



219 N. Vineyard, Sinton, TX 78387
361/587-3400 • 361/364-6237-fax
k-farrow@tamu.edu
<https://sanpatricio.agrilife.org>

Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

March 2018



**Mark Your
Calendar**

**County Extension Education
Association Meeting
Monday March 26, 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.

Leadership Program Schedule

Month	Topic	Presenter
Mar.	Plan to Control Your Aging Who Do You Think You Are?	Patricia Branch
Apr.	Fantastic Five The Incredible Gourd	Barbara Kain



**The San Patricio County
Extension Office will be
closed on
March 30, 2018
in observance of
Good Friday**

**2018 Extension Education
Association Spring Tour
Tuesday, March 27, 2018**

**Four E Dairy Farm and
Lira Rossa Artisan Cheese Tour**

784 County Road 251
Moulton, TX

“The Friendliest Little City with a Heart as Big Texas”

Check it out at <http://fouredairy.com/>

If you need a ride call Kathy at 361-587-3400. Kathy will be leaving the San Patricio County Extension office at 8:00am. First call, first serve.

Members please call your Club Chairman by March 20 if you want to attend.

Club Chairmen should let Kathy know their club's count by March 22.

Schedule

- 8:00 a.m.** Leave Sinton Extension Office
- 10:00 a.m.** Four E Dairy Farm and Lira Rossa Artisan Cheese Tour
784 County Road 251, Moulton, TX

“The Friendliest Little City with a Heart as Big Texas”
- 12:00 p.m.** Lunch in Moulton
Location - TBA
- 1:00 p.m.** Consumer Shopping Skills Workshop

2018 District EEA Spring Conference
April 18, 2018
Washington County Fairgrounds
Event Center
1305 East Blue Bell Road
Brenham, Texas
Theme: "Spring Fling"

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: \$20.00
 Guest registration fee: \$25.00
 Registration Due: Friday, March 23
(see enclosed registration form)

Each club is responsibility for:

- (3) door prizes - minimum value of \$10 each
- Each County will report what EEA has and does mean to their members (short one minute long)

 **Friend to Friend Party** 

April 10, 2018
Registration: 11:30 a.m.
Program - 12:10 p.m.
San Patricio County Fairgrounds
Civic Center
219 West Fifth, Sinton

RSVP by Monday, April 2, 2016 at 361-587-3400.

Each Extension Education Club must provide eight (8) 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!

Women supporting each other to stay healthy together.
 Encourage each other to have breast & cervical screenings.

Congratulations
2018 Spring Conference Delegates

Evelyn Sinast
 L'Ella Andrews
 Crystal LaForge
 Alternate: Patricia Branch

They will represent San Patricio County
 at the Spring Conference

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 3, 2018 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.



Caladium Bulbs available at the Extension Office



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

Varieties on hand

White Christmas Pink Carolyn Wharton
 Red Irene Dank Pink Beauty



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

Chocolate Chip Cake

Submitted by: L'Ella Andrews

Ingredients:

- 1 Duncan Hines chocolate cake mix
- 1 small chocolate instant pudding
- 1 small vanilla instant pudding
- 1/2 cup oil
- 1 1/2 cup water
- 4 eggs
- 6oz chocolate chips (semi-sweet)

Directions:

1. Preheat the oven to 350°F. Grease and flour a Bundt pan.
2. Place the cake mix, pudding mixes, oil, water, and eggs in large bowl and beat at low speed until blended, about 3 minutes, scraping down sides of bowl as needed.
3. Stir in the chocolate chips, and pour into a prepared Bundt pan.
4. Bake in the preheated oven for about 60 minutes.
5. Cool in the pan 10 minutes; remove from the pan to a wire rack to cool completely.

Yummy Lime-Pineapple Dessert

Yield about eight 3/4-cup servings

Ingredients

- 1 (16-ounce) carton nonfat cottage cheese
- 1 small package (.3 ounce) lime or orange sugar-free gelatin
- 1 (8-Ounce) package fat-free, nondairy whipped topping, softened.
- 1 (8-ounce) can pineapple tidbits, drained

Directions

1. Combine ingredients and mix well.
2. Chill before serving.

Chef's Notes

- ◆ Make this dish first so that it has time to chill while you make and eat your main meal.
- ◆ Mix and match the gelatin and fruit combinations to create fun flavors your family will love.
- ◆ Low-fat or nonfat cottage cheese is a good way to add dairy to your meal and keep your dessert healthy.
- ◆ Remember, even when a food is a healthy alternative, portion control is still important. Try not to overdo it just because it's "healthy."
- ◆ Read the labels and ingredient lists] Sometimes, when fat or sugar is taken out of a product, something else is added to make up for the flavor loss...and sometimes the "something else" is not good for you either.

► Note ◀

Do not allow raw or cooked eggs to remain at room temperature for longer than one hour (including preparation and service time.)

Egg Storage:

How Long Do Eggs Last?

Refrigerator Storage: Refrigerate eggs at 40°F or less. Store them in their original carton on an inside shelf and away from pungent foods. The temperature on an inside shelf remains more constant than one on the door, which is opened and closed frequently. The carton keeps the eggs from picking up odors or flavors from other foods and helps prevent moisture loss.

Raw eggs that have been removed from their shells should be refrigerated in a tightly covered container. Refrigerated whole egg yolks should be covered with water to prevent them from drying out; drain before using. The following chart shows how long hard-boiled eggs and raw eggs last when stored in the refrigerator.

Eggs	Refrigerator (35°F to 40°F)
• Raw whole eggs (in shell)	4 to 5 weeks beyond the pack date or about 3 weeks after purchase
• Raw whole eggs (slightly beaten)	Up to 2 days
• Raw egg whites	Up to 4 days
• Raw egg yolks	Up to 2 days
• Hard-boiled eggs (in shell)	Up to 1 week
• Hard-boiled eggs (peeled)	Up to 1 week

**2018 EEA Spring Trip Information Form
Tuesday, March 27, 2018**

Four E Dairy Farm & Lira Rossa Artisan Cheese Tour
784 County Road 251, Moulton, TX

Members please call your Club Chairman by _____, 2018 if you want to attend.

Bring completed Information form the morning of tour!

Name: _____
Mailing Address: _____
Home phone #: _____
Emergency contact person: _____
Emergency contact Phone #: _____
Allergies: _____
EEA Club or Guest of: _____

*Car pooling / Check with your Club Chairman
Kathy Farrow will be driving the County vehicle*

**2018 EEA Spring Trip Information Form
Tuesday, March 27, 2018**

Four E Dairy Farm & Lira Rossa Artisan Cheese Tour
784 County Road 251, Moulton, TX

Members please call your Club Chairman by _____, 2018 if you want to attend.

Bring completed Information form the morning of tour!

Name: _____
Mailing Address: _____
Home phone #: _____
Emergency contact person: _____
Emergency contact Phone #: _____
Allergies: _____
EEA Club or Guest of: _____

*Car pooling / Check with your Club Chairman
Kathy Farrow will be driving the County vehicle*

District 11 TEEA
Spring Conference Registration Form
Entry Deadline: Friday, March 23, 2018

Make checks payable to the San Patricio Extension Education Association

Registration fees:
Members - \$20.00
Non-Members - \$25.00

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-FCH
219 N. Vineyard
Sinton, Texas 78387

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.

Texas A&M Agrilife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

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.

Kathy Farrow
County Extension Agent
Family and Community Health
San Patricio County
219 N. Vineyard, Sinton, Texas 78387
361-587-3400 ★ 361/364-6234-fax
k-farrow@tamuedu

For additional information contact: