

San Patricio Extension Education Association News Flash



Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

August 2016



Mark Your Calendar

County Extension Education Association Meeting

Monday, September 26, 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.

Yearbook Committee

A very special thanks to
Roxanna Hall, Barbara Kain,
Alice Luedke, Debbie Olson
& Judy Turany
for working on the 2016-2017 yearbook.

Yearbooks will be distributed at your
September club meeting.



WALK
ACROSS TEXAS!
TEXAS A&M AGRILIFE EXTENSION

San Patricio County Walk Across
Texas Kick-Off
Saturday, September 10, 2016
8:00a.m.
San Patricio County Fairgrounds
BBQ Covered Area

- ★ Get your team together now - Each team will consist of 1 Team Captain and 7 members
- ★ Registration packets are available at the San Patricio County Extension office or San Patricio County Personnel Office.



The San Patricio County
Extension Office will be closed on
Monday, September 5, 2016
in observance of



San Patricio County Health Fair



October 14, 2016 & October 15, 2016
8:00a.m. - Noon 10:00a.m. - 2:00 p.m.

San Patricio County Fairgrounds Civic Center
219 West Fifth Street, Sinton

Exhibits Health Screenings Door Prizes

Corn Basics

\$hop and \$ave

- * Fresh corn will be the best quality and lowest price when it is in season during summer, in your local area.
- * Try to choose corn that is picked daily. Corn begins to lose flavor and sweetness very soon after picking.
- * Look for husks that are tight, green, and fresh looking.
- * Corn silk should be pale yellow to light brown. It should be somewhat moist and not dark or dry.
- * Canned and frozen corn is available year-round. Look for low-sodium varieties.



An ear of corn is a good source of fiber.



One large ear of corn makes about 1 cup of cut corn.

Go to FoodHero.org for easy, tasty corn recipes.

Types of Corn

Field corn varieties have more starch and less sugar content than sweet corn varieties.

Sweet corn varieties with high sugar content. Best picked when immature. Can be yellow, white or bi-color (a mix of yellow and white kernels on the same cob). Newer varieties are sweeter and convert sugar to starch more slowly. Available canned or frozen.



Hominy - dried field corn that has been soaked in an alkali solution. The B vitamins and amino acids are more available.

Can be eaten as-is, coarsely ground into grits, or mashed to make masa.

Corn meal and corn flour - ground from dried, mature field corn. Flour is more finely ground than meal. Look for whole grain instead of de-germed to get all the goodness of whole grains!



Popcorn - kernels with a hard, moisture-resistant hull surrounding a dense pocket of starch which will pop when heated.



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Store Well Waste Less

- *Fresh corn* on the cob may be stored in the refrigerator for up to 5 days but flavor is best when eaten right away. Refrigerate corn in its husk.
- Corn can be frozen on the cob or as cut corn. Blanching in boiling water is recommended but it is safe to freeze without blanching. Newer super sweet varieties may be frozen without blanching and stored for up to 8 months without flavor loss.
- Look for "Best if used by" or "Best by" date on label of canned or frozen corn. Choose the longest storage time. Store cans in a cool, dry location. Keep frozen corn at 0 degrees F for 8 to 12 months.



Cooking with Corn

Cooking Fresh Corn

Boil: Add shucked corn ears to enough boiling water to cover them; cook 5 to 7 minutes. If corn is cut from the cob, add to a small amount of boiling water in a saucepan, cover, cook for 4 minutes, drain and serve.

Microwave: Place up to four ears of corn still in the husk in the microwave. If the corn is husked, place in a microwave-safe dish with 2 Tablespoons of water and cover with a lid. Microwave on high 3 to 6 minutes depending on number of ears and doneness desired. For cut corn, add 1 Tablespoon of water per cup of corn to a microwave safe dish. Cook on high for 4 to 5 minutes.

Roast: Brush each ear with melted margarine and wrap in aluminum foil. Place on grill or in a preheated 350 degree oven. Roast 20 to 30 minutes, turning once.

Sauté: Add raw cut corn to a skillet with a small amount of margarine. Cook and stir over medium-high heat for 5 to 7 minutes.

✿ Canned or frozen corn cooks quickly by boiling or microwave. Just heat to serving temperature.

Corn Critter Salad

Ingredients:

- 1 cup frozen (or canned) corn
- 1 cup cooked (or canned) black beans
- 2 Tablespoons diced green or red peppers
- 2 Tablespoons cilantro leaves
- 1 Tablespoon cider vinegar
- 1 teaspoon vegetable oil



Directions:

1. Drain (or thaw and drain) corn. Drain black beans.
2. Wash and chop peppers and cilantro leaves.
3. Mix all ingredients together in a medium sized bowl. Enjoy!
4. Refrigerate leftovers within 2 hours

Corn & Tomato Salad

Ingredients:

- 1¾ cups corn, (cut off the cob – raw or cooked, frozen/thawed, or canned/drained)
- 3 small tomatoes, diced (1½ cups)
- ⅓ cup fat-free Italian salad dressing
- ¼ cup minced fresh basil



Directions:

1. Combine all ingredients in a bowl.
2. Serve at room temperature or chilled.
3. Refrigerate leftovers within 2 hours.

Corn Pancakes

Ingredients:

- ✿ ½ cup cornmeal
- ✿ ½ cup all-purpose flour
- ✿ 1 Tablespoon baking powder
- ✿ ½ teaspoon salt
- ✿ 2 large eggs
- ✿ ½ cup non-fat or 1% milk
- ✿ 2 cups cooked corn (fresh, frozen or canned/drained)



Directions:

1. Mix cornmeal, flour, baking powder and salt.
2. Beat the eggs and milk together and add to the flour mixture.
3. Add corn and mix well.
4. Lightly oil or spray a large skillet or griddle. Heat over medium heat. Pour batter onto hot griddle to make individual pancakes.
5. Cook until golden on the bottom. Turn and cook on other side.
6. Refrigerate leftovers within 2 hours.



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

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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, County Extension Agent
Family and Consumer Sciences
San Patricio County
219 N. Vineyard, Sinton, Texas 78387
361/364-6234 ★ 361/364-6234-fax
k-farrow@tamu.edu

For additional information contact: