

San Patricio Extension Education Association News Flash



Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

December 2016



Mark Your Calendar

County Extension Education
Association Meeting
Monday, January 30, 2017
San Patricio County Extension Office

9:00 a.m. - Refreshments
Hostess → Mathis EE Club
9:30 - Business meeting

Club reports will need to be
turned in at this meeting.



Leadership Program Schedule

Month	Topic	Presenter
Jan.	Being Mindful with Less Stress	Crystal LaForge
Feb.	Adult Bullies	Patricia Branch
Mar.	Nutrition: Myth or Fact?	L'Ella Andrews & Patricio Branch



The San Patricio County
Extension Office will be
closed on the following days.
Friday, December 23, 2016
Monday, December 26, 2016
Monday, January 2, 2017
Monday, January 16, 2017

**Happy
Holidays!**

Broccoli Basics

Shop and Save

- ✿ Choose fresh broccoli with a firm stem and tightly packed, dark green heads.
- ✿ Avoid broccoli that looks limp, has an odor or has buds opening to show yellow.
- ✿ Although broccoli is available year round, it may cost less during peak months of October through April.
- ✿ Frozen broccoli is available year round and might be cheaper than fresh. Check the cost per ounce to find the cheapest package size and brand.

Broccoli is an excellent source of Vitamins A, C and K.



1 pound fresh broccoli makes about 2 cups chopped

Types of Broccoli

Green broccoli (Calabrese) –most common type of broccoli. Light green stalks with dark green heads of closed flower buds. Stems, leaves and head are edible.



Broccolini – a natural cross between broccoli (Calabrese) and Chinese broccoli (kai lan). Dark green in color with small heads and long thin stalks. It is sweeter and more tender than broccoli.



Broccoflower (Romanesco) - a cross between broccoli and cauliflower. Has bright, light green curds. Some varieties have interesting shapes. Raw tastes much like cauliflower; cooked tastes more like broccoli.



Store Well Waste Less

- may need to be peeled.
- Broccoli can be frozen. Blanching first helps keep the color and flavor at best quality.



- Store broccoli in the refrigerator in open or perforated plastic bags (make 20 holes in a medium bag). For best quality use within a week.
- Stalks are nutritious too! Cut them in even slices or strips so they cook quickly. Heavy, woody stalks

Broccoli & Everything Salad

Ingredients:

- 3 cups fresh broccoli, chopped
- 1 medium carrot, peeled and diced
- 2 stalks celery, thinly sliced
- ½ cup raisins
- ¼ cup onion, chopped
- 1 cup cooked ham, chicken or turkey, diced
- ¼ cup light mayonnaise
- ½ cup nonfat plain yogurt
- 1 Tablespoon sugar
- 1 teaspoon vinegar

Directions:

1. In a large bowl mix together broccoli, carrot, celery, raisins, onion and cooked meat.
2. In a separate bowl, mix together mayonnaise, yogurt, sugar and vinegar.
3. Add mayonnaise mixture to salad and mix well.
4. Refrigerate leftovers within 2 hours.

Makes 5 cups / Prep time: 15 minutes

Fix Broccoli Many Ways

- ✿ Serve raw in a salad, on a veggie tray with hummus or low-fat dip or grate the stalk to use in slaw.
- ✿ Toss with a small amount of oil and roast at 400 to 450 degrees F.
- ✿ Steam in a steamer basket over boiling water in a covered saucepan.
- ✿ Microwave on high in a small amount of added water.
- ✿ Sauté in a small amount of oil.
- ✿ Boil in enough water to cover

Cook only until tender. Overcooking may cause broccoli to turn an olive-green color and have an unpleasant sulfur odor.

Cooking time depends on size of pieces. Test by poking with a fork.

Sesame Broccoli

Ingredients:

- 1 Tablespoon sesame seeds (optional)
- 1 teaspoon sesame oil (or vegetable oil)
- 3 cups chopped broccoli, fresh or frozen
- 2 Tablespoons water
- 1 Tablespoon vinegar or water
- 2 teaspoons soy sauce
- 1 Tablespoon sugar
- 1 teaspoon corn starch
- 1/8 teaspoon red pepper flakes (optional)

Directions:

1. Toast sesame seeds (if using) in a dry skillet on medium-high heat for 3 minutes or until golden brown. Set aside.
2. In a medium skillet sauté broccoli in oil over medium heat for 2 to 3 minutes.
3. In a small bowl combine water, vinegar, soy sauce, sugar, cornstarch and red pepper flakes (if using).
4. Add the sauce mixture to the broccoli in the skillet. Stir and cook until the broccoli is tender and the sauce has thickened, about 3 to 5 minutes. Sprinkle with toasted sesame seeds (optional). Serve.
5. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 10 minutes

Cook time: 15 minutes



needed for 2017 A&H Show Homemaking Division
See attached schedule and call the
Extension Office to sign up.

Foods Division Plastic Containers for Sale

The Extension Office has plastic containers for the
A&H Show Homemaking Foods Division.

Large containers (cake & pies) - \$1.00 each

Small containers (cookies, etc.) - \$0.50 each

The covers are being offered on a first come-basis.

Checks can be made payable to the
San Patricio 4-H Council

Broccoli Cheese Soup

Ingredients:

- 2 1/2 cups fat-free, low-sodium chicken broth
- 6 oz chopped fresh broccoli (about 2 cups) or 1 (10 oz) package frozen chopped broccoli, thawed
- 1 medium carrot, chopped
- 1 medium rib of celery chopped
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/8 tsp ground nutmeg
- 1 cup fat-free half-and-half
- 3 Tbsp all-purpose flour
- 3 slices low-fat sharp Cheddar cheese, torn into pieces, or 1/2 cup shredded low-fat sharp Cheddar cheese

Directions:

In large saucepan, stir together the broth, broccoli, carrot, celery, salt, pepper, and nutmeg. Bring to a simmer over medium-high heat. Reduce the heat and simmer, covered, for 6 to 8 minutes, or until the vegetables are tender. In a small bowl, whisk together the half-and-half and flour. Stir into the saucepan. Simmer for 1 to 2 minutes, or until thickened, stirring occasionally. Add the cheese. Remove from the heat. Stir until the cheese is melted.

Nutrition Facts: (per serving)

Calories – 119, total Fat 1.5g (saturated fat – 0.5g, trans fat – 0g, polyunsaturated fat – 0g, monounsaturated fat – 0.5g), Cholesterol – 3mg, Sodium – 375mg, Carbohydrates – 18g, Fiber – 2g, Sugar – 6g, Protein – 11g.

Diabetic Exchanges: 1 vegetable, 1 other carbohydrate,
1 very lean meat

Upcoming Events

December 16 - Caladium Bulb Order Deadline

December 23 - Extension Office Closed

December 26 - Extension Office Closed

January 2 - Extension Office Closed

January 16 - Extension Office Closed

January 23 - Cultural Arts check-in

January 24 - Foods check-in

January 25 - Extra Special Livestock Show

January 28 - Check out for all items

January 30 - EEA Association meeting

2017 A&H Show Homemaking Division Volunteers Needed!

Please call Kathy or Vickie at 361/364-6234 to volunteer.

San Patricio County Fairgrounds Civic Center

Monday, January 23 - Cultural Arts Check-in:

4:00 - 6:00 p.m.

1. _____
2. _____
3. _____

Tuesday, January 24 - Foods Check-in:

11:00 a.m. - 12:00 noon

1. _____

Judging Assistants

Tuesday, January 24 - Cultural Arts Division

10:00 - 12:00 p.m.

1. _____
2. _____

Tuesday, January 24 - Display Set-up

1:00 p.m. - ?

1. _____
2. _____

A&H Show Homemaking Division Room Monitors Thursday, January 26, 2017

Each club will need to provide 2 volunteers. Clubs have the option to trade times, etc. Please let me know by Friday, January 13, 2017 who your club volunteers will be.

8:45 - 11:00 a.m.

Taft EE Club

1. _____
2. _____

11:00 p.m. - 2:00 p.m.

Aransas Pass EE Club

1. _____
2. _____

2:00 p.m. - 5:15 p.m.

Mathis EE Club

1. _____
2. _____



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: