



Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

July 2018



Dinner Tonight Path to the Plate Cooking School

Thursday, July 26, 2018
6:00 - 8:00pm

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

Doors open at 6pm

Early registration - \$15.00 per person
After July 20 - \$20.00 per person

Tickets are non-refundable,
but are transferable

Cooking Demos by:
Chef Jeremy Lee (Harrison's Landing) and
Food blogger Vianney Rodriguez
(sweetlifebake.com)

We will also have:

- ◆ Food tastings!
- ◆ Gift bags for each attendee!
- ◆ Great door prizes!
- ◆ Vendors!
- ◆ Healthy handouts!

Enclosed is a registration form.



Yearbook Committee
Meeting
August 6, 2018
10:00 a.m.

Final plans will be made for the 2018-2019 Yearbook.

We will need the following items.

- ✓ poems
- ✓ roll call ideas
- ✓ quotes
- ✓ Helpful home hints

All Extension Education Club Presidents, Vice Presidents and Association officers should attend this meeting!



San Patricio Diabetic
Support Group Meeting
Tuesday, August 7, 2018
10:00 to 11:30 a.m.

San Patricio County Fair Grounds Civic Center
Meeting Room A&B
219 West 5th Street in Sinton

Topic

Emergency Preparedness for People with Diabetes

Presenter

Juanita Garcia, RN, MPH, CED
Diabetes Education Manager
Coastal Bend Health Education Center
Texas A&M University

Refreshments will be served &
door prizes will be given.

Blueberry Basics

Shop and Save



Blueberries are an excellent source of vitamin C, which promotes a healthy immune system.



- * Choose blueberries that are firm, dry, plump and smooth-skinned. Color should be deep purple-blue to blue-black.
- * Blueberries do not ripen after picking.
- * Avoid soft, shriveled or moldy fruit.
- * Fresh blueberries are available year round but might be the highest quality and lowest price when available locally. Peak season is July to September. Try farm stands.
- * Frozen blueberries may be a cheaper option when the local season has passed. It is very easy to freeze your they own.

Freeze Blueberries

1. Sort and rinse the berries.
2. Allow to air dry or pat gently with paper towels to remove surface moisture.
3. Spread in a single layer on flat pans or baking sheets. Freeze until firm.
4. Package frozen berries in freezer containers or freezer bags. Remove extra air. Label and date each package and return to the freezer.



Store Well Waste Less



- Sort and remove moldy, soft or shriveled berries before storage.
- Refrigerate fresh blueberries in a covered, shallow container with holes for air movement. Use within 10 days for best quality.
- Rinse under cool running water just before using or eating.
- Use frozen blueberries within 10 months for best quality. If frozen berries have thawed, refrigerate and use within 3 days.

Blueberry Math

$$1 \text{ pint} = \frac{3}{4} \text{ pound (12 ounces)} = 2 \text{ cups}$$

$$10 \text{ ounces frozen} = 1\frac{1}{2} \text{ cups}$$

Frozen blueberries make a great snack!

Enjoy Blueberries!

Blueberry Bling

Ingredients:

- 3 cups blueberries, fresh or frozen
- 2 teaspoons margarine or butter, softened
- 1 Tablespoon all-purpose flour
- 1 Tablespoon brown sugar
- ½ cup rolled oats
- ½ teaspoon cinnamon



Directions:

1. Preheat oven to 375 degrees F.
2. Place blueberries in a 9-inch pie plate or baking dish.
3. In a small bowl, use a fork to mix margarine, flour, sugar, oats and cinnamon.
4. Sprinkle oat mixture over blueberries.
5. Bake for 25 to 30 minutes. Enjoy warm!
6. Refrigerate leftovers within 2 hours.

Makes: 2 cups

Prep time: 5 minutes

Cook time: 25–30 minutes

Super Sundae

Ingredients:

- 1 cup low-fat vanilla yogurt
- ⅔ cup chopped peaches, fresh, frozen or canned/drained
- ⅔ cup blueberries, fresh or frozen
- 2 Tablespoons granola



Directions:

1. Divide yogurt between 2 glasses or dishes.
2. Spoon half of the peaches and blueberries on top of yogurt in each glass.
3. Sprinkle each sundae with granola. Enjoy!
4. Refrigerate leftovers within 2 hours.

Makes: 2 cups

Prep time: 10 minutes

Whole Wheat Blueberry Muffins

Ingredients:

- 1½ cups whole wheat flour
- ¾ cup sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- ⅓ cup vegetable oil
- 1 egg, slightly beaten
- ⅓ cup nonfat or 1% milk
- ½ cup unsweetened applesauce
- 2 cups blueberries, fresh or frozen



Directions:

1. Preheat oven to 400 degrees F. Lightly coat the bottoms of 12 muffin cups with oil or baking spray.
2. Mix the flour, sugar, salt and baking powder in a large bowl.
3. In a separate bowl, blend vegetable oil, egg, milk and applesauce until smooth. Stir the liquid ingredients into the flour mixture until just moistened. Lightly stir in the blueberries.
4. Fill each muffin cup about ¾ full.
5. Bake about 20 minutes or until the tops are golden brown.

Note: This recipe can use all-purpose flour or a mix of all-purpose and whole wheat.

To bake as a loaf, use an 8 or 9-inch bread pan and bake at 350 degrees F for 45 to 50 minutes.

Makes: 12 muffins

Prep time: 15 minutes

Cook time: 20 minutes



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

3rd Annual Dinner Tonight Path to the Plate Cooking School



Registration Form

Please print

Name: _____

Mailing Address: _____

City/State/Zip: _____

County: _____

Phone: _____ Email: _____

of tickets _____ x \$15.00 per person (before July 20, 2018) = \$ _____

of tickets _____ x \$20.00 per person (after July 20, 2018) = \$ _____

**Make checks payable to:
San Patricio Extension Education Association
and**

Please mail or bring your completed registration form and payment to:
Dinner Tonight Path to the Plate Cooking School
c/o Texas A&M AgriLife Extension Service
219 N. Vineyard
Sinton, Texas 78387

Tickets are non-refundable, but are transferable.



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: