



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

January 2019



**Mark Your
Calendar**

**County Extension Education
Association Meeting**

Monday, January 28, 2019

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.**



needed for

**2019 A&H Show Homemaking Division!
Please call the Extension Office to sign up
your Extension Education Club members!**



**Foods Division Plastic
Containers for Sale**

The San Patricio County Extension Office has
plastic containers for the
A&H Show Homemaking Foods Division.

Large containers (cake & pies) - \$1.00 each
Small containers (cookies, etc.) - \$1.00 each

The covers are being offered on a first come-basis.

**Checks can be made payable to the
San Patricio 4-H Council**

Leadership Program Schedule		
Month	Topic	Presenter
Feb.	Country Roads...Take Me Home	Barbara Kain
Mar.	Do Re Mi, Cha Cha Cha! Enriching Lives through Music & Dance	Crystal LaForge
Apr.	Parenting All Over Again	Evelyn Sinast
	Civilian Response to Active Shooter Events	Betty Baughn



**The San Patricio County
Extension Office will be
closed on
January 21, 2019.**



Martin Luther King, Jr. Day

Bean Basics

Shop and Save



✿ Dried and canned beans are great food to keep on hand. You may want to stock up when they are on sale.

✿ Dried beans are usually cheaper than canned beans but take longer to cook. Canned beans are fully cooked and ready to use cold or heated.

✿ Bulk bins are a great place to find different kinds of dried beans. Buy just the amount you need.

Beans are filled with protein, fiber and vitamins and minerals like folate and iron.



Using Beans

✿ Although each type of bean is slightly different, you can swap one type for another in most recipes. Use what you have or buy what is cheapest or on sale.

✿ You can replace 1 pound of meat with 2 cups of cooked beans in many recipes.

✿ Drain and rinse canned beans to reduce the sodium by 35% or more.

✿ Beans have a high nutrient content and can be used either as a protein food or a vegetable.



Bean Math

1 pound of dried beans =

2 cups dried beans =

4 to 6 cups cooked beans

1 can (15 to 16 ounces) =

1½ to 1¾ cups cooked beans

Store Well Waste Less



- Store dry beans in an airtight container in a cool, dark, dry place. Label with the date they were purchased and try to use within 1 year for best quality.
- Store cans of beans in a cool dry place. Look for a "BEST if used by" date on the can to help know how long to store them.
 - If the can is leaking, bulging on the ends or spurts when opened, throw it away.

- Refrigerate cooked or opened canned beans in a covered container that is not made of metal. Use within 5 days.
- Freeze cooked or opened canned beans for longer storage. Use a freezer-quality container. Cover beans with cooking liquid or water, leaving room for expansion. Use within 2 to 3 months for best quality.

Enjoy Beans

Cook Dry Beans in Three Easy Steps



1. **Sort and Rinse**—Sort to remove stones, seeds or damaged beans. Rinse well to remove dust.
2. **Soak**—Soak to speed up the cooking time. Choose a long or quick soak depending on how much time you have.
 - **Long Soak**—Cover beans with plenty of water (8 cups of water for every 2 cups of beans); soak for 6 hours or overnight.
 - **Quick Soak**—In a large saucepan, cover beans with plenty of water (8 cups of water for every 2 cups of beans) and bring to a boil. Boil the beans and water for 2 minutes. Turn off the heat and let them soak for 1 hour.
3. **Cook**—Drain and rinse the beans. In a large saucepan, add fresh water to cover the beans by at least 1 inch. Bring the beans and water to a boil then reduce heat, cover and simmer until the beans are tender. Add water if needed to keep the beans covered with liquid during cooking. Cooking time varies for different beans, but is usually from 1 to 2 hours. Beans are done when you can easily mash them with a fork.

★**Tip:** Wait until the beans are tender before adding salt or acidic ingredients such as tomato products, lemon or vinegar. If added too soon, these ingredients will delay softening of the beans.

Quick Chili

Ingredients:

- ½ pound lean ground meat (15% fat) 1 medium onion, chopped
- 1 can (15 ounces) beans, drained and rinsed (try kidney, small red or other types)
- 2 cans (14.5 ounces each) diced tomatoes with liquid
- 2 Tablespoons chili powder



Directions:

1. Brown meat and onions in a large skillet over medium-high heat. Drain fat.
2. Add beans, tomatoes with liquid and chili powder.
3. Reduce heat to low, cover and cook for 10 minutes. Add water if chili becomes too thick. Serve warm.
4. Refrigerate leftovers within 2 hours.

Notes:

- No meat on hand? Add another cup of beans.
- Serve with shredded cabbage, low-fat sour cream, cilantro or grated cheese.
- Add other vegetables such as bell peppers, carrots, celery and corn, if desired.
- Add dried cumin, oregano or red pepper flakes in Step 2 for extra flavor!

Makes 6 cups

Prep time: 5 minutes

Cook time: 20 minutes

Cowboy Salad

Ingredients

- 2 cans (15 ounces) black-eyed peas or black beans (try a mix)
- 1 can (15 ounces) corn
- 1 bunch cilantro
- 1 bunch green onions (5 green onions)
- 3 medium tomatoes
- 1 avocado (optional)
- 1 Tablespoon canola or vegetable oil
- 2 Tablespoons vinegar or lime juice
- ½ teaspoon each salt and pepper



2. Finely chop the cilantro and green onions.
3. Dice the tomatoes and avocado.
4. Combine all veggies in a large bowl.
5. Mix oil, vinegar or lime juice, salt and pepper together in a small bowl.
6. Pour oil mixture over salad ingredients and toss lightly.
7. Refrigerate leftovers within 2 hours.

Notes

- Serve with your favorite meal or as a snack with tortilla chips.
- Try adding other vegetables such as sweet or hot peppers or zucchini.
- Freeze extra lime juice to use later.
- Cook your own dry beans. One can (15 ounces) is about 1½ to 1¾ cups drained beans.

Directions

1. Drain and rinse the black-eyed peas (or black beans) and com.

2019 A&H Show Homemaking Division Volunteers Needed!

Please call Kathy or Vickie at 361/587-3400 to volunteer.

San Patricio County Fairgrounds Civic Center

Monday, January 21 - Cultural Arts Check-in:
4:00 - 6:00 p.m.

1. Dorothy Glenn
2. Susan Dromgoole
3. _____

Tuesday, January 22 - Foods Check-in:
11:00 a.m. - 12:00 noon

1. Evelyn Sinast
2. Barbara Kain
3. L'Ella Andrews

Judging Assistants & Display Set-up:
Tuesday, January 22 - Cultural Arts Division

1. _____
2. _____
3. _____

A&H Show Homemaking Division Room Monitors Thursday, January 24, 2019

Each club will need to provide **3 volunteers**. Clubs have the option to trade times, etc. **Please let me know by Friday, January 11, 2019 who your club volunteers will be.**

8:45 - 11:00 a.m. Taft EE Club

1. Roxanna Hall
2. Lucy Ortiz
3. _____

11:00 p.m. - 2:00 p.m. Aransas Pass EE Club

1. Pam Minton
2. Susan Dromgoole
3. Barbara Kain

2:00 p.m. - 5:15 p.m. Mathis EE Club

1. _____
2. _____
3. _____

SAN PATRICIO/ARANSAS COUNTY A&H SHOW ADULT HOMEMAKING DIVISION (18 AND OVER)



GENERAL RULES

1. Entry Fee \$3.00 per item. No limit on number of entries per exhibitor.
2. Check in for cultural arts – Monday, January 21, 2019 from 4:00 to 6:00 p.m.
Check in for foods – Tuesday, January 22, 2019 from 11:00 a.m. to 12:00 noon
Check out for ALL items – Saturday, January 26, 2019 from 4:00 to 5:00 p.m.
3. No Premium Money awarded, exhibitors will compete for ribbons and rosettes.
4. A BEST IN SHOWSWEEPSTAKES rosette will be awarded in Food and Cultural Arts Divisions.
5. Entries must have been made by the exhibitor only, and that actual item may not have been entered in any previous Adult Division; however, a newly made item in the same class is acceptable. Entries must have been completed within the past year.
6. Refrigeration IS NOT available for food items.
7. Exhibitors to provide food containers, which contain a label naming the class, food item and exhibitor name and recipe.
8. Clothing will be judged on construction only, no modeling.
9. All entries will be assigned an exhibitor number by the Division Chairman; no exhibitor name will be shown until after judging.
10. Score sheets will be handed out at check-out.
11. All entry monies will be used to provide premium money to the San Patricio/Aransas Counties A&H Show Homemaking Division Youth Exhibitors.
12. All exhibitors will be under the control of the General Superintendent, but the organization will in no case be responsible for any loss or damage that may occur to entries or persons.
13. Awards – The decision of the judges will be final in all cases, except when mistakes or misrepresentation not discovered at the time of awards is proven. In such cases they may be referred to the Homemaking Superintendent, from whose decision there can be no appeal.
14. Protest- All protests must be made directly to the Homemaking Superintendent. The Homemaking Superintendent, will be in a designated office or place at all times during the day of judging. Printed rules will be followed in all classes.
15. Removal of Exhibits – No article may be removed from grounds without a special form from the Homemaking Superintendent. Time for removal of exhibits will be Saturday, January 30 from 4:00 to 5:00 p.m.
16. Packaged mixes, ready to serve and ready to bake foods of any type are not eligible for food entries. Those will be disqualified if entered at the discretion of the superintendent except in class 11.
17. Recipes must be attached for all Food Division entries.
18. All canned items must be in a standard canning jar no smaller than a half pint - eight (8) ounces with a two-piece canning lid and must have an air tight seal.
 - a. Jars must be labeled with the name of the contents and the date canned.
 - b. For safety precautions, a committee member at check-in, in the present of the person entering will check for seal qualification.



ADULT HOMEMAKING DIVISION (18 AND OVER)

FOOD DIVISION

- Class 1 Quick Bread – 1 loaf
- Class 2 Yeast Bread – 1 loaf or 6 rolls
- Class 3 Fruit Pie (no refrigerator, cream or pumpkin)
- Class 4 Pound Cake
- Class 5 Iced Multi Layer Cake
- Class 6 Cookies Bar – 6
- Class 7 Cookies Drop – 6
- Class 8 Cookies Other – 6
- Class 9 Brownies – 6
- Class 10 Candy – 6
- Class 11 Cake Mix Specialty Cake (must change appearance and/or flavor of cake mix)
-  Class 12 Bundt Cake
- Class 13 Jams, Jellies & Preserves – 1 jar
-  Class 14 Salsa & Sauces – 1 jar
- Class 15 Pickled Items – 1 jar

CULTURAL ARTS

- Class 16 Afghans, Tablecloths, Bedspreads, Blankets, and Throws – knitted, crocheted, weaving, and tatting.
- Class 17 Ceramics, China, Porcelain and Pottery
- Class 18 Craft Painting – tole and decorative, stenciling – may include wood, metal, glass, fabric, and gourds.
- Class 19 Decorated Garments – purchased or handmade – embellished or decorated with fabric, ribbons, trim, stones and/or lace (clothing and accessories)
- Class 20 Fabric Creations – (must be made of fabric) – may include dolls, animals, baskets, pillows, braided rugs, door stops, crochet rag rugs, etc.
- Class 21 Fiber Arts – crocheting, knitting, tatting, macramé and spinning – may include clothing, doilies, scarfs, and other small items.
- Class 22 Garments and Accessories Handmade – sewing
- Class 23 Handstitchery - needlepoint, crewel, embroidery, candlewicking, smocking and counted cross-stitch.
- Class 24 Machine Embroidery
- Class 25 Holiday Decoration – any holiday, any medium
- Class 26 Jewelry – may include beads, clay, paper, shells, stones, watercolor, and wood
- Class 27 Painting and Drawing – watercolor, oils, pastels, and charcoal
- Class 28 Paper – may include note cards and pages
- Class 29 Traditional Scrapbooks
- Class 30 Digitally Produced Scrapbooks
- Class 31 Photography – Photo paper - black and white
- Class 32 Photography – Photo paper - color
- Class 33 Photography – any other medium (no larger than 16x20)
- Class 34 Quilts – smaller than 50" x 70" – hand quilted
- Class 35 Quilts – larger than 50" x 70" – hand quilted
- Class 36 Quilts – smaller than 50" x 70" – machine quilted
- Class 37 Quilts – larger than 50" x 70" – machine quilted
- Class 38 Quilts – Twin size or larger - hand or machine quilted – constructed and quilted by 2 or more members
- Class 39 Recycled Items – any medium
- Class 40 Miscellaneous (items that do not fit any previous category)

**2019 A&H Show Adult Division
San Patricio County Fair Grounds Civic Center
219 N. Fifth Street, Sinton**

Cultural Arts entries due:

Monday, January 21 from 4:00 - 6:00 p.m.

Food Division entries due:

Tuesday, January 22 from 11:00 a.m. - 12:00 noon
Recipes must be attached for all Food Division entries

Entry fee: \$3.00 per item

No limit on number of entries per exhibitor

Check out for all items:

Saturday, January 26 from 4:00 - 5:00 p.m.

Plastic containers are available for purchase at the
San Patricio County Extension Office for \$1.00 each
Large - cakes & pies & Small - cookies, brownies, etc.

Additional entry cards will be available at check-in or the
San Patricio County Extension Office.

**Remember that this event replaces our Cultural Arts Fair.
Highest placing Cultural Arts item will advance to District.**

Divisions and classes are attached.

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:

**San Patricio & Aransas Counties
Adult Homemakers Show**

Exhibitor Number: _____

Division (Circle One)

Food

Cultural Arts

Class # _____

Item & Description: _____

(FOLD UP TO DOTTED LINE AND TAPE COMPLETED ACROSS)
////////////////////////////////////

Exhibitor Name _____

Mailing Address _____

City _____

Zip Code: _____

EEA Club Member: Yes _____ No _____

**San Patricio & Aransas Counties
Adult Homemakers Show**

Exhibitor Number: _____

Division (Circle One)

Food

Cultural Arts

Class # _____

Item & Description: _____

(FOLD UP TO DOTTED LINE AND TAPE COMPLETED ACROSS)
////////////////////////////////////

Exhibitor Name _____

Mailing Address _____

City _____

Zip Code: _____

EEA Club Member: Yes _____ No _____

**San Patricio & Aransas Counties
Adult Homemakers Show**

Exhibitor Number: _____

Division (Circle One)

Food

Cultural Arts

Class # _____

Item & Description: _____

(FOLD UP TO DOTTED LINE AND TAPE COMPLETED ACROSS)
////////////////////////////////////

Exhibitor Name _____

Mailing Address _____

City _____

Zip Code: _____

EEA Club Member: Yes _____ No _____

**San Patricio & Aransas Counties
Adult Homemakers Show**

Exhibitor Number: _____

Division (Circle One)

Food

Cultural Arts

Class # _____

Item & Description: _____

(FOLD UP TO DOTTED LINE AND TAPE COMPLETED ACROSS)
////////////////////////////////////

Exhibitor Name _____

Mailing Address _____

City _____

Zip Code: _____

EEA Club Member: Yes _____ No _____

**San Patricio & Aransas Counties
Adult Homemakers Show**

Exhibitor Number: _____

Division (Circle One)

Food

Cultural Arts

Class # _____

Item & Description: _____

(FOLD UP TO DOTTED LINE AND TAPE COMPLETED ACROSS)
////////////////////////////////////

Exhibitor Name _____

Mailing Address _____

City _____

Zip Code: _____

EEA Club Member: Yes _____ No _____