥ Dice apples on top of cold cereal.
- ♥ Stir apple chunks into pancake batter for apple pancakes.
- ♥ Serve cheese slices with apple slices.
- ♥ Dip apple slices in flavored yogurt.

Apple Salad

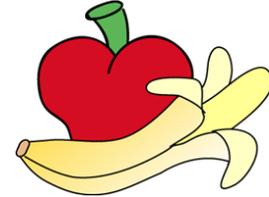
Use apples with bright red peel or a spark of color!

Ingredients:

- 2 large apples, cored and cut into cubes
- ½ cup red grapes, cut in half
- ½ cup green grapes, cut in half
- 8 ounces lemon yogurt
- 2 tablespoons peanut butter

Directions:

1. Combine grapes and apples in a bowl.
2. Mix lemon yogurt and peanut butter together.
3. Pour yogurt mixture over fruit and stir gently.



Apples

An apple a day...keeps us healthy and happy!

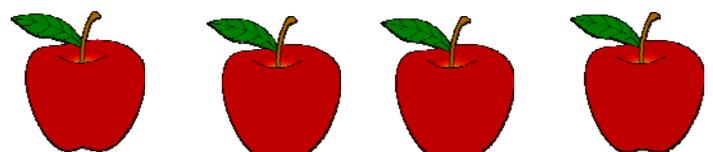
Apple Smiles—Spread peanut butter between 2 apple slices. Add small pieces of a marshmallow for teeth. Enjoy!

Baked Apples—Cut apples in half and remove core. Place in baking dish. Sprinkle with cinnamon and dash of sugar. Cover and bake in a 350° oven for 20 minutes. Eat with a spoon.

Apple Boats—Core and slice apples. Mix peanut butter with crushed rice cereal. Spread peanut butter mixture on sliced apples. Make sails with cheese triangles and pretzels.

Apple Sauce

1. Core and peel 4 pounds of apples. Chop apples into small pieces.
2. Place 8 cups of chopped apples and 1 teaspoon cinnamon in a large saucepan.
3. Cover and cook over low heat until apples are tender, usually 30 to 45 minutes. Add a small amount of water if needed while cooking.
4. Stir while cooking. Remove from heat and mash. Serve warm or chilled.



Bran Muffins

Bran cereals are a whole grain cereal, with lots of fiber and nutrition. You can do more with bran cereal than eat it in a bowl.

Use bran cereal to make this muffin batter. It can be stored in the refrigerator for up to 3 days! Enjoy fresh baked muffins for breakfast.

Ingredients:

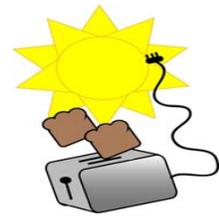
1 cup bran cereal	1 egg
1 ½ cups flour	1 cup skim milk
¼ teaspoon salt	½ cup brown sugar
1 teaspoon cinnamon	¼ cup vegetable oil
2 ½ teaspoons baking powder	

Directions:

1. Stir egg, milk, brown sugar and oil together in a bowl. Stir bran cereal, flour, baking powder, cinnamon and salt together in a separate bowl. Add egg mixture to flour mixture. Stir until just moist. Batter will be lumpy.
2. Spoon batter into lightly greased muffin cups, filling cups ¾ full. Bake in a 400° oven for 15 to 20 minutes.

Add fruit of your choice:

- ◆ Apple muffins—Add 1 cup finely chopped apples to the batter before baking.
- ◆ Banana muffins—Mash 1 large banana and add to the batter.
- ◆ Blueberry or Raspberry muffins— Add 1 cup fresh or frozen blueberries or raspberries to the batter.
- ◆ Strawberry muffins—Add 1 cup sliced strawberries to the batter.
- ◆ Peach muffins—Add 1 cup finely chopped peaches to the batter.



Why eat Breakfast?

If you skip breakfast, you are more likely to eat more at lunch and throughout the day.

Eating a healthy breakfast with protein and/or whole grains will help you control your weight. Lean protein foods can help control your hunger. Add a little protein food to your breakfast - it'll help keep you feeling full until lunchtime.

Protein Foods:

- ✗ **Eggs** - try scrambled eggs rolled up in a tortilla. Hard boiled eggs with whole wheat toast or a bran muffin.
- ✗ **Ham or Turkey** - Heat a couple slices of ham or turkey in a skillet. Serve on whole wheat toast.
- ✗ **Peanut Butter** - Spread peanut butter on toast or bagel.
- ✗ **Greek Yogurt** - top yogurt with fresh fruit and granola. Greek yogurt has more protein than regular yogurt!
- ✗ **Smoothie** made with milk or yogurt.

market snacks

Use fresh fruits and vegetables from the Farmers' Market to make snacks for your family.

- Cherry Tomatoes - Cut tomatoes into halves. Serve with low fat dill dip or Ranch salad dressing.
- Sugar Snap Peas - Rinse and eat. You can eat the pod and peas of sugar snap peas.
- Bowl of Berries - Rinse the berries that are in season such as strawberries, blueberries, raspberries or blackberries. Fill a small bowl with berries and eat.



- Apple Sandwiches - Remove the core from an apple. Cut the apple into slices. Spread a little peanut butter between two apple slices.

September
21 – 27

Extension Celebrates Family Mealtime

“Research shows that compared to children who seldom participate in family meals, children who sit down to regular family meals consume more fruits, vegetables, and fiber, consume less soda and fried foods, and eat less heart damaging saturated and trans fat. Families that eat together also have more time and opportunities to communicate and build relationships and these children tend to perform better academically.”

- Source: *Make Meals and Memories Together* press release by Amanda Scott, Program Specialist, Expanded Food and Nutrition Education Program, Texas A&M AgriLife Extension Service, Texas A&M System, August 2009.

For more information, contact:

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Cooperative Extension Program



Family Tip Sheet

Benefits of Family Mealtime

Families can experience the positive benefits of family meals by eating together at least four to five times per week:

- If possible, start eating meals together as a family when your kids are young. This way, it becomes a habit.
- Plan when you will eat together as a family. Write it on your calendar!
- During the meal, focus on each other. Turn off the television. Take phone calls later.
- Talk about fun and happy things and make meal time stress-free.
- Encourage your child to try foods, but do not lecture or force your child to eat.

Provided by: Make Meals and Memories Together press release by Amanda Scott, Program Specialist, Expanded Food and Nutrition Education Program, Texas A&M AgriLife Extension Service, Texas A&M System, August 2009.

Involve Your Children in Family Mealtime

A good way to get young children excited about new foods and healthy eating is to get them involved in the kitchen. Young children like to imitate their parents, and this is especially true during meal planning and food preparation.

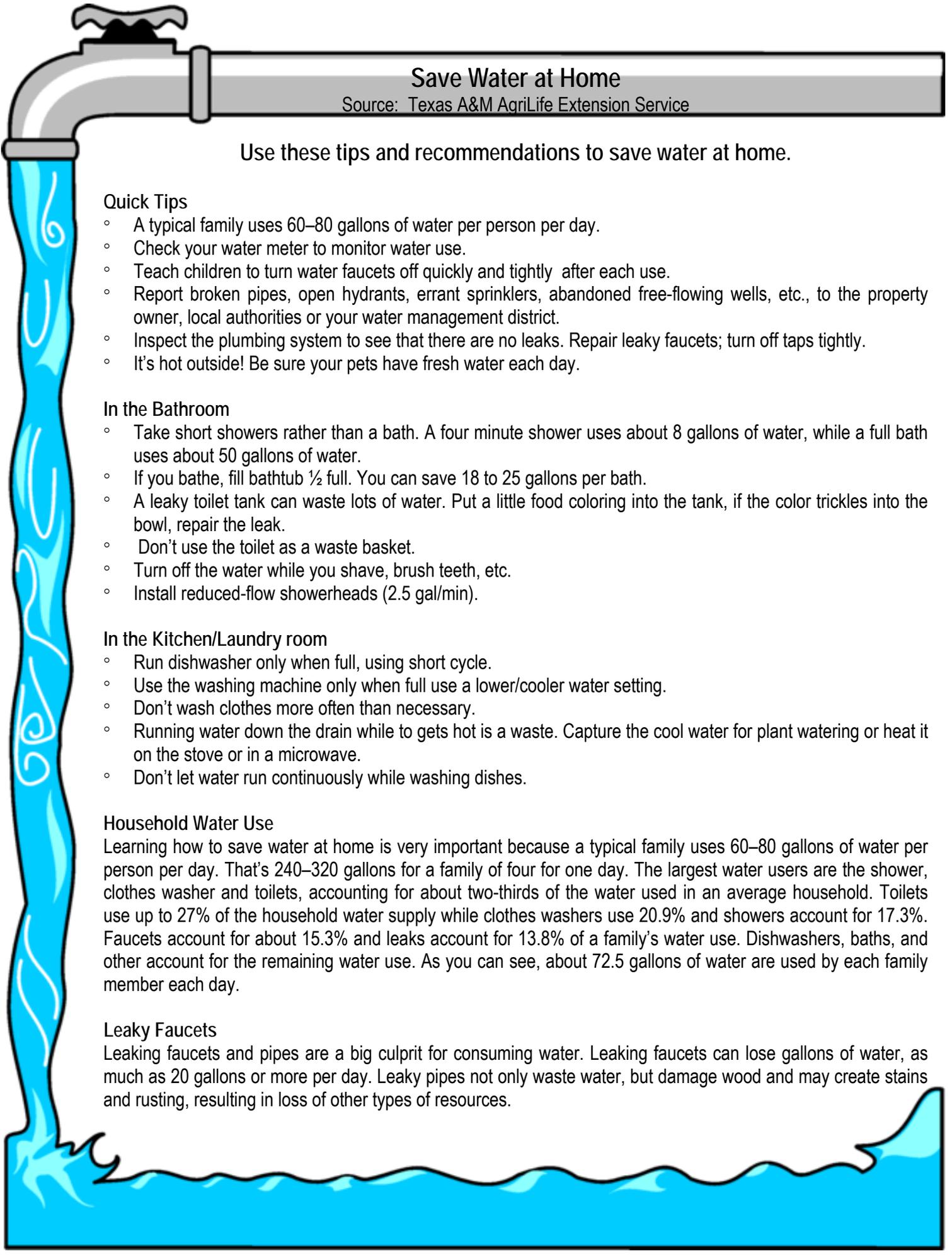
Young children can:

- wipe and help set the table,
- select fruits or vegetables for the meal,
- rinse vegetables and fruits,
- snap green beans,
- stir pancake batter, and
- help assemble a pizza and make sandwiches.

Parents need to remember some safety tips when children are in kitchen:

- Cook with pots and pans on the back burners.
- Keep hot dishes where children cannot touch or pull them down on top of themselves.
- Children should not remove cooked food from the microwave.
- Keep knives and other sharp objects out of children's reach.

Provided by: Mealtime Memories Begin in the Kitchen press release by Sharon Robinson, PhD, RD, LD; Associate Professor and Nutrition Specialist; Texas A&M AgriLife Extension Service, Texas A&M System, September 2011.



Save Water at Home

Source: Texas A&M AgriLife Extension Service

Use these tips and recommendations to save water at home.

Quick Tips

- A typical family uses 60–80 gallons of water per person per day.
- Check your water meter to monitor water use.
- Teach children to turn water faucets off quickly and tightly after each use.
- Report broken pipes, open hydrants, errant sprinklers, abandoned free-flowing wells, etc., to the property owner, local authorities or your water management district.
- Inspect the plumbing system to see that there are no leaks. Repair leaky faucets; turn off taps tightly.
- It's hot outside! Be sure your pets have fresh water each day.

In the Bathroom

- Take short showers rather than a bath. A four minute shower uses about 8 gallons of water, while a full bath uses about 50 gallons of water.
- If you bathe, fill bathtub $\frac{1}{2}$ full. You can save 18 to 25 gallons per bath.
- A leaky toilet tank can waste lots of water. Put a little food coloring into the tank, if the color trickles into the bowl, repair the leak.
- Don't use the toilet as a waste basket.
- Turn off the water while you shave, brush teeth, etc.
- Install reduced-flow showerheads (2.5 gal/min).

In the Kitchen/Laundry room

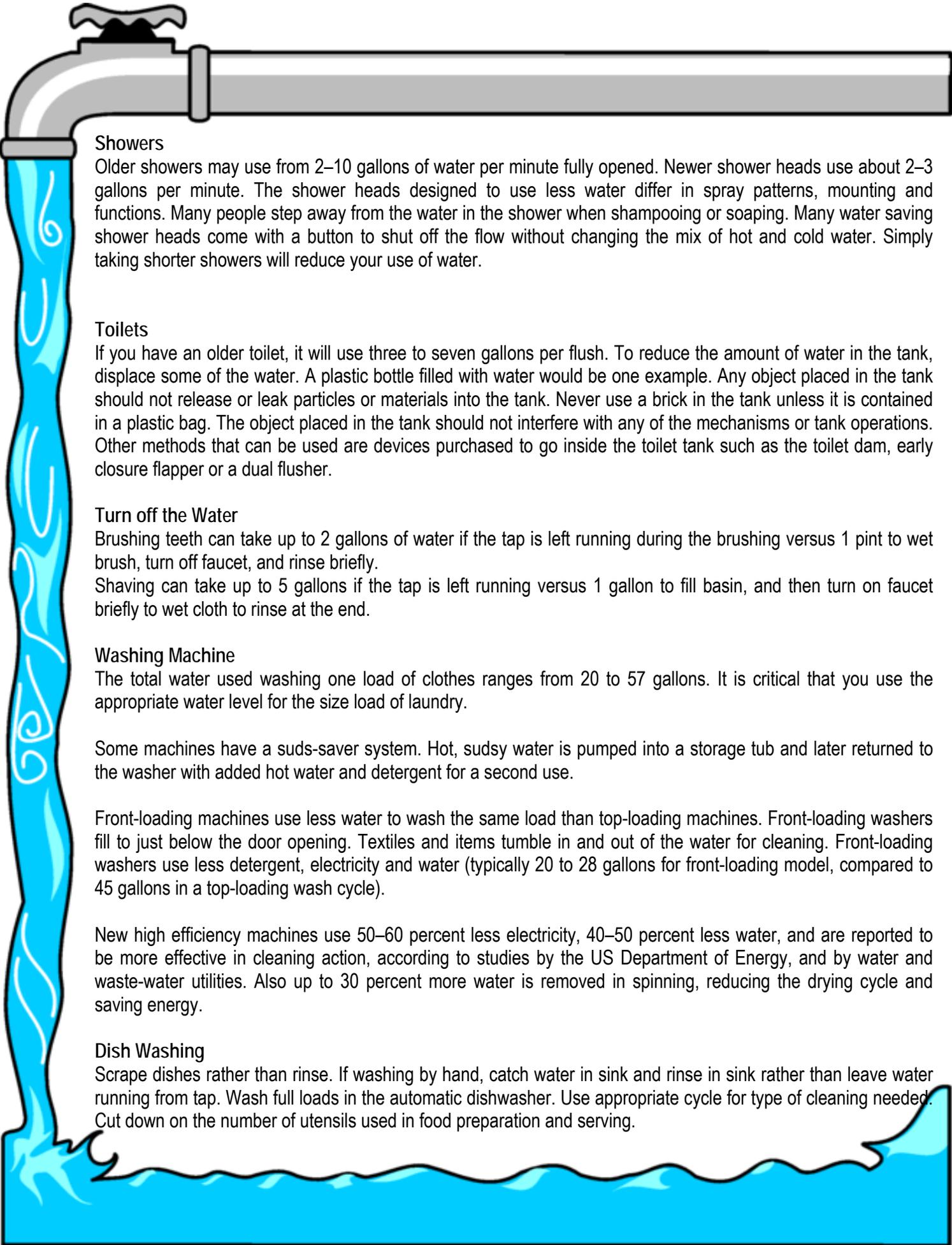
- Run dishwasher only when full, using short cycle.
- Use the washing machine only when full use a lower/cooler water setting.
- Don't wash clothes more often than necessary.
- Running water down the drain while to gets hot is a waste. Capture the cool water for plant watering or heat it on the stove or in a microwave.
- Don't let water run continuously while washing dishes.

Household Water Use

Learning how to save water at home is very important because a typical family uses 60–80 gallons of water per person per day. That's 240–320 gallons for a family of four for one day. The largest water users are the shower, clothes washer and toilets, accounting for about two-thirds of the water used in an average household. Toilets use up to 27% of the household water supply while clothes washers use 20.9% and showers account for 17.3%. Faucets account for about 15.3% and leaks account for 13.8% of a family's water use. Dishwashers, baths, and other account for the remaining water use. As you can see, about 72.5 gallons of water are used by each family member each day.

Leaky Faucets

Leaking faucets and pipes are a big culprit for consuming water. Leaking faucets can lose gallons of water, as much as 20 gallons or more per day. Leaky pipes not only waste water, but damage wood and may create stains and rusting, resulting in loss of other types of resources.



Showers

Older showers may use from 2–10 gallons of water per minute fully opened. Newer shower heads use about 2–3 gallons per minute. The shower heads designed to use less water differ in spray patterns, mounting and functions. Many people step away from the water in the shower when shampooing or soaping. Many water saving shower heads come with a button to shut off the flow without changing the mix of hot and cold water. Simply taking shorter showers will reduce your use of water.

Toilets

If you have an older toilet, it will use three to seven gallons per flush. To reduce the amount of water in the tank, displace some of the water. A plastic bottle filled with water would be one example. Any object placed in the tank should not release or leak particles or materials into the tank. Never use a brick in the tank unless it is contained in a plastic bag. The object placed in the tank should not interfere with any of the mechanisms or tank operations. Other methods that can be used are devices purchased to go inside the toilet tank such as the toilet dam, early closure flapper or a dual flusher.

Turn off the Water

Brushing teeth can take up to 2 gallons of water if the tap is left running during the brushing versus 1 pint to wet brush, turn off faucet, and rinse briefly.

Shaving can take up to 5 gallons if the tap is left running versus 1 gallon to fill basin, and then turn on faucet briefly to wet cloth to rinse at the end.

Washing Machine

The total water used washing one load of clothes ranges from 20 to 57 gallons. It is critical that you use the appropriate water level for the size load of laundry.

Some machines have a suds-saver system. Hot, sudsy water is pumped into a storage tub and later returned to the washer with added hot water and detergent for a second use.

Front-loading machines use less water to wash the same load than top-loading machines. Front-loading washers fill to just below the door opening. Textiles and items tumble in and out of the water for cleaning. Front-loading washers use less detergent, electricity and water (typically 20 to 28 gallons for front-loading model, compared to 45 gallons in a top-loading wash cycle).

New high efficiency machines use 50–60 percent less electricity, 40–50 percent less water, and are reported to be more effective in cleaning action, according to studies by the US Department of Energy, and by water and waste-water utilities. Also up to 30 percent more water is removed in spinning, reducing the drying cycle and saving energy.

Dish Washing

Scrape dishes rather than rinse. If washing by hand, catch water in sink and rinse in sink rather than leave water running from tap. Wash full loads in the automatic dishwasher. Use appropriate cycle for type of cleaning needed. Cut down on the number of utensils used in food preparation and serving.

TEXAS A&M AGRI LIFE EXTENSION

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Return Service Requested

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