

San Patricio Extension Education Association News Flash



Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

July 2016

Note from Kathy

Hope everyone is enjoying the Summer. Please stay cool and hydrated. Check out Dinner Tonight Healthy Cooking School. We want to see you there!



Dinner Tonight Healthy
Cooking School
Thursday, July 21
6:00 - 8:00pm
Aransas Pass
Civic Center

Dinner Tonight will include cooking demonstrations by celebrity chefs, food samples, wine tasting, door prizes, recipes and other giveaways. The cost is \$15.

Celebrity chefs will include Vianney Rodriguez, an award-winning food blogger who hosts the website My Sweet Life (sweetlifebake.com) and Chef Jeremy Lee of Redfish Willie's Waterfront Bar and Grill. The recipes showcased at this cooking school will emphasize healthful and quick meals that are family-friendly, inexpensive, tasty and creative.

To register, please make check to San Patricio Extension Education Association and send to:

Dinner Tonight Healthy Cooking School
c/o Texas A&M AgriLife Extension Service
219 N. Vineyard
Sinton, TX 78387

Please see the attached flyer for
more detailed information



San Patricio Diabetic Support Group Meeting

Tuesday, August 2, 2016
10:00 to 11:30 a.m.

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

Refreshments will be served &
door prizes will be given.



Yearbook Committee Meeting Thursday, August 11, 2016 10:00 a.m.

Final plans will be made for the 2016-2017 Yearbook.
We will need the following items.

- ✓ Poems
- ✓ roll call ideas
- ✓ quotes

All Extension Education Club Vice-Presidents should
attend this meeting!



Start Date: TBA

- ★ Get your team together now - 8 total members
Each team will consist of 1 Team Captain and 7 members
- ★ Registration packets will be available in late August at the San Patricio County Extension office or San Patricio County Personnel Office.

Peach Basics

Shop and Save

- * Choose peaches that have an even, creamy gold to yellow color. Some varieties have a red blush but it may not always be a sign of ripeness.
- * When ripe, peaches should have a slight “give” or softness. Handle peaches gently - they bruise easily. Bruised areas spoil more quickly.
- * Fresh peaches may be at peak quality and lowest cost from June through September, depending on the variety and growing area.
- * When shopping for canned peaches, look for “Packed in 100% juice” and “No sugar added” on the label. Canned and frozen peaches are available year-round.

Peaches provide vitamin C, which helps your body heal cuts and other wounds.



Types of Peaches

Freestone - the pit falls out easily. These varieties have firm texture, low sugar content, low juiciness, and white or yellow flesh. White flesh peaches may be slightly less sweet and lower in acid than yellow flesh peaches. **Clingstone** - the flesh clings to the pit. These varieties have soft texture, high sugar content and juiciness, and white or yellow flesh.

Semi-freestone - a hybrid of freestone and clingstone peaches. The flesh clings to the pit less tightly and they are relatively high in sugar content and juiciness.



**Peach peels
are a good source
of fiber**

**Go to FoodHero.org
for easy, tasty
peach recipes.**

Store Well Waste Less

- Keep peaches at room temperature until ripe for best flavor and texture. Ripen peaches in a loosely closed paper bag. Add an apple or banana to speed ripening. Check daily until soft, then eat or refrigerate.
- ♥ Store ripe peaches in the refrigerator in a plastic bag with holes to prevent moisture on the

surface. Use within a few days

- ♥ Wash peaches just before using by gently rubbing under running water.
- ♥ To keep them from browning, cut peaches just before serving or dip cut peaches in water with lemon juice (2 Tablespoons/quart).
- ♥ To freeze cut peaches, first treat the slices to prevent browning (see above). Then freeze them on a baking sheet. Once frozen, transfer the slices to a freezer bag or container. Use within 12 months. Thaw in the refrigerator.

Quick Fit

- ✿ Peaches are a tasty snack eaten whole, chopped, or sliced.
- ✿ Add cut peaches to yogurt, cold cereal, or oatmeal to add sweetness and flavor.
- ✿ Peaches can be mixed into the batter of pancakes, waffles, muffins or bread.
- ✿ Grill fresh peach halves for a simple dessert.



Ideas for Using Peaches

One pound of peaches
= about 3-4 medium peaches
= 2 cups sliced peaches



Peach Carrot Smoothie

Ingredients:

- ♦ 1 medium banana (fresh or frozen)
- ♦ 1 cup carrots (cooked, frozen or canned/drained)
- ♦ 1 can (15 ounces) peaches, undrained or 1½ cups fresh or frozen peaches with ½ cup water or fruit juice

Directions:

1. Combine all ingredients in a blender or food processor.
2. Blend until smooth.
3. Serve immediately.
4. Refrigerate or freeze leftovers within 2 hours.

Makes 3 cups Prep time: 5 minutes



Peach Sundae

Ingredients:

- ♦ 1 Tablespoon margarine or butter
- ♦ 2 cups chopped or sliced peaches fresh, frozen or canned/drained
- ♦ 3 Tablespoons packed brown sugar
- ♦ ¼ teaspoon ground cinnamon
- ♦ 3 cups (24 ounces) low fat yogurt (try plain, peach, vanilla or raspberry)

Directions:

1. Melt margarine or butter in a medium skillet over medium heat (300 degrees in an electric skillet).
2. Add peaches, brown sugar, and cinnamon. Stir occasionally until peaches are hot. Remove from heat.
3. Spoon yogurt into five individual bowls. Top with warm peaches.
4. Refrigerate leftovers within 2 hours.

Makes: 5 cups Prep time: 10 minutes
Cook time: 5 minutes

Peach Salsa

Ingredients

- | | |
|---|-----------------------------------|
| 1 cup chopped peaches (canned or fresh) | ½ cup chopped cilantro |
| 1 large tomato, chopped | 1 Tablespoon lime juice |
| 1 bell pepper, seeded and chopped | 1/4 teaspoon each salt and pepper |
| ½ cup chopped onion | |

Directions

1. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper and gently stir to mix.
2. Cover and refrigerate until ready to serve.
3. Refrigerate leftovers within 2 hours.

Notes

For extra flavor, add cayenne pepper or diced jalapeno peppers.





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: