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<https://sanpatricio.agrilife.org>

Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

June 2019

**2019-2020
Extension Education
Association Officers**

*Chair - Marsha Wellman
Vice-Chair - Crystal LaForge
Secretary - Evelyn Sinast
Treasurer - Barbara Kain*

Congratulations Ladies!

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

Registration fees - TEEA member - \$75.00

Registration form and payment must be received at the
San Patricio County Extension Office by Tuesday, June 25, 2019.

See attached registration form.



In observance of
Independence Day
the San Patricio County
Extension Office will be closed
Thursday, July 4, 2019.



Delicious in the Heart of Texas Backyard Party

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.

Milk Basics

Shop and Save



- ✿ Look for a date on the package to help you know how soon to use it.
- ✿ Milk sold in larger cartons and jugs is usually cheaper per ounce. Buy only the amount you can use before it spoils, or plan to freeze any extra!!
- ✿ Powdered milk may cost the least.



Milk is rich in calcium which helps build strong bones and teeth.



Types of Milk

Fat-free, 1%, 2% and whole milk have increasing amounts of fat and calories but the same nutrients including protein, calcium, potassium, phosphorus and vitamins A, D, B2, B3 and B12. Other forms of milk have the same nutritional value as fresh milk:

Lactose-free milk is fluid milk with lactose removed.

Evaporated milk is canned milk with some water removed. This changes the flavor and color slightly.

Powdered milk has all the water removed so it stores for much longer.

Cultured buttermilk has reduced lactose. It is slightly thicker and has a tart taste.

Plant Based Milks:

Soy milk is made from soy beans. It is lactose-free, non-dairy, and most like cow's milk nutritionally.

Other plant-based milks (almond, cashew, rice, coconut or hemp) are lactose-free, soy-free and non-dairy so they may be helpful for people with some allergies. All are low in protein and not a good source of other nutrients unless fortified. They may be low in calories and added sugar if unsweetened.

Store Well Waste Less



- Keep fresh milk refrigerated as much as possible - as soon as you take it home and right after each use.
 - Ultra-high temperature pasteurization and sterilized packaging allows shelf-stable milks to be stored at room temperature for up to 6 months. Once opened, refrigerate and use within 7 to 10 days.
 - Store powdered milk and canned evaporated milk in a cool, dry place.
 - Refrigerate evaporated milk after opening. Use within 3 to 4 days.
- Freeze extra milk:**
- Leave space in containers for milk to expand during freezing.
 - Thaw in the refrigerator then shake well.
 - Flavor and texture change slightly so use it in cooking.

Cooking with Milk

Orange Delight

Makes: 5 cups
Prep time: 5 minutes



Ingredients:

- 6 ounces frozen orange juice concentrate (about 3/4 cup)
- 4 cups non-fat or 1% milk
- 1 teaspoon vanilla extract

Directions:

1. Place all ingredients in a blender.
2. Blend for about 30 seconds or until smooth. Serve and enjoy.
3. Refrigerate leftovers within 2 hours.

Notes:

- ✿ If you don't have a blender, mix the ingredients well in a bowl or shake in a container with a tight lid until frothy.

Magical Fruit Salad

Makes: 4 cups
Prep time: 15 minutes



Ingredients:

- 4 cups fruit (fresh, frozen or canned/drained (try a mixture - apples, bananas, oranges, grapes or pineapple)
- 1 package (makes 4 servings) instant lemon or vanilla pudding mix
- 1 3/4 cups cold nonfat or 1% milk (or mix nonfat dry milk with cold water)

Directions:

1. For fresh fruit: Rinse fruit and cut into bite-size chunks. For canned fruit: Drain fruit and cut into bite-sized chunks, if needed.
2. In a medium bowl, combine the instant pudding mix and cold milk. Add the fruit and stir gently. Refrigerate for 5 minutes.
3. Refrigerate leftovers within 2 hours.

Notes:

This salad is best if eaten as soon as it is ready.

Skillet Corn Chowder

Makes: 45 cups
Prep time: 5 minutes / Cook time: 20 minutes



Ingredients:

- 1/2 small onion, diced
- 2 teaspoons vegetable oil
- 1 can (15 ounces) can cream style corn
- 2 cups nonfat or 1% milk
- 1/2 cup (2 ounces) cheddar cheese, grated

Directions:

1. Saute onion in oil until transparent.
2. Stir in corn and milk.
3. Heat until just bubbly.
4. Stir in cheese until melted.
5. Refrigerate leftovers within 2 hours.

Notes:

- ✿ Add any other veggies you have on hand - fresh, frozen, or canned.
- ✿ Add pepper, cumin, Italian seasoning or chili powder for extra flavor!

Make the Switch!

Help your family adjust to lower-fat milk by mixing their current 2% or whole milk with a lower-fat version for a few days. Keep working toward less fat until you reach fat-free or 1%.

Tips for Using Powdered Milk

- ✿ Serve powdered milk cold for better flavor. Mix and refrigerate the night before use.
- ✿ Blend equal parts fluid milk and mixed dry milk for good flavor and lower cost.
- ✿ Add 1 to 2 tablespoons dry milk powder to make milkshakes and smoothies thicker.
- ✿ Stir dry milk powder into soups and skillet meals to boost protein and calcium.

2019 San Patricio EEA Luncheon





*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**

Tickets are non-refundable, but are transferable.



**TEXAS EXTENSION EDUCATION ASSOCIATION
2019 STATE CONFERENCE REGISTRATION FORM**

1. Please complete this form and mail to the Extension Office by *Tuesday, June 25, 2019.*
2. Make check payable to San Patricio Extension Education Association.
3. NO ON-SITE REGISTRATION

EEA Member _____

Non-Member/Guest: _____

Club: _____

Mailing Address: _____

Phone: _____

REGISTRATION TYPES	FEES
TEEA Member full registration - \$75.00	
Extension Staff - full registration - \$75.00	
Visitor/Non Member - full registration - \$95.00	
Late Registration (after July 15, 2019) - \$120.00	
September 10, 2019 - Alumni Dinner (Past and Present Board members) - \$20.00	
September 11, 2019 - Banquet - \$30.00	
TOTAL DUE	

**NO REFUNDS
TRANSFERS ALLOWED ONLY IF MADE IN ADVANCE!**

DISTRICT 11 EXTENSION EDUCATION ASSOCIATION DISTRICT 11 BANQUET AT CONFERENCE

1. Please complete this form and mail to the Extension Office by *Tuesday, June 25, 2019.*
2. Make check payable to San Patricio Extension Education Association.

Menu: Texas chili, cole slaw, Ancho rubbed roasted chicken, smoked sausage, mashed potatoes, Texas pecan pie, cornbread, iced tea & water

EEA Member: _____

Club: _____

Mailing Address: _____

Phone: _____

REGISTRATION TYPES	FEES
TEEA District 11 Banquet arty registration fee - \$35.00	
TOTAL DUE	

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
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For additional information contact: