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<https://sanpatricio.agrilife.org>

*Sharing is caring with TEEA*

Kathy Farrow, Family and Community Health Agent

April 2019



## Mark Your Calendar

County Extension Education  
Association Meeting  
Monday, April 29, 2019  
San Patricio County Extension Office

9:00 a.m. - Refreshments

### Hostess duties

- Mathis EE Club – fruit
- Taft EE Club – drinks & paper goods
- Aransas Pass EE Club – main dish & sweets

1 door prize per club

9:30 a.m. - Business meeting

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

## Friend to Friend Party

April 25, 2019

Registration: 11:30 a.m.

Program - 12:10 p.m.

San Patricio County Fairgrounds

Civic Center

219 West Fifth, Sinton

RSVP by Thursday, April 18, 2019  
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.

### Leadership Program Schedule

Month	Topic	Presenter
Apr.	Parenting All Over Again	Evelyn Sinast
	Civilian Response to Active	Betty Baughn



Scholarship  
Committee Meeting  
Friday, April 26, 2019  
10:00 a.m.  
San Patricio County  
Extension Office



## San Patricio County Texas Treasure Award



Don't forget to turn in your club nominee to the San Patricio County Extension Office by Wednesday, May 15, 2019.

You can only nominate one member per club.

Members can receive the award more than one time.



to the following club members for volunteering their time to judge at the following County Homemaking Shows.

### Refugio

Lucy Ortiz  
Judy Turany  
Shelia Keeney

### Goliad

Evelyn Sinast  
Lucy Ortiz  
Judy Ortiz  
Shelia Keeney

# Herbs and Spices

**\$hop and  
\$ave**



- ◆ Check for a "BEST by" date on packaged spices and herbs. They are still safe after the date but the flavor will be weaker.
- ◆ Fresh herbs should be a color typical for the herb. Avoid wilted or yellowed leaves.
- ◆ If you garden, grow some herbs. Try basil, parsley, chives and others in the ground or a container.

Herbs and spices boost flavor,  
and are salt and sugar-free!



## Fresh or Dried?

Both fresh and dried herbs add flavor. Adjust amounts to your taste.

### Most Herbs

3 teaspoons fresh =  
1 teaspoon dried

### Garlic

1 clove fresh =  
1/4 teaspoon garlic powder

### Ginger

1 teaspoon fresh ginger root =  
1/4 teaspoon ground ginger powder

## Store Well Waste Less



- Store dried herbs and spices in a cool, dark location away from direct heat or sunlight. Keep containers tightly closed.
- Whole dried spices keep their flavor for up to 4 years; ground spices for 2 to 3 years and dried bs for 1 to 3 years. Smell them to check for strength of flavor.
- Refrigerate fresh herbs like parsley, basil or cilantro upright in a glass of water like flowers. Cover with a loose plastic bag.
- Wash fresh herbs just before using by pushing up and down in a bowl of water; lift out of the water; repeat in fresh water until no dirt appears in the bowl.
- Freeze fresh herbs and use in cooked dishes within one year. Remove clean, dry leaves from main stems, spread on a tray and freeze. Package in freezer quality container labeled with the herb's name and date.

# Using Herbs and Spices

## Homemade Seasoning Blends

Mix ingredients well and store in an airtight container.

### Taco Seasoning

- 3 Tablespoons garlic powder
- 3 Tablespoons onion powder
- 6 Tablespoons chili powder
- 3 Tablespoons paprika
- 1 Tablespoon black pepper



Optional:

- 3 Tablespoons cumin
- ½ teaspoons dried oregano
- Red pepper flakes to taste

Makes 1 cup without optional ingredients.

2 Tablespoons = one packet (1.25 ounces) taco seasoning mix

### Soulful Seasoning (salt free)

- 3 Tablespoons onion powder
- 4 Tablespoons garlic powder
- 1 Tablespoon ground red pepper
- 1 Tablespoon chili powder
- 1 Tablespoon paprika
- 1 teaspoon ground black pepper
- 2 teaspoons ground thyme



Makes ¾ cup - Use with vegetables and meats.

### Pumpkin Pie Spice

- 2 Tablespoons cinnamon
- 1 Tablespoon ginger
- 1 ½ teaspoons nutmeg
- 1 ½ teaspoons cloves



Makes 4 Tablespoons

## Pumpkin Fruit Dip

### Ingredients:

- 1 can (15 ounce) pumpkin (about 1¾ cups cooked pumpkin)
- 1 cup low-fat ricotta cheese or plain yogurt or low-fat cream cheese
- ¾ cup sugar (or less to taste)
- 2 teaspoons pumpkin pie spice



### Directions:

1. In a medium bowl, combine pumpkin, ricotta cheese (or yogurt or cream cheese), pumpkin pie spice.
2. Add sugar a little at a time to reach desired sweetness. Stir until smooth.
3. Serve with fresh fruit dippers like apple slices, bananas or grapes.
4. Refrigerate leftovers within 2 hours.

Makes 3 cups

Prep time: 5 minutes

## Hummus Dip (no tahini)

### Ingredients:

- 1 can (15 ounces) garbanzo beans, drained and rinsed
- 2 Tablespoons lemon juice
- 2 teaspoons vegetable oil
- ½ cup nonfat plain yogurt
- ¼ teaspoon garlic powder or 1 clove garlic
- ¼ teaspoon black pepper
- ½ teaspoon ground cumin



### Directions:

1. For a smooth texture, blend all ingredients in a blender. For a less smooth texture, mash beans with a fork until they are smooth as you like. Mix with other ingredients.
2. If hummus seems too thick, add 2 teaspoons of water.
3. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 5 minutes

Use fresh  
herbs to flavor  
water.



L'Ella Andrews, Barbara Kain, Evelyn Sinast and Agent Farrow participated in the District 11 Extension Education Association Spring Conference in El Campo.

# SAVE THE DATE

Association Awards Luncheon  
Monday, June 3, 2019  
Back Street Café  
106 E Borden Street  
Sinton, Texas

92nd TEEA State Conference  
September 10-11, 2019  
San Marcos, Texas

District 11 EEA Winter Conference  
December 5, 2019

District 11 EEA Spring Conference  
April 16, 2020

## 2019 San Patricio EEA Spring Tour Rob and Bessie Welder Wildlife Foundation





# 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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