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Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

September 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.

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

September 24	Aransas Pass
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

Family Dinners in a Flash

Family meals are making a comeback, and that's good news for several reasons. Kids in families who eat together are more confident, have better vocabularies and higher test scores. It can be tricky to schedule regular meals together, but the strong bond your family will share is worth the effort.

Make time to eat with your family using the following tips from registered dietitian nutritionists — the food and nutrition experts!

Quick Guide to Nutritious Meals

Planning saves time and allows the opportunity to pack the family meal with an extra nutritional punch. Before you make your shopping list and head to the grocery store, consider the following criteria for healthier options:

- Include at least one selection from each of the five food groups: grains, vegetables, fruits, dairy and protein foods.
- Limit foods that are fried or highly refined.
- Incorporate high-fiber foods like whole-grain breads and cereals, vegetables, fruits, beans, nuts and seeds.

Here is a balanced and nutritious dinner that the entire family will love: Mediterranean chicken breast (a boneless, skinless chicken breast baked for 20 minutes with lemon juice, a pinch of oregano and topped with feta cheese); steamed broccoli; brown rice; low-fat vanilla yogurt topped with fresh berries; and a glass of water.

Make Meals a Family Affair

Even if in a rush, families still can work together for speedy meal preparation: adults can be in charge of the entrée, older kids can prepare a salad and little ones can help set the table.

Finally, to make the most of your family meals, make conversation part of the dining experience and reduce distractions by turning off the TV and phones and tuning into your loved ones.

Whole Grain Basics

Shop and Save



- ❁ Bulk bins allow you to buy just the amount you need or can use within a month or two. Cost may be less than packaged grains.
- ❁ Whole grains should smell faintly sweet and pleasant or have no odor at all. Avoid grains that smell unpleasant or musty.
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Eating whole grains promotes healthy blood pressure, cholesterol, digestion, blood sugar and weight control.



More Whole Grains

- ◆ Bulk for the whole grain stamp on packaged foods.
- ◆ Use cooked whole grains for salads, breakfast bowls, or a dinner side dish.
- ◆ Try whole grain pasta. It is firm and has a nutty taste.
- ◆ Wheat, rye and barley contain gluten but corn, oats, quinoa, rice and buckwheat are naturally gluten free. To be sure that they are processed separately from grains containing gluten, look for "gluten-free" on the package.



Store Well Waste Less

- Heat, air and light can make whole grains taste and smell rancid. Store whole grains in:
 - airtight containers or reclosable bags. Airtight packaging will also keep out any insects.
 - a cool, dry and dark location or choose a container that keeps light out. Freeze for longest storage.
- Stored properly, whole intact grains will keep for up to 6 months on a cool, dry shelf or up to a year in the freezer.
- Ground whole grains will keep for 1 to 3 months on a cool, dry shelf or 2 to 6 months in the freezer.



Whole Wheat Blueberry Muffins

Prep time: 15 minutes / **Cooking time:** 20 minutes

Makes: 12 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. Lightly coat the bottom 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 muffin tops are golden brown. A toothpick inserted into the center of the muffin should come out moist but without batter.

Cooking Whole Grains

Choose a Whole Grain

Use suggested cooking times and amounts of liquid as a guide. Grains are done when you decide they are as tender as you like. Liquid can be water, broth, milk or a mixture.

Barley - Hulled or hull-less: Pearled barley is not whole grain. 1 cup barley + 3 cups liquid = 3½ cups cooked. Cook for 45 to 60 minutes.

Corn - Grits/polenta:

Enriched grains are not usually whole grain. 1 cup grits/polenta + 4 cups liquid = 2½ cups cooked. Cook for 25 to 30 minutes.

Oats

Rolled oats:

1 cup oats + 2 cups liquid = 2 cups cooked. Cook for 5 to 20 minutes.

Steel cut oats: 1 cup oats + 4 cups liquid = 4 cups cooked. Cook for 20 minutes.

Quinoa - If not pre-washed, rinse with cold water before cooking. 1 cup quinoa + 2 cups liquid = 3 cups cooked. Cook for 12 to 15 minutes.

Rice - Brown, red or black:

White rice is not whole grain. 1 cup rice + 2½ cups liquid = 3 to 4 cups cooked. Cook for 25 to 45 minutes.

Wheat-

Bulgur: 1 cup bulgur + 2 cups liquid = 3 cups cooked. Cook for 10 to 12 minutes.

Wheat berries: 1 cup wheat berries + 4 cups liquid = 3 cups cooked. Cook for 45 to 60 minutes.

Make Whole Grains Easy

Cook grains in large batches to use later:

- Divide cooked, cooled grains into single-use amounts in freezer bags or containers. Label and date. Refrigerate or freeze.
- Use refrigerated cooked grains within 3-4 days. Use frozen cooked grains within 2-3 months.
- Add frozen cooked grains to soups or skillet meals straight from the refrigerator or freezer. As the dish cooks, the grains will reheat.
- To quickly reheat refrigerated or frozen grains, add a small amount of water and heat in the microwave or in a saucepan on low until warmed. Stir as needed to prevent sticking.

Choose a Cooking Method

Steamed: Bring liquid to a boil in a large saucepan. Stir in grain. Cover. Reduce heat to low and simmer until tender. Drain extra liquid if needed.

Pilaf-style: Sauté in a little oil until lightly golden. Vegetables and seasonings can be added. Stir in liquid. Bring to a boil, reduce heat to low, cover and simmer until grain is tender and has absorbed all liquid.

Rice cooker: Follow rice cooker directions for other grains. Or try the white rice settings for grains that take 25 minutes or less and the brown rice settings for grains that require longer cooking. Use the same amount of liquid as if steaming.

SAVE THE DATE

COMING
UP

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



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

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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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