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<https://sanpatricio.agrilife.org>

*Sharing is caring with TEEA*

Kathy Farrow, Family and Community Health Agent

November 2019



## Mark Your Calendar

County Extension Education  
Association Meeting  
Monday, November 18, 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.



## Caladium Bulb Fundraiser



Every member is encouraged to sell as many caladium bulbs as possible to assist with the 2019-2020 Association budget.

All forms must be submitted to your Club President at your November Club meeting.

An order form is enclosed. If you need additional order forms please call the office.

Please sell, sell, sell for Scholarship Dollars  
and State Meeting Expenses!

## Upcoming Events



San Patricio Diabetic  
Support Group Meeting  
Tuesday, December 3, 2019  
10:00 to 11:30 a.m.

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

### *"Holiday Delights"*

Presented by:  
Kathy Farrow, Family and Community Health Agent  
and  
Felecia Espinoza, BLT Program Nutrition Associate

Refreshments will be served &  
door prizes will be given.

District 11 EEA  
Fall Training & Planning Meeting  
Thursday, December 5, 2019

See attached form.



The San Patricio County  
Extension Office will be  
closed on November 11  
and  
November 28 & 29,



# Turkey Basics

## Shop and Save



Turkey provides lean protein and less saturated fat than most other meats.

✿ Turkey is available all year: whole, cut into pieces, ground or deli meat.

✿ Watch for sale prices on turkey, especially in November. Stock up if you can cook or freeze within a few days

✿ Ground turkey with a lower percentage of fat costs more per pound but once cooked creates more meat to eat.

✿ Look for a “Use or Freeze by” date on packages of fresh turkey as a guide to using while best quality. Frozen turkey may also have a “USE by” date.



## 3 Ways to Thaw Turkey Safely

1. Refrigerator: Safest method. Allow 24 hours per pound for ground turkey or individual pieces OR 24 hours for every 5 pounds of whole turkey. Once thawed, cook within 2 to 3 days. Meat thawed in the refrigerator can be re-frozen without cooking although there may be some loss of quality.
2. Cold water: Safe when water stays cold and covers the package completely. Allow 1 hour for the first pound plus 30 minutes for each additional pound. Once thawed, cook right away.
  - Use a waterproof bag to keep water from touching the meat.
  - Submerge it in cold tap water. Change the water every 30 minutes to speed thawing. Never use hot water.
3. Microwave: Safe if the meat is cooked immediately after thawing. Use the defrost setting. Be sure the meat can rotate freely within the microwave.

## Store Well Waste Less



- Keep fresh turkey cold in the refrigerator. Check for a date on the package or use within 3 days after purchase. Freeze for longer storage.
- Keep frozen turkey in the freezer until ready to thaw.
- Refrigerate turkey deli meat and use within 5 days of purchase or

opening. Freeze for longer storage and use within 2 to 3 months.

- Refrigerate cooked turkey within 2 hours of cooking. Divide into shallow covered dishes so it cools quickly. Use within 4 days or freeze and use within 2 to 3 months.

Cook all poultry  
to  
165 degrees F.

# Enjoy Turkey!

## Asian Turkey Lettuce Wraps

Makes 8 lettuce wraps (6 cups filling)

Prep time: 20 minutes

Cook time: 15 to 20 minutes

### Ingredients:

- 3 Tablespoons reduced-sodium soy sauce
- 3 teaspoons sugar, granulated or brown
- 2 teaspoons sesame oil
- 1 teaspoon hot sauce
- $\frac{3}{4}$  pound lean ground turkey (15% fat or less)
- 2 stalks celery, sliced
- 2 medium carrots, shredded
- 1 Tablespoon minced ginger root or  $\frac{3}{4}$  teaspoon ground ginger
- $\frac{1}{4}$  teaspoon garlic powder or 1 clove garlic, minced
- 1 can (8 ounces) water chestnuts, drained and chopped
- 2 cups cooked brown rice
- 8 large lettuce leaves

### Directions:

1. In a small bowl, blend the soy sauce, sugar, sesame oil and hot sauce.
2. In a large skillet, sauté turkey, celery and carrot until the turkey begins to brown, 10 minutes. Break turkey into crumbles as it cooks.
3. Add ginger and garlic. Cook 2 minutes.
4. Stir in soy sauce mixture and water chestnuts. Cook 2 minutes longer.
5. Stir in cooked rice. Heat through.
6. Serve in lettuce leaves.
7. Refrigerate leftovers within 2 hours.

## Turkey Cranberry Quesadilla

Makes 1 quesadilla

Prep time: 5 to 7 minutes

Cook time: 4 to 6 minutes

### Ingredients:

- 2 Tablespoons shredded mozzarella cheese
- 1 (8 inch) tortilla
- 2 Tablespoons dried cranberries or cranberry sauce
- 2 Tablespoons cooked turkey, chopped or shredded
- $\frac{1}{3}$  cup fresh spinach

### Directions:

1. Sprinkle shredded cheese evenly over half of the tortilla. Add dried cranberries or sauce, turkey and spinach. Fold the tortilla in half over the filling.
2. Heat a skillet over medium heat. Lightly spray with cooking spray. Place tortilla in skillet. Cover and cook for 2 to 3 minutes on each side or until the outside is golden brown and the contents are heated through.
3. Refrigerate leftovers within 2 hours.

## Turkey Stroganoff

Makes: 8 cups

Prep time: 15 minutes

Cooking time: 30 minutes

### Ingredients

- 2 teaspoons oil
- 1 small onion, chopped
- 2 cloves garlic, minced or  $\frac{1}{2}$  teaspoon garlic powder
- 2 cups cooked turkey,  $\frac{1}{2}$  inch cubes
- 2 cups water
- 1 cup nonfat or 1% milk
- 1 can (10  $\frac{3}{4}$  ounces) cream of mushroom soup
- 1 package (10 ounces) frozen peas
- 2 cups dry macaroni
- 2 teaspoons dill weed
- $\frac{1}{4}$  teaspoon black pepper
- 1 cup corn flakes
- $\frac{1}{2}$  teaspoon garlic powder or 2 cloves garlic
- $\frac{1}{2}$  cup nonfat sour cream

### Directions

1. Heat oil in a large frying pan over medium-high heat (350 degrees in an electric skillet) and sauté onions until transparent.
2. Add garlic and cook briefly, about 30 seconds.
3. Add turkey, water, milk, soup, and peas; bring to a boil.
4. Add macaroni, dill, and pepper; stir to combine.
5. Cover pan, reduce heat to low (225 degrees in an electric skillet) and cook 10-15 minutes until pasta is tender. Stir occasionally to prevent sticking.
6. While mixture is cooking, crush corn flakes in small bowl, mix in garlic powder and set aside.
7. Just before serving, stir in sour cream and top with corn flake mixture.
8. Refrigerate leftovers within 2 hours.



**District 11 EEA Training and Planning Meeting  
December 5, 2019  
Bellville, Texas**

\$20.00 per member (which includes lunch)

\_\_\_\_\_ Extension Education Club member attending

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Total number members x \$20.00 = \$ \_\_\_\_\_

Make members should make registration checks to San Patricio Extension Education Association  
And give to their Extension Education Club President at your  
November Extension Education Club meeting.

Extension Education Chairman will submit names and registration fee to  
San Patricio County Extension Office on or before Monday, November 25, 2019.



# 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.

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For additional information contact: