TEXAS A&M AGRILIFE EXTENSION

219 N. Vineyard, Sinton, TX 78387
361/364-6234 ▪ 361/364-6237-fax
k-farrow@tamu.edu
http://sanpatricio.agrilife.org

San Patricio Extension Education Association News Flash

Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

March 2016

Mark Your Calendar

County Extension Education Association Meeting
Monday, March 28, 2016
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.

2016 District EEA Spring Conference
April 19, 2016
San Patricio County Fairgrounds
219 W. 5th Street
Sinton, Texas
Registration: 9:00 - 9:55 a.m.
Meeting: 10:00 a.m.
Cultural Arts Check-in: 9:00 - 9:55 a.m.
Member registration fee: $16.00
Guest registration fee: $18.00
Registration Due: Friday, March 28
(see enclosed registration form)

Each club is responsibility for:

- (2) door prizes - minimum value of $10 each
- ½ sheet cake
- (3) breakfast items / sweet breads, fruit bowl, mini quiches

Setup and Decorating
Monday, April 18 at 2:00 p.m.
"Fiesta"
If you have table decorations for the theme, please bring them.

Leadership Program Schedule		
Month	**Topic**	**Presenter**
March	Eating What You Grow	Barbara Kain
April	Mature Drivers & Birds of Texas	E'lla Andrews

The San Patricio County Extension Office will be closed
Friday, March 25, 2016

2015-2016 Association Meeting Dates & Hostess Assignments

December	no meeting
January 25	no meeting
February 29	Taft
March 28	**Mathis**
April 25	**Aransas Pass**
May	no meeting
June 6	Luncheon

Friend to Friend Party

April 12, 2016
Registration: 11:45 a.m.
Program - 12:10 p.m.
San Patricio County Fairgrounds
Civic Center
219 West Fifth, Sinton

RSVP by Tuesday, April 5, 2016 at 361-364-6234.

Each Extension Education Club must provide six (6) large salads.
Salads need to serve minimum of 8.

Also, please call Kathy if you would like to be a table monitor.

Luncheon, Door Prizes & Fun!

SAN PATRICIO DIABETES SUPPORT GROUP MEETING

Please join us for our next San Patricio Diabetes Support Group meeting. The meeting will be held on Tuesday, April 5 from 10:00 to 11:30 a.m., at the San Patricio County Fair Grounds Civic Center, Meeting Room A&B, located at 219 West 5th Street in Sinton.

Refreshments will be served and Door Prizes will be given.

Your presence is appreciated and you are welcome to bring a guest with you.
We look forward to seeing you there.

For additional information contact.
San Patricio County IHC Program at 361/364-6217
or
Kathy Farrow
San Patricio County Extension Agent-FCS
at 361/364-6234.

Club Dollars for Scholars & Coins for Friendship

All money is due to Barbara Kain at March Association meeting on March 28, 2106.

Congratulations
2016 Spring Conference Delegates

L'Ella Andrews
Barbara Kain
Crystal LaForge

They will represent San Patricio County at the Spring Conference

keep fruits and vegetables fresh

- Plan to buy fresh fruits and veggies twice a week if you want to eat fresh produce during the entire week.
- Otherwise, plan to eat fresh produce at the beginning of the week, and eat canned or frozen produce at the end of the week.
- Buy only the amount of fresh fruits and vegetables that your family will eat. It is better to buy only 4 apples instead of the 5 pound bag of apples if your family will only eat 4 apples in a week.
- Stock your freezer with frozen fruits and veggies. Stock your cupboard with canned fruits and veggies.
- Buy frozen vegetables. You can pour out an amount to cook and freeze the rest for later meals

Potato Basics

Store Well Waste Less

Wash potatoes just before cooking – scrub gently under cool running water.

Sprouts show that the potato is trying to grow. If a sprouted potato is still firm, cut the sprouts away before cooking.

Freezing cooked potatoes at home is not recommended because of texture changes.

Potatoes keep best where it is:

1. Cool, but not refrigerated - Cooler temperatures help potatoes last longer. Avoid refrigeration because it may change the taste and cause a gummy texture.
2. Well ventilated – Use paper bags or plastic bags with holes that allow air flow but keep potatoes from shriveling.
3. Dark – Potatoes exposed to light can develop a green color and a toxin near the surface. Green parts will have a bitter taste; cut them off before cooking.

Types of Potatoes

Although there are more than 200 kinds of potatoes sold in the United States, most belong to one of these groups:

Russet – medium to large ovals with brown skin and white to pale yellow flesh. Flesh becomes fluffy when cooked. Use for fluffy mashed or baked potatoes.

Red – small to medium round or oval shape. Red skin is thin and smooth; flesh is white to yellow. Flesh stays moist and smooth or "waxy" when cooked.

White – small to medium round to long shape with thin, light tan skin and white flesh; flesh holds its shape well after cooking

Yellow – small to large; round to oblong; light tan to golden skin; yellow to golden flesh. Slightly sweet to buttery flavor when cooked. Dense, creamy texture.

Shop and Save

- Choose clean, smooth, firm potatoes with no cuts or bruises.
- Avoid potatoes with sprouts or green skin.
- Potatoes are generally available year round. Buy what you can use within a few weeks for best quality.
- Potatoes are also available in frozen or canned forms.

Potatoes are naturally free of fat, sodium, and cholesterol.

Potatoes are good source of potassium and vitamins c and B6.

Adapted from FoodHero.org

Cooking with Potatoes

Go to **FoodHero.org** for easy, tasty potato recipes

Parmesan Roasted Potatoes

Ingredients:

3 cups **potatoes** cut in 1-inch pieces
2 teaspoons **oil**
¼ teaspoon each **salt** and **pepper**
½ cup **Parmesan cheese**, shredded or grated

Directions:

1. Preheat oven to 400 degrees.
2. In a large bowl, toss potatoes with oil, salt and pepper.
3. Place potatoes in a single layer on a large baking sheet.
4. Roast 25 minutes; sprinkle with cheese; roast 5 to 10 minutes more. Serve warm.
5. Refrigerate leftovers within 2 hours.

Makes about 3 cups
Prep time: 10 minutes
Cooking time: 30 to 35 minutes

Keep Potatoes Low Fat

- Top baked potatoes with plain yogurt or fat-free sour cream, cooked or raw veggies, or cooked beans.
- Make baked oven "fries" rather than frying potatoes in fat.
- Use potato cooking water, low-fat milk or buttermilk in mashed potatoes.

Cheesy Potato Soup

Ingredients:

1 medium **onion**, chopped (about 1 cup)
¼ cup **celery**, chopped
1 teaspoon **oil**
2 cups **potatoes**, peeled and diced bite size
2 cups **chicken broth**
¼ teaspoon **pepper**
3 Tablespoons **cornstarch**
1½ cups nonfat or 1% **milk**, divided
1 cup (4 ounces) reduced-fat **cheddar cheese**, shredded
1 Tablespoon **bacon bits** or 1 slice **bacon**, cooked and crumbled

Directions:

1. In a large saucepan over medium-high heat, sauté onions and celery in oil until onions are clear.
2. Add the potatoes, broth, and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 to 25 minutes or until the potatoes are tender.
3. In a small bowl, stir together cornstarch and ¼ cup of milk until smooth. Add remaining milk. Stir into the potato mixture.
4. Cook and stir until thickened and heated through, about 5 minutes. Do not boil.
5. Remove from heat. Stir in cheese until melted. Top with bacon bits. Serve warm.
6. Refrigerate leftovers within 2 hours.

Makes about 6 cups
Prep time: 10 minutes
Cook time: about 40 minutes

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- scrub potatoes with a brush under cool running water.
- use a vegetable peeler.
- measure and stir ingredients.

BE ROADWISE IN THE DARK
Safety Tips for Driving at Night

According to research from the National Safety Council, driving at night is more dangerous than any other time of day, with traffic deaths three-times greater at night compared to daytime hours. The reason for this is that driver vision — the most important sense necessary for driving — is compromised at night, including depth perception, color recognition, and peripheral vision. Additionally, the glare from an oncoming vehicle with their high beams on can temporally blind a driver.

Headlights on vehicles can only illuminate about 500 feet (with high beams), and 250 feet for normal headlights. With visibility limited, there is less time to react to something unexpected in the roadway. Driving at high speeds at night with reduced visibility makes the situation even more dangerous. Drivers should not "out-drive" their headlights. In other words, do not drive faster than you can stop within the distance illuminated by your headlights. At 50 miles per hour it takes about 268 feet to slow down, including the distance traveled during reaction time. That would easily "out-run" the illumination of your normal headlights. Remember that the posted speed limit is the highest legal limit under ideal conditions and not necessarily the highest safe speed. One of the best plans for night driving is to simply drive slower.

Age is also a factor when it comes to night vision, which is the ability to see in low light. At 50 years of age, a driver needs twice as much light to see as well as a 30 year old driver. At 60 years of age and older, night vision is further reduced, making evening driving a risk — especially on unfamiliar roads.

Nighttime also brings on fatigue, and with the fatigue comes reduced alertness. Driving long periods of time late at night can further reduce reaction time. The only safe cure for fatigue is to get some sleep. Driving while sleepy is not only dangerous for the driver, it also puts other drivers and passengers on the road at risk.

Kathy Farrow, Texas A&M AgriLife Extension Service agent in San Patricio County, reminds drivers to follow these safety tips for nighttime driving from the National Safety Council.

Drivers of all ages:

- Aim vehicle headlights correctly, and make sure they're clean
- Dim lighting on dashboard
- Look away from oncoming lights
- If eyeglasses are needed, make sure they're anti-reflective
- Clean the windshield to eliminate streaks
- Slow down to compensate for limited visibility and reduced stopping time
- Stop driving when you are fatigued

Older drivers

- Have annual vision exams
- Reduce speed
- Take a driving course; even experienced drivers can benefit from a refresher course, and some of the rules have probably changed
- Minimize distractions at night, like talking with passengers or listening to the radio
- Check with your doctor about side effects of prescription drugs
- Be honest about your ability to drive after dark and limit driving to daytime hours if necessary.

Please join us!

The PINK Event

Ittles*

friend to friend

staying healthy together

We believe in the importance of breast screening and cervical screening and know that early detection is the key to survival.

April 12, 2016

San Patricio County Fair-grounds Civic Center

219 West Fifth Street

Sinton, TX 78387

Registration & Exhibits - 11:45 a.m.

Program - 12:10 p.m.

The Friend to Friend Party is for women to join their friends to support and encourage each other to get screened.

Fun ♥ Friends ♥ Luncheon ♥ Free Goody Bags ♥ Door Prizes & More!

Event Hosted By:

San Patricio Extension Education Association in collaboration with
Texas A&M AgriLife Extension Service,
San Patricio County WIC
San Patricio County Department of Public Health

Please RSVP by Tuesday, April 5, at 361-364-6234.

Questions?

361-364-6234

Texas A&M AgriLife Extension

HEALTHY SOUTH TEXAS

Public Health
Prevent. Promote. Protect.
San Patricio County Department of Public Health

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.

District 11 TEEA
Spring Conference Registration Form
Entry Deadline: Monday, March 28, 2016

Make checks payable to the San Patricio Extension Education Association

Registration fees:
Members - $16.00
Non-Members - $18.00

Please Print Clearly

TEEA MEMBERS		
Name	Club	Amount Paid
1.		
2.		
3.		
4.		

GUESTS		
Name	Club	Amount Paid
1.		
2.		
3.		
4.		

Registration is transferable, but not refundable!

Return form to:
San Patricio County Extension Office
Attn: Kathy Farrow, CEA-FCS
219 N. Vineyard
Sinton, Texas 78387

San Patricio County
219 N. Vineyard
Sinton, Texas 78387-2613

Return Service Requested

For additional information contact:

Kathy Farrow, County Extension Agent
Family and Consumer Sciences
San Patricio County
219 N. Vineyard, Sinton, Texas 78387
361/364-6234 □ 361/364-6234-fax
k-farrow@tamu.edu

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

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

References to commercial products or trade names are made with the understanding that no discrimination is intended and no endorsement by the Texas A&M AgriLife Extension Service is implied.