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Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

August 2018



Mark Your Calendar

County Extension Education
Association Meeting
Monday, September 24, 2018
San Patricio County Extension Office

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

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



Thanks to the Aransas Pass EE
Club members for donating their
time to bake cakes for the
Cake Raffle held during
Path to the Plate Cooking School.

Cake Winner List

German Chocolate—Meredith Miller
Carrot Cake—Mark Jackson
Chocolate/Chocolate Chips—Norma Jean Rivera
Humming bird—Norma Jean Rivera
Italian Cream—Lynn Cates
Chocolate Cake with Coffee icing—Linda Metee
Sour Cream Pound Cake—Brianna Martinez
Key Lime—Sandy Stanley

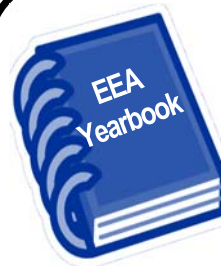


WALK
ACROSS TEXAS!
TEXAS A&M AGRILIFE EXTENSION

San Patricio County
Walk Across Texas
begins September 1st

What you need to Start

- ★ Form a team of 8 members, which includes 1 captain and 7 members
- ★ Pick up your Walk Across Texas Registration Packet at the San Patricio County Extension office. Packets will be available August 15, 2018
- ★ Don't have a team, call the Extension office as an individual walker and we will assign you to a walking team.



Yearbook Committee

A very special thanks to
Evelyn Sinast, Roxanna Hall,
Crystal LaForge and
Barbara Kain for working on the
2018-2019 yearbook.

Yearbooks will be distributed at your
September club meeting.



San Patricio County
Extension Office
will be closed
Monday, September 3rd



San Patricio County
Health Fair
October 11, 2018
8:00am - Noon
San Patricio County
Fairgrounds Civic Center
219 West Fifth Street, Sinton

Tomato Basics

**\$hop and
\$ave**



Tomatoes have antioxidants for
a healthy immune system.



- ✿ Tomatoes are in season between July and September, so they taste great and cost less.
- ✿ Look for tomatoes that are bright in color, and have no darkened areas or bruises under the skin. They should feel firm (not soft), but give slightly when you press on them.
- ✿ Canned tomatoes are usually low-cost and come in many forms: whole, crushed, diced, stewed or as juice, sauce or paste. Consider low-sodium options.

Types of Tomatoes

Red round tomatoes are the most common; size can vary from 2 inches across to much larger.



Cherry, grape and pear tomatoes are



small (bite size) with a variety of shapes and colors.

Roma (Italian or plum) tomatoes are oval in shape, usually red, and commonly used for canning and making tomato sauce and paste.



Heirloom tomatoes include many varieties from the past and have different colors, shapes, flavors and sizes; they are most likely available at farm stands or farmers markets.



Store Well Waste Less



- ◆ Keep ripe whole tomatoes at room temperature in a single layer in an open container; avoid direct sunlight. Try to use within 5 days. Short refrigerator storage (3 days) can help delay softening but may also reduce flavor.
 - ➔ Refrigerate cut, cooked or opened canned tomatoes in a covered container. Use within 2 days.
- ◆ Ripen tomatoes in a closed paper bag or plastic bag with holes. Hold at room temperature. Check daily.
- ◆ Store unopened canned tomatoes in a cool, dry place and use within 8 to 12 months for best quality.
- ◆ Freeze extra tomatoes
 1. Wash tomatoes and remove the stem. Leave whole or chop.
 2. Freeze in a tightly closed container or plastic bag. Label with the date.
 3. Best when used in cooked dishes within 8 months.

*For a great
on-the-go snack,
try cherry, pear or
grape tomatoes!*

Cooking with Tomatoes

Tomato Melt

Ingredients:

- 1/4 cup shredded cheese (try cheddar, mozzarella or a blend)
- 1 Tablespoon low-fat mayonnaise
- 1/2 teaspoon prepared mustard
- 2 English muffins, halved or 2 bread slices (try whole wheat)
- 1 medium tomato, cut into 4 slices or diced



Directions:

1. In a small bowl, combine cheese, mayonnaise and mustard.
2. Spread cheese mixture evenly over English muffin halves or bread slices.

Oven or toaster oven method:

3. Broil or toast until cheese melts, 2-3 minutes.
4. Place tomatoes on each sandwich.
5. Serve 'as-is' or broil to heat the tomato, 2-3 minutes.'

Skillet method:

3. Heat a skillet over medium heat. Add sandwiches bread side down.
4. Cover and heat until cheese melts, 7-8 minutes.
5. Top with tomatoes before or after heating.
6. Refrigerate leftovers within 2 hours.

Makes 4 muffin halves or 2 open-faced

Quick Tomato Pasta Sauce

Ingredients:

- 2 teaspoons vegetable oil
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 can (14.5 ounces) diced or crushed tomatoes (about 1 3/4 cups)
- 1 Tablespoon lemon juice (optional)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon red pepper flakes (optional)



Directions:

1. In a medium saucepan, heat vegetable oil over medium heat. Add garlic and cook for 1 minute. (If using garlic powder, omit oil and skip this step).
2. Add tomatoes, lemon juice, salt, pepper and red pepper flakes, if desired. Cook until heated through, stirring occasionally. For a thicker sauce, cook an extra 10 to 20 minutes to allow more of the liquid to evaporate.
3. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 5 minutes

Cook time: 15 minutes

1 pound of fresh tomatoes = about
2 1/2 cups chopped or
3 cups sliced



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

TEXAS A&M AGRI LIFE EXTENSION

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

Return Service Requested

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. Articles and recipes adapted from University of Nebraska-Lincoln Extension, Heart.org, Allrecipes.com, Food and Health Communications, University of New Jersey, and Foodhero.org.

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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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For additional information contact: