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Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

February 2018



**Mark Your
Calendar**

**County Extension Education
Association Meeting**

Monday, February 26, 2018

San Patricio County Extension Office

9:00 a.m. - Refreshments

Hostess → Taft EE Club

9:30 - Business meeting

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



to everyone who volunteered at the
2018 A&H Show
Homemaking Adult Division!

L'Ella Andrews
Betty Baughn
Cindy Corbin
Susan Dromgoole
Martha Fromme
Dorothy Glenn
Ruth Gilleland
Roxanna Hall

Margaret Harris
Irene Irely
Deborah Jenkins
Barbara Kain
Lucy Ortiz
Evelyn Sinast
Judy Turany



*Volunteers do not
necessarily have the time;
they have the heart.*

Elizabeth Andrews



San Patricio County Family &
Community Health & Ag/
Natural Resources

Leadership Program Schedule

| Month | Topic | Presenter |
|-------|---|-----------------|
| Feb. | Hearing Loss A Good Night's Rest is Best | Barbara Kain |
| Mar. | Plan to Control Your Aging Who Do You Think You Are? | Patricia Branch |
| Apr. | Fantastic Five The Incredible Gourd | Barbara Kain |



**Caladium Bulb Order
Delivery Information**



Bulb orders will be in soon. I will email all Club Presidents the pickup date.

Please let your current and past customers know that we will have extra bulbs for sell on a first come-basis.

SAVE THE DATE

2018 District
Spring Conference
April 18, 2018
Brenham

91st TEEA State Conference
September 11-12, 2018
Abilene

Food Division Sweepstakes Winner
Barbara Kain
Cake Mix Specialty Cake

Cultural Arts Division Sweepstakes Winner
Jill Flores
Recycled Items

2018 A&H Show Homemaking Adult Food Division Extension Education Member Results

L'Ella Andrews
Aransas Pass EE Club
1st place
Yeast Bread

L'Ella Andrews
Aransas Pass EE Club
1st place
Iced Multi Layer Cake

Evelyn Sinast
Taft EE Club
1st place
Cookies - Other

Susan Dromgoole
Aransas Pass EE Club
1st place
Pound Cake

Susan Dromgoole
Aransas Pass EE Club
1st place
Cookies Drop

Barbara Kain
Aransas Pass EE Club
1st place
Cake Mix Specialty Cake

2018 A&H Show Homemaking Adult Cultural Arts Division Extension Education Member Results

Debbie Olson
Mathis EE Club
1st place
Fiber Arts

Susan Dromgoole
Aransas Pass EE Club
1st place
Jewelry

Jill Flores
Aransas Pass EE Club
1st place
Quilts - smaller than 50"x70" - machine
quilted

Pamela Estes
Mathis EE Club
2nd place
Fiber Arts

Jill Flores
Aransas Pass EE Club
1st place
Painting & Drawing

Sheila Kenny
Taft EE Club
1st place
Quilts - larger than 50"x70" - machine
quilted

Jill Flores
Aransas Pass EE Club
1st place
Holiday Decoration

Deborah Jenkins
Taft EE Club
2nd place
Painting & Drawing

Jill Flores
Aransas Pass EE Club
1st place
Recycled Items

Susan Dromgoole
Aransas Pass EE Club
2nd place
Holiday Decoration

Debbie Olson
Mathis EE Club
1st place
Paper



Sweet Potato Side Dish

Here's a sweet potato dish that everyone will want to eat! Most sweet potatoes are very large, almost way too large for 1 person. In fact they are big enough to feed four people. By cutting them in quarters and garnishing with butter and spices, they will be more appetizing. Sometimes a food does not look good to eat if there is too much and we all want to waste less food and money these days. For this hack, you will need...

- ❖ 1 large sweet potato (red yam)
- ❖ Tiny pat of butter or margarine
- ❖ Sprinkle of apple pie spice (ground cinnamon, cloves, and ginger)

Microwave the sweet potato on the potato setting or for 3 or 4 minutes on high power until fork tender. Cut in half lengthwise and then crosswise so you have four quarters (as shown above). Slice each piece in several directions with a knife. Get a tiny shaving of butter and put one on each slice. Sprinkle with apple pie seasoning. We have garnished our potato with fresh chopped parsley, which is optional. It's a good idea to have a few extra quarters of sweet potato for people who want an extra serving. Serve these on your table and watch them disappear!

ABCs of Fruits and Veggies

By Lisa Andrews, MEd, RD, LD

It's National Nutrition Month! This year's theme is "Go Further with Food," and what better way is there to fuel the fun than with fresh fruits and vegetables? Sometimes it can be tough to know exactly where to start, so I like to break out the ABCs! In this case, that's asparagus, Brussels sprouts, and cantaloupe. I promise, you don't have to mix them together. Instead, with some fun facts and creative recipe ideas, this handout has everything you need to engage with some truly tasty fruits and vegetables.



Did you know that asparagus is a good source of inulin, a prebiotic fiber that may impact gut health? After eating asparagus, your urine may have a foul odor — that's due to phosphorus compounds! Everyone creates the odor, but not everyone can smell it. Some people have "specific anosmia," a genetic condition which prevents them from smelling to smell certain odors. Asparagus can be eaten raw, but is more often steamed, roasted, or grilled.



Blueberries are readily available all year, but their peak season is summer. Blueberries are high in anthocyanin, a powerful antioxidant that may prevent cancer. Plus, research suggests that eating blueberries may help ward off heart disease as well as dementia. A cup of blueberries contains only 85 calories and 3.6 grams of dietary fiber. Add blueberries to salads, smoothies, or oatmeal, or eat them on their own!



Brussels sprouts are an excellent source of vitamin K, a nutrient needed for blood clotting. They're also loaded with vitamin C and beta-carotene. Boiling Brussels sprouts for too long waters down the nutrient content... and taste. Brussels sprouts get sweeter when they're roasted with olive oil and a little salt. Try roasting some with sweet potatoes for a tasty side.



Cantaloupe are among the most popular melons in the US. They are also known as musk melons, rock melons, mush melons, or Persian melons. Cantaloupe is an excellent source of beta-carotene, vitamin C, and potassium and it can be eaten alone or added to smoothies, salads or salsa.

Taste and Aging:

Keep the Flavor in Your Eating Pattern

By Lynn Grieger, RDN, CDE, CPT, CHWC

One often overlooked effect of aging is a decrease in your senses of smell and taste. This can lead to diminished appetite and weight loss, malnutrition, impaired immunity, and worsening health.

Sense of taste and aging:

After age 50, we start to lose some of the over 10,000 taste buds that we're born with. While changes in taste buds contribute to decreased sense of taste, it's actually the decreases in olfactory function, or sense of smell, that play the most important role in taste. It's been reported that 75% of people over age 80 have major olfactory impairment.

How we taste foods:

There are five basic tastes: sweet, sour, bitter, salty, and umami, or savory. Umami is the taste of glutamate, an amino acid found in protein-containing foods including chicken, cheese, nuts, and meat. Glutamate taste is often described as brothy, full-bodied, meaty, and savory. Glutamate is added to foods in the form of MSG, or monosodium glutamate, which breaks down into its component parts, sodium and glutamate.

Chewing food releases molecules into the mouth that flow up the back of the throat to the nose to stimulate smell receptors. The five tastes combine with texture, spiciness, temperature of food, and aroma to produce flavor. It's the total combination of the basic tastes and other senses that allow us to distinguish food flavors.

Possible causes of decreased sense of taste:

Elderly people often have several chronic diseases and routinely take multiple medications, which leads to an increased risk of taste disorders. Many medications affect taste, smell, or the production of saliva, which can lead to changes in food preferences and eating habits.

Other potential causes of or contributors to loss of taste include poor oral hygiene, radiation treatment to the head or neck, head or facial trauma, smoking, and nutrient deficiencies, including a lack of zinc, copper, B12, or niacin.

Decreased taste can lead to health problems:

Some people eat less because of this loss of taste and subsequent decreased enjoyment of food, which in turn can lead to undesired weight loss and inadequate nutrition. Others try to compensate by adding salt or sugar to food to increase its flavor. Adding more sugar can lead to weight gain or an increased risk of chronic disease or even poor management of diseases such as heart disease and diabetes. Adding more salt can contribute to higher blood pressure levels.

Improve the taste of foods in a healthful way:

Use a variety of fresh or dried herbs, or salt-free herb blends, to flavor foods without adding salt. You can also include flavorful hot peppers in recipes, or sprinkle hot sauce on foods like chicken, fish, or eggs for a burst of flavor. Or try roasting cut-up vegetables in the oven to bring out a naturally sweet, more intense taste. And as a last flavor boost, squeeze lemon or lime juice on vegetables, fish, and chicken before serving them.

Asian Coleslaw

6 Servings / 42 calories per serving

Cole Slaw:

- 1 (12-oz.) bag shredded cabbage (green or purple, or coleslaw mix)
- 1 medium cucumber, peeled and seeded, sliced into thin sticks
- 1 medium bell pepper (any color), thinly sliced
- 5 medium green onions, sliced
- ½ cup chopped fresh cilantro or 12 leaves washed fresh basil OR 1 tsp dried basil

Combine all vegetables in a bowl and toss.

Dressing:

- ¼ tsp. crushed red pepper flakes
- ½ tsp. garlic minced from jar OR 1 clove minced
- 3 tbsps. white or cider vinegar
- ½ tsp. white sugar, granulated
- 1 tbsp. and 1 tsp. low-sodium soy sauce
- 1 tsp. extra-virgin olive oil

Combine in a small bowl and whisk well.

Pour mixture over vegetables and toss to coat.

Zesty Quinoa Salad

6 Servings / 270 calories per serving

Ingredients

- 1 cup quinoa
- 2 cups water
- ¼ cup extra-virgin olive oil
- 2 limes, juiced
- 1 tsp. ground cumin
- 1 tsp. salt
- ½ tsp. red pepper flakes, or more to taste
- 1½ cups halved cherry tomatoes
- 1 (15-ounce) can black beans, drained and rinsed
- 5 green onions, finely chopped
- ¼ cup chopped fresh cilantro
- salt and ground black pepper to taste

Directions

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.
2. Whisk olive oil, lime juice, cumin, salt, and red pepper flakes together in a bowl.
3. Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.

TEXAS A&M AGRI LIFE EXTENSION

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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.

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