

# San Patricio Extension Education Association News Flash



*Sharing is caring with TEEA*

**Kathy Farrow, CEA-FCS**

**April 2016**



## Mark Your Calendar

**County Extension Education  
Association Meeting  
Monday, April 25, 2016  
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.



**Scholarship Committee  
Meeting  
Monday, April 25, 2016  
8:15 a.m.  
San Patricio County  
Extension Office**

### 2016 District EEA Spring Conference April 19, 2016

**San Patricio County Fairgrounds  
219 W. 5<sup>th</sup> Street  
Sinton, Texas**

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

Meeting: 10:00 a.m.

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

Each club is responsibility for:

- (2) door prizes - minimum value of \$10 each
- ½ sheet cake
- (3) breakfast items / sweet breads, fruit bowl, mini quiches

### Setup and Decorating

Monday, April 18 at 2:00 p.m.

"Fiesta"

If you have table decorations for the theme,  
please bring them.



### San Patricio County Texas Treasure Award



**Don't forget to turn in your club nominee to the  
San Patricio County Extension Office by  
Monday, May 9, 2016.**

**You can only nominate one member per club.**

**Members can receive the award  
more than one time.**

**Application is enclosed.**

### Leadership Program Schedule

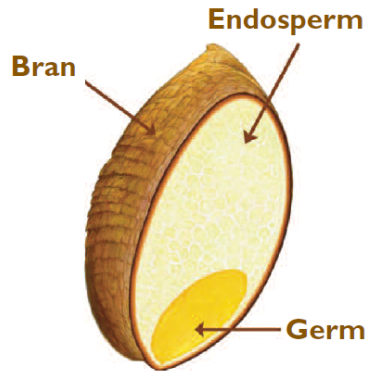
Month	Topic	Presenter
April	Mature Drivers & Birds of Texas	E'lla Andrews

# Whole Wheat Flour Basics

## Shop and Save

- \* Buying from bulk bins might cost less and allows you to purchase just what you need.
- \* Buy an amount you can use within a month or two to be sure of freshness.
- \* Look for tightly sealed bags or boxes.
- \* Check the "best used by" date on packages and choose the most time.
- \* Flour should smell faintly sweet or have no aroma at all. Rancid flour smells and tastes sour or slightly bitter. It won't make you ill but the taste is not pleasant even after baking.

*Whole grains may reduce the risk of heart disease and help with weight management*



Wheat Kernel

## Types of Whole Wheat Flour

Whole grain flours contain all three parts of the grain kernel – bran, germ and endosperm while refined flours have only the endosperm which reduces fiber, iron and other nutrients.

- ♦ **Whole Wheat Flour** – a general purpose flour that can be used for most baked products. It has a stronger wheat flavor and darker color than refined flour. Baked products will have a more compact and heavy texture.
- ♦ **White Whole Wheat Flour** – made from wheat with a bran layer that is white rather than tan. It can be used for most baked products. They will have the nutritional benefits of whole grain but a more mild taste and lighter color than the more common whole wheat flour.
- ♦ **Whole Wheat Bread Flour** – contains more gluten proteins desirable for yeast breads. It would be less desirable for other baked products.
- ♦ **Whole Wheat Pastry Flour** – a finely milled flour with lower protein content. It can be used for most baked products except yeast bread. Texture of baked products will be lighter than if made with other whole wheat flours.

## Store Well Waste Less

Heat, air and moisture speed up the spoilage of whole wheat flour.

- Store in a cool, dry place
- Use airtight containers or re-closable plastic bags to keep out moisture and insects.
- Whole wheat flours will keep for 1 to 3 months on a cool, dry cupboard shelf. For best quality over a longer time, store in the refrigerator or the freezer (2 to 6 months).
- Track freshness by marking the purchase date on the package.



## Measure Whole Wheat Flours

- ♥ Stir to loosen the flour
- ♥ Spoon lightly into a dry measuring cup
- ♥ Level with a straight-edged knife or spatula



## Eat More Whole Grains

- ✿ Look for whole wheat flour as one of the first ingredients on a product you buy – breakfast cereals, pasta, breads.
- ✿ Substitute whole wheat flour for up to half the flour in a recipe - try it in cookies, pancakes, pizza crust, muffins or breads.

Go to [FoodHero.org](http://FoodHero.org)  
for recipes using  
whole wheat flour

## Celebrate National Volunteer Week

April 10-16, 2016

National Volunteer Week is a time to give thanks to 62 million Americans who donate almost 8 billion hours of their time each year to causes that are close to their hearts. And when it comes to their hearts, scientific evidence proves that volunteering is good for physical and mental health. Researchers have the statistics and say the benefits are clear: Lower blood pressure, less stress, and longer lives are all associated with volunteering.

Here at the San Patricio County Extension Office, we couldn't do what we do without our volunteers... the smiles and generosity that fill our office... the fun and laughs at community events... and the love and dedication that you have for our community.

**You can't put a price on that! From the bottom of our hearts, THANK YOU!**

### Whole Wheat Yogurt Rolls

Makes 10 rolls

Prep time: 10 minutes

Bake time: 10 to 15 minutes

#### Ingredients:

- 1½ cups whole wheat flour
- 1¾ teaspoon baking soda
- 1 teaspoon salt
- 1¼ cups low-fat plain yogurt

#### Directions:

1. Preheat oven to 450 degrees F.
2. Stir flour, baking soda, and salt together in a large bowl. Add yogurt to the center and stir until a dough forms.
3. Divide dough into 10 equal sized balls. Dust hands with flour and roll each ball lightly until surface is smoothed.
4. Place on baking sheet and flatten each ball to ½ inch thick.
5. Bake for 10 to 15 minutes, until light golden brown. Serve warm with a soup or salad.

### Banana Pancakes

Makes 16 pancakes

Prep time: 15 minutes

Cook time: 5 minutes per batch

#### Ingredients:

- 2 eggs
- 1 ½ cups non-fat or 1% milk
- 1 Tablespoon sugar
- 3 Tablespoons oil
- 2 bananas, mashed
- ¾ cup whole wheat flour
- ¾ cup all-purpose flour
- 2 teaspoons baking powder

#### Directions:

1. In a medium bowl, beat eggs to blend. Add milk, sugar, oil and bananas; mix well.
2. In a separate bowl, stir together flours and baking powder. Add to liquids; mix until blended.
3. Lightly spray a large skillet or griddle with cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat.
4. Pour ¼ cup batter onto the griddle for each pancake. Cook until tops are bubbly and pancakes are dry around the edges. Turn pancakes over and cook until golden brown on the bottom.
5. Serve warm topped with applesauce, fresh fruit or yogurt.
6. Refrigerate or freeze leftovers within 2 hours.



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#### Facebook Page

San Patricio County  
Family Consumer Sciences & Ag/Natural  
Resources

Get updates about Extension  
events & happenings

# San Patricio County Texas Treasure Award

Nominee's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Club \_\_\_\_\_

Briefly describe the reason for recommendation for Texas Treasure Award. Include any individual accomplishments and other contributions made by nominee through TEEA. Please type. You may attach 1 additional page if needed.

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Name of person submitting: \_\_\_\_\_

Office/Title of Person: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**Due Date: Monday, May 9, 2016**



San Patricio County  
219 N. Vineyard  
Sinton, Texas 78387-2613

*Return Service Requested*

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.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

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