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<https://sanpatricio.agrilife.org>

Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

July 2019



Delicious in the Heart of Texas Backyard Party

Tuesday, July 30, 2019
6:00 - 8:00pm

San Patricio County Civic Center
219 West Fifth Street
Sinton, Texas

Doors open at 5:45pm

Early registration - \$15.00 per person
After July 20 - \$20.00 per person

Tickets are non-refundable,
but are transferable

Cooking Demos by:

Chef Jeremy Lee (Harrison's Landing/Corpus Christi) and Samantha McCrary (Mermaid's Kitchen Catering/Rockport)

Enclosed are event flyer and
registration form.

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

San Patricio Extension Education Club members that will be attending the 2019 State Conference will be as follows.

L'Ella Andrews
Patricia Branch
Dorothy Glenn

Crystal LaForge
Barbara Kain
Marsha Wellman

Also attending will be Kathy Farrow, San Patricio County Extension Agent-Family and Community Health.



San Patricio Diabetic Support Group Meeting

Tuesday, August 6, 2019
10:00 to 11:30 a.m.

San Patricio County Fair Grounds Civic Center
Meeting Room A&B
219 West 5th Street in Sinton

Topic
Kidney Care and Diabetes

Presenter
Laura Yturria-Calk, Kidney Care Advocate
Fresenius Medical Care

Kidney screening will be done from
10:00 to 10:30am.

Refreshments will be served &
door prizes will be given.

Grape Basics

**\$hop and
\$ave**



All grapes - any color -
contain vitamins C and K
which help heal cuts.

* For eating fresh, choose table grapes. They have thinner skins and are sweet and juicy. Grapes grown for juice or wine have thicker skins and much more sugar.

* Look for firm, plump grapes that are firmly attached to green, flexible stems.

* Avoid grapes that are shriveled, sticky, have brown spots, or with dry, brittle stems.

* Grapes are commonly purple, red or pale green. They may be seedless or have seeds. Try different colors, sizes and textures by choosing the variety that is lowest in price.



Raisins

* Depending on the variety of grape, raisins (dried grapes) become dark brown or golden.

* Look for tightly-sealed containers or covered bulk bins. Raisins should feel soft and pliable.

* Store raisins in an airtight container in a cool, dry, dark place.

* Once opened, reseal the package tightly to help prevent hardening. For best quality use within 6 months.

* If raisins become hard, soak in hot liquid for 5 to 15 minutes. Drain and use.

* It takes 1 cup of grapes to make $\frac{1}{4}$ cup of raisins. They both have about 100 calories.

Store Well Waste Less



- Leave grapes on the stem but remove any grapes that are shriveled, brown, or moldy.
- Grapes can be kept on the countertop for a day or two, but last longer when refrigerated. Place them in an open container

or perforated plastic bag. For best quality, use within 7 to 10 days.

- Rinse under cool water just before eating. Extra moisture during storage speeds spoilage.

➤ Whole grapes are a serious choking hazard for children younger than four years old. Cut grapes in half lengthwise or even into quarters.

Enjoy Grapes

Grape and Cucumber Salad

Makes: 6 cups / Prep time: 15 minutes

Ingredients:

- 3 cups grapes, cut in half or quarters
- 3 cups sliced cucumber
- 1/4 cup thinly sliced green onion



Dressing:

- 1/4 cup vinegar
- 1 teaspoon oil
- 2 teaspoons brown sugar
- 3/4 teaspoon salt
- 1/4 teaspoon hot sauce, optional

Directions:

1. Place the grapes, cucumber and green onion in a medium bowl.
2. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients and hot sauce, if using.
3. Pour over grapes and cucumbers and stir until mixed.
4. Refrigerate leftovers within 2 hours

Grape Salsa

Makes: 2 cups

Prep time: 20 minutes / Chill time: 1 hour

Ingredients:

- 2 cups grapes, cut in pieces
- 1/2 cup sliced green onion
- 1/2 cup diced Anaheim chili, fresh or canned
- 2 Tablespoons chopped cilantro
- 2 Tablespoons vinegar
- 1/4 teaspoon garlic powder or 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/8 teaspoon hot sauce



Directions

1. Combine all ingredients in medium bowl; mix well. Let stand at least 1 hour. Drain off excess liquid before serving.
2. Refrigerate leftovers within 2 hours.

Fruited Tabbouleh

Makes: 4 cups

Prep time: 25 minutes

Cooking time: 5 minutes

Chill time: 30 minutes

Ingredients

- 1½ cups broth, chicken or vegetable
- 1 cup bulgur wheat
- 1 cup grapes, cut in half or quarters
- 1/3 cup minced onion
- 3 Tablespoons chopped fresh mint leaves or parsley
- 1 small orange, peeled and diced or 3/4 cup (one 11-ounce can) mandarin oranges, drained



Dressing

- 2 Tablespoons oil
- 2 Tablespoons lemon juice or vinegar
- 2 teaspoons sugar
- 1/4 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cumin
- 1 teaspoon black pepper

Directions

1. Heat broth to boiling, stir in bulgur and turn off heat. Cover and set aside for 25 minutes.
2. Remove the cover and fluff the bulgur with a fork. Let cool at least 5 minutes.
3. Stir in grapes, onion, mint or parsley, and orange.
4. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients. Pour over bulgur mixture and toss well. Chill until ready to serve.
5. Refrigerate leftovers within 2 hours.



**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

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.

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:



*Delicious in the
Heart of Texas
Backyard
Party*

July 30, 2019

6:00 - 8:00pm

San Patricio County

Civic Center

219 West Fifth Street

Sinton, Texas

Featuring:

- ◆ **Cooking demos by Chef Jeremy Lee (Harrison's Landing/Corpus Christi) and Samantha McCrary (Mermaid's Kitchen Catering/Rockport)**
- ◆ **Food tastings!**
- ◆ **Gift bags for each attendee!**
- ◆ **Great door prizes!**
- ◆ **Vendors!**

**Early registration will receive an
Extra Door Prize Ticket!**

Doors open at 5:45pm

Browse and sample items from vendor booths

Cooking Demos at 6:00pm

Early registration - \$15.00 per person

After July 20 - \$20.00 per person

Please make all checks payable to:

San Patricio Extension Education Association

To register or for more information contact

San Patricio County Extension office at

361-587-3400 or Aransas County

Extension office at 361-790-0103.

**TEXAS A&M
AGRI LIFE
EXTENSION**

**ATM
HEALTHY SOUTH TEXAS**

**DINNER
TONIGHT
HEALTHY COOKING SCHOOL
TEXAS A&M AGRILIFE EXTENSION**

Individuals with disabilities who require an auxiliary aid, service, or accommodation in order to participate in any Extension event should contact us at 361-587-3400 or 361-790-0103 at least one week in advance of the program in order for proper arrangements to be made.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information or veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.



Registration Form

July 30, 2019

6:00 - 8:00pm

San Patricio County
Civic Center
219 West Fifth Street
Sinton, Texas

Please print

Name: _____

Mailing Address: _____

City/State/Zip: _____

County: _____

Phone: _____ Email: _____

of tickets _____ x \$15.00 per person (before July 20, 2019) = \$ _____

of tickets _____ x \$20.00 per person (after July 20, 2019) = \$ _____

Early registration will receive an extra door prize ticket!

**Make checks payable to: San Patricio Extension Education Association
and**

**Please mail or bring your completed registration form and payment to:
Delicious in the Heart of Texas Backyard Party
c/o Texas A&M AgriLife Extension Service
219 N. Vineyard, Sinton, Texas 78387**

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