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Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

May 2019



Association Luncheon Monday, June 3, 2019

Association Meeting - 10:30 - 11:30 am
(Officer Election & State Delegate Election)

Luncheon - 11:30am - 1:00 p.m.

Back Street Café, 106 E. Borden, Sinton

Each club is to bring (1) door prize

Decorations - Aransas Pass EE Club

All members are invited!

Make plans to stay after lunch and play LCR.

Theme: Havana Nights

2019 Extension Education Association Scholarship Winner



Kolton Witherspoon is a Odem FFA member and plans to attend Texas A&M University in College Station and major in Poultry Sciences leading towards doctorate in Veterinary Medicine.

2019-2020 Association Nominating Committee Members



Evelyn Sinast, Dorothy Glenn
and Crystal LaForge



A very special thank you to all
Pink Event Salad makers and for
everyone who served on the
Pink Event Committee!

SAVE THE DATE

Delicious in the Heart of
Texas Backyard Party
July 30, 2019
San Patricio County Civic



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



Texas Community Futures Forum Update

A very special THANKS to club members, L'Ella Andrews, Dorothy Glenn and Crystal LaForge for participating in the 2019 San Patricio County Texas Futures Forum.



In observance of
Memorial Day
the San Patricio County
Extension Office will be
closed Monday, May 27, 2019.

Salad Greens Basics

Shop and Save



- ✿ Look for leaves that are fresh and show no signs of wilting or spoiling.
- ✿ Buy an amount that you can use within about a week. Bags or containers usually have a "BEST if used by" date.
- ✿ Whole heads of lettuce might cost less than containers of ready-to-eat greens and salad kits.
- ✿ Containers of mixed greens can provide a variety of different greens in smaller amounts.
- ✿ Check a farmers market or farm stand for a variety of local fresh greens in season.

Salad greens are an excellent source of vitamin K, which helps stop bleeding.



Common Salad Greens

Try a mix for variety of flavor, texture and color. Darker color greens have more nutrients.



Leaf lettuce (green or red)
- tender, ruffled leaves with a crunchy center stem; mild flavor.

Romaine or Cos - large, smooth, oval leaves with a thick crunchy center rib; more crisp than leaf lettuces; mild flavor.



Butterhead - soft, tender cupped leaves; sweet, mild flavor.

Iceberg - crisp pale green leaves; mild flavor and crunchy texture.



Store Well Waste Less

- Greens are best when refrigerated with a little moisture and airflow. Cover greens with a damp paper towel in an open container or make holes in a plastic bag (20 holes in a medium bag). Some greens are sold in plastic boxes with holes. Use greens within 7 to 10 days for best quality.
- Some greens are labeled "washed" or "ready-to-eat". If greens are not pre-washed, separate leaves and swish in a container of cold water. Lift out of the water and repeat in clean water until no grit collects on the bottom of the container. Drain until just damp or gently pat with a towel. Avoid bruising the leaves.
- Green salads can be made as early as a day before serving. Add the dressing just before serving to keep the greens more crisp.

✓ **Darkest green of all types!** Baby leaves are tender. Mature leaves have more fiber and stiff stems. Soften mature kale leaves by cutting into small pieces or rubbing with your fingers and a small amount of dressing just until the leaves start to wilt.

Serving Up Salad Greens

Honey Mustard Dressing

Makes: 12 tablespoons

Prep time: 5 minutes / Chill time: 30 minutes

Ingredients

- 1/2 cup low-fat plain yogurt
- 3 Tablespoons nonfat or 1% milk
- 1 Tablespoon honey
- 2 teaspoons mustard

Directions

1. Combine all ingredients in a small bowl and stir until smooth. Cover and chill for 30 minutes before serving.
2. Refrigerate leftovers within 2 hours.

Notes

- For a stronger flavor, add an extra 1 to 2 teaspoons mustard.
- This recipe works with all types of mustard!
- Honey is not recommended for children under 1 year old.

Spring Green Salad

Makes: 10 cups / Prep time: 15 minutes



Ingredients

- 6 ounces spinach (about 7 cups)
- 3 oranges
- 1 1/2 cups strawberries, halved
- 1 cup walnut pieces (toasted if desired)

DRESSING

- 1 teaspoon sugar
- 1/4 teaspoon paprika
- 2 Tablespoons orange juice (juice from 1/4 orange)
- 1 Tablespoon lemon juice
- 1 1/2 teaspoons vinegar
- 1 teaspoon finely chopped onion
- 2 Tablespoons salad oil

Directions

1. Wash and dry spinach, tear into pieces, and chill.
2. To prepare orange: Cut off peel and membrane of outer part of the sections. Using a paring knife gently cut out sections from membrane edges. You end up with orange sections with no outer membrane.
3. To make dressing: Combine all ingredients in a jar and shake well or blend in a blender.
4. Right before serving, toss orange and strawberries with walnuts and spinach. Add dressing to coat salad. Serve immediately.
5. Refrigerate leftovers within 2 hours.

Notes

- Freeze extra lemon juice to use later.

Create a Salad

1. **Start with Greens**—One type or a mix. 2 cups of leafy greens is a serving.
2. **Add Some Color**—Vegetables or fruit (fresh, canned, or dried).

Peas,	Carrots	Tomatoes
Oranges	Broccoli	Peppers
Berries	Cranberries	
3. **Pick a Low-Fat Protein**—It helps you feel full.

Egg	Tuna or salmon	Tofu
Beans - cooked or canned (drained)		
Cooked meats		
4. **Dress it Lightly**—Dressings can add calories; use a small amount; try reduced-fat versions or make your own; thin dressings spread farther so you can use less.



Use Toppings Sparingly—Look for reduced fat options. Cheese, seeds or nuts, bacon bits and croutons can add extra calories.

Ranch Dressing

Makes: 12 tablespoons / Prep time: 5 minutes

Ingredients

- 1/4 cup low-fat mayonnaise
- 1/2 cup low-fat buttermilk
- 1 teaspoon dried parsley
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon each salt and pepper

Directions

1. Combine all ingredients in a small bowl and stir until smooth. Cover and chill until ready to serve.
2. Refrigerate leftovers within 2 hours.

Notes: for a thinner dressing, add an extra 2 to 3 tablespoons of low-fat buttermilk.

TEXAS A&M AGRI LIFE EXTENSION

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Return Service Requested

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