



219 N. Vineyard, Sinton, TX 78387
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k-farrow@tamu.edu
<https://sanpatricio.agrilife.org>

Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

March 2019



Mark Your Calendar

County Extension Education
Association Meeting
Monday, March 25, 2019
Rob and Bessie Welder Wildlife Refuge

(EEA meeting will follow Welder Tour)

2019 Extension Education
Association Spring Tour
Monday, March 25, 2019

Rob and Bessie Welder Wildlife Refuge

Schedule

8:45am Leave Sinton Extension Office
9:00am Meet at Welder Wildlife Foundation entry
gate (Hwy 77 - approximately 10 miles
northeast of Sinton)
Tour
EEA meeting
Lunch - Bring your favorite box lunch



2019 District EEA Spring Conference
Wednesday, April 10, 2019
St. John's Parish Hall
1843 CR 469
El Campos, Texas
Theme: "Italian"

Registration: 9:00 - 9:55 a.m.

Meeting: 10:00 a.m.

Cultural Arts Check-in: 9:00 - 9:55 a.m.

Member registration fee: \$20.00

Guest registration fee: \$25.00

Registration Due: Friday, March 22
(see enclosed registration form)

Each club is responsibility for:

- (3) door prizes - minimum value of \$10 each
- Each County will report what EEA has and does mean to their members (short one minute long)

Congratulations 2019 Spring Conference Delegates

Evelyn Sinast
Barbara Kain
Crystal LaForge
Alternate: Genevieve Malott

They will represent San Patricio County
at the Spring Conference

Leadership Program Schedule		
Month	Topic	Presenter
Mar.	Do Re Mi, Cha Cha Cha! Enriching Lives through Music & Dance	Crystal LaForge
Apr.	Parenting All Over Again Civilian Response to Active	Evelyn Sinast Betty Baughn

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.



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

2018 EEA Spring Trip Information Form Monday, March 25, 2019

Rob and Bessie Welder Wildlife Foundation

Members please call your Club Chairman by March 21, 2019 if you want to attend.

Bring completed Information form the morning of tour!

Name: _____

Mailing Address: _____

Home phone #: _____

Emergency contact person: _____

Emergency contact Phone #: _____

Allergies: _____

EEA Club or Guest of: _____

*Car pooling / Check with your Club Chairman
 Kathy Farrow will be driving the County vehicle*

Pork Basics

Shop and Save



- ✿ Pork costs less than most other meats.
- ✿ Look for a “BEST if used by” date on the package.
- ✿ The leanest cuts of pork include tenderloin and loin or rib chops and roasts. Look for ground pork that is at least 85% lean.
- ✿ Canned pork is available ground or cubed. Open the can and lift off the fat. Try it in soups, sauces or recipes using cooked pork.

Pork is an excellent source of thiamine as well as protein



Keep It Safe!

Follow these guidelines when handling meat:

- ◆ **Clean:** Wash hands, utensils and surfaces often with hot soapy water.
- ◆ **Separate:** Keep raw meat and juices from contacting other raw or cooked foods.
- ◆ **Cook:** Cook to at least 145 degrees F (160 degrees for ground meats). Wait 3 minutes before cutting or eating.
- ◆ **Chill:** Refrigerate both raw and leftover cooked meats as soon as possible.

Thaw frozen meat safely:

- Never leave meat at room temperature to thaw.
- Thaw in the refrigerator; use a container to catch any liquids. To thaw faster, cover package with cold water or microwave on defrost; cook right away.



Slice pork tenderloin into boneless chops or cubes.

Store Well Waste Less



- Refrigerate fresh pork and cook or freeze within 3 to 5 days. Keep tightly wrapped to prevent drying.
- Freeze raw pork for longer storage. Divide into amounts for a single use. Package in freezer-quality wrap and remove as much air as possible. Label and date. Use within 4 to 6 months for best quality.
- Refrigerate cooked pork for 3 to 4 days or freeze and use within 2 to 3 months in any recipe using cooked pork.
- Store canned pork in a cool dry place for up to 2 to 3 years. Refrigerate after opening and use within 3 to 4 days or freeze and use within 2 to 3 months.

Enjoy Pork

Fried Rice with Pork

Ingredients:

- 2 Tablespoons low-sodium soy sauce
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- ½ pound lean pork, ground or small cubes
- 1 teaspoon oil
- ¼ cup carrot, sliced or grated
- ¼ cup onion, chopped
- ½ cup chopped vegetables, fresh, frozen or leftovers (try broccoli, celery, bell pepper, peas or snow peas)
- 2 cups cooled, cooked rice, white or brown



Directions:

1. Mix soy sauce, garlic powder and pepper together in a small dish. Set aside.
2. In a large skillet over medium-high heat, sauté pork in oil until just lightly browned. If using ground pork, break into crumbles as it cooks.
3. Add carrots, onion, and chosen vegetables. Sauté until tender, stirring frequently.
4. Stir in rice and seasoning mixture, breaking up any lumps of rice. Continue to heat and stir until heated through.
5. Refrigerate leftovers within 2 hours.

Notes:

- Leftover, cold rice makes a better texture than freshly cooked warm rice.
- Substitute 1 cup cooked or canned pork. Add with the vegetables.
- Mix ½ teaspoon sesame oil or some ginger powder with the soy sauce.
- Add sliced green onions or bite-sized pineapple (fresh, frozen, or canned).

Makes 4 cups

Prep time: 15 minutes

Cook time: 15-20 minutes

Pork Chili

Ingredients:

- ½ pound lean pork; ground or small cubes
- 1 cup onion, diced
- 1 teaspoon ground cumin
- 2 teaspoons chili powder
- ¼ teaspoon pepper
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- 1¾ cups (15-ounce can) cooked beans, any type; drain and rinse canned beans
- 1 cup corn, frozen or canned/drained
- 2 cups chicken broth
- ¼ cup (4-ounce can) diced green chilies



Directions:

1. In a large saucepan, brown pork with onion. Stir in cumin, chili powder, pepper, garlic powder and oregano.
2. Add beans, corn, broth and green chilies. Bring to a boil.
3. Reduce heat, cover and simmer for 15 to 20 minutes.
4. Refrigerate leftovers within 2 hours.

Makes 5 cups

Prep time: 15 minutes

Cook time: 25-30 minutes

District 11 TEEA
Spring Conference Registration Form
Entry Deadline: Friday, March 22, 2019

Make checks payable to the San Patricio Extension Education Association

Registration fees:
Members - \$20.00
Non-Members - \$25.00

Please Print Clearly

TEEA MEMBERS		
Name	Club	Amount Paid
1.		
2.		
3.		
4.		

GUESTS		
Name	Club	Amount Paid
1.		
2.		
3.		
4.		

Registration is transferable, but not refundable!

Return form to:
San Patricio County Extension Office
Attn: Kathy Farrow
County Extension Agent
Family and Community Health
219 N. Vineyard
Sinton, Texas 78387

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
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Family and Community Health
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For additional information contact: