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<https://sanpatricio.agrilife.org>

Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

October 2018



**Mark Your
Calendar**

**County Extension Education
Association Meeting**
Monday, October 29, 2018
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.

Audit Committee Meeting
Monday, October 29, 2018
8:45 a.m.
San Patricio County
Extension Office

Members:

Evelyn Sinast Barbara Kain
Laura Grover Alice Luedke



Caladium Bulb Fundraiser



Every member is encouraged to sell as many caladium bulbs as possible to assist with the 2018-2019 Association budget.

All forms must be submitted to your Club President at your November Club meeting.

An order form is enclosed. If you need additional order forms please call the office.

Please sell, sell, sell for Scholarship Dollars & State Meeting Expenses!

**2018-2019 Association
Meeting Dates & Hostess Assignments**

| | |
|------------------|-----------------------------------------------------------------------------------------------|
| October 29 | Mathis |
| November 26..... | Taft |
| December..... | no meeting |
| January 28 | Aransas Pass |
| February 25..... | Mathis |
| March 25 | Taft |
| April 29..... | All clubs |
| | Mathis Club- fruit, Taft Club - drinks & paper goods & Aransas Pass Club - main dish & sweets |
| May | no meeting |
| June 3 | Luncheon |



**2nd Annual San Patricio County
Healthy South Texas
Diabetes Conference**

October 30, 2018
10:00am - 2:00pm
San Patricio County Civic Center
219 W. Fifth Street, Sinton

Free health screenings - 9:00am - 10:00am

There is no registration fee!

To register or for additional information contact
Kathy Farrow at 361-587-3400.



District 11 EEA Fall Training & Planning Meeting

Wednesday, November 28, 2018

St John's Parish Hall

El Campo, Texas

Registration: \$20.00 (which includes lunch)

Deadline: October 29, 2018

Form attached



October is National Breast Cancer Awareness Month

Supporting the **Fighters**,
Admiring the **Survivors**,
Honoring the **Taken**,
And Never, Ever Giving up **HOPE**.

Wear

PINK

every Friday in October to support
Breast Cancer!

Leafy Greens Basics

Shop and Save



- ✿ Choose greens that look crisp. Avoid wilted or yellowing leaves and browned stalks.
- ✿ Greens may be fresher and cost less when they are in season. Most are available spring through summer or fall. Kale, mustard greens and collard greens are available during the winter months.
- ✿ Try farm stands or farmers markets for local greens in season.
- ✿ Frozen spinach is a good value but other frozen greens often cost more than fresh.



Beet Greens



Kale

Leafy greens are low in calories and sodium, but high in other minerals, vitamins and fiber.



Collard Greens



Spinach



Bok Choy



Chard



Mustard Greens



Turnip Greens

Store Well Waste Less



- Wrap greens in a damp paper towel and refrigerate in an open plastic bag or container. Use most greens within 5 to 7 days for best quality.
- Wash greens just before using to reduce spoilage.
 1. Swish leaves in a large bowl of cool water.
 2. Let rest briefly to allow dirt to settle.
 3. Lift leaves from the water.
 4. Repeat until there is no grit on the bottom of the bowl.
 5. Pat leave dry if needed.
- Freeze for longer storage. Blanch (cook briefly) before freezing for best quality. Use within 10 to 12 months.

Enjoy Greens

Greens with Carrots

Makes 4 cups

Prep time: 20 minutes

Cook time: 15 minutes



Ingredients:

- 8 cups greens (try kale, bok choy, chard, collard, mustard or others)
- 2 teaspoons vegetable oil
- 2 large carrots, peeled and cut in thin strips or coarsely shredded
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon ground coriander (optional)
- 1 pinch cayenne pepper (optional)
- 1 Tablespoon vinegar
- 1 ¼ teaspoons low sodium soy sauce

Directions:

1. Wash greens and separate leaves from stems if needed. Slice stems crosswise, if using. Chop or slice leaves into thin strips.
2. Heat oil in large skillet over medium-high heat.
3. Add carrots and stems if separated; cook for 2 minutes. Add garlic and cook for 1 minute.
4. Add greens, salt, pepper, coriander and cayenne, if desired. Stir often.
5. When greens have turned bright green and begun to wilt, remove from heat. Sprinkle vinegar and soy sauce over the top. Toss-2 gently and serve.
6. Refrigerate leftovers within 2 hours.

Pasta with Greens & Beans

Makes 8 cups

Prep time: 10 minutes

Cook time: 30 minutes



Ingredients:

- 8 ounces pasta (try penne)
- 1 Tablespoon vegetable oil
- 3 cloves minced garlic or ¾ teaspoon garlic powder
- 10 ounces frozen spinach or 1½ pounds fresh spinach
- 1¾ cups (1 can/15 ounces) diced tomatoes with juice, canned, fresh or frozen
- 1¾ cups (1 can/15 ounces) white beans, drained and rinsed
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ cup grated parmesan cheese

Directions:

1. Cook pasta according to package directions. Remove from heat when done.
2. Meanwhile, heat oil in large skillet. Add garlic and cook on low until soft.
3. Add spinach, tomatoes with juice, drained beans, salt, and pepper. Once the mixture bubbles, cook uncovered on low heat for 5 minutes.
4. Drain pasta. Add pasta and parmesan to spinach mixture. Toss well and serve.
5. Refrigerate leftovers within 2 hours.

Note: Try chard, kale or other greens in place of spinach. Add chopped stems with the garlic.

Greens Math

1 pound fresh greens =

1 to 3 cups cooked

(thinner leaves and stems cook down more)



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

District 11 EEA Training and Planning Meeting
November 28, 2018

St John's Parish Hall
El Campo, Texas

\$20.00 per member (which includes lunch)

_____ Extension Education Club member attending

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Total number members x \$20.00 = \$ _____

Make members should make registration checks to San Patricio Extension Education Association and give to their Extension Education Club President at your October Club meeting.

Extension Education Chairman will submit names and registration fee to County Office on or before Monday, October 29, 2018.

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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Family and Community Health
San Patricio County
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For additional information contact: