

San Patricio Extension Education Association News Flash



Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

November 2016



Mark Your Calendar

County Extension Education Association Meeting

Monday, November 28, 2016

San Patricio County Extension Office

9:00 a.m. - Refreshments

Hostess → Taft EE Club

9:30 - Business meeting

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



Caladium Bulb Fundraiser



Last month for bulb sales. Please help raise scholarship \$\$\$.

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

**Please sell, sell, sell for
Scholarship Dollars!**



**2017 District
Spring Conference
March 28, 2107**

Leadership Program Schedule

Month	Topic	Presenter
Nov.	Dementia and Caregiving	Crystal LaForge
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.
November 24-25, 2016



Cranberry Basics

Shop and Save

- Look for cranberries that range in color from light to dark red and are plump, glossy, and firm. White berries mixed in with the red do not need to be discarded. They are mature and have a milder flavor.
- Avoid berries that are shriveled, soft or decaying.
- Fresh cranberries are available from October through early January.
- Dried cranberries are often available in bulk food sections. They might be less expensive and you can buy small amounts.
- Frozen cranberries are available all year. Or buy fresh in season and freeze your own.

Cranberries are good source of Vitamin C.



Types of Cranberries



Fresh cranberries are bland but tart. They are generally added to recipes, not eaten alone. They are also available as frozen berries.

- Red cranberries – deep red color is desirable; tartness develops as the color deepens.
- White cranberries – harvested for juice rather than sold fresh.

Cranberry products that are available all year include:



cranberry juice and juice blends, canned cranberry sauce, and dried cranberries.



These processed cranberry products usually have added sugar. Dried cranberries can be found without added sugar.



Store Well Waste Less

- Store fresh cranberries in their original packaging or a tightly sealed plastic bag for up to 2 months in a refrigerator crisper. Remove any soft or decayed berries to help them store longer.
- Rinse fresh cranberries just before using.

- Fresh cranberries can be frozen and stored for up to 1 year. Freeze in the original plastic packaging as purchased or transfer to freezer bags for longer protection. They do not need to be thawed before using.



12-ounce bag of fresh cranberries = about 3 cups

Couscous Salad

Makes 5 cups

Prep time: 15 minutes

Ingredients:

- $\frac{3}{4}$ cup dry couscous
- $\frac{1}{2}$ cup dried cranberries
- 1 cup boiling water
- $\frac{1}{2}$ cup low-fat Italian salad dressing
- 1 cucumber, peeled and diced (about 1 cup)
- 2 green onions, sliced
- $\frac{3}{4}$ cup frozen peas, thawed
- $\frac{1}{4}$ cup toasted nuts, chopped

Directions:

1. Place couscous and cranberries in a large bowl. Pour boiling water over the mixture; cover and let stand until just warm. Fluff with a fork to separate.
2. Add dressing and mix lightly.
3. Add vegetables and nuts. Toss lightly.
4. Refrigerate leftovers within 2 hours.

Cranberry Applesauce

Makes 6 cups

Prep time: 10-15 minutes

Cook time: 30 minutes

Ingredients:

- 7 or 8 medium apples, peeled, cored and chopped
- 1½ cups fresh or frozen cranberries
- 1 cup water
- ½ teaspoon cinnamon
- ½ teaspoon salt
- ⅓ cup brown sugar

Directions:

1. Combine all ingredients in a large saucepan. Bring to a boil. Cover and reduce heat. Simmer 20 to 30 minutes.
2. Remove from heat and cool slightly. Use a potato masher or fork to mash mixture to the consistency desired. Serve warm or cold.
3. Refrigerate leftovers within 2 hours.

Glazed Carrots and Cranberries

Makes 2 ½ cups

Prep time: 10 minutes

Cook time: 12 minutes

Ingredients:

- 1 pound carrots, peeled and sliced diagonally into ¼ inch thick slices
- ½ teaspoon salt
- 3 Tablespoons sugar, divided
- ½ cup chicken broth
- 1 Tablespoon butter
- ½ cup dried cranberries
- 2 teaspoons lemon juice

Directions:

1. In a large skillet over medium-high heat, add carrots, salt, 1 Tablespoon sugar, and broth. Bring to a boil. Cover and reduce heat. Simmer, stirring occasionally, until carrots are almost tender, about 5 to 8 minutes.
2. Uncover; increase heat to high. Stir occasionally until liquid is reduced to about 2 Tablespoons, about 1 to 2 minutes.
3. Add butter and remaining sugar to skillet; stir carrots to coat. Add dried cranberries and cook, stirring frequently, until carrots are completely tender and glaze is light gold, about 3 minutes.
4. Remove from heat and stir in lemon juice. Serve warm.
5. Refrigerate leftovers within 2 hours.



SAN PATRICIO DIABETES SUPPORT GROUP MEETING

Please join us for our next San Patricio Diabetes Support Group meeting. The meeting will be held on Tuesday, December 6, 2016 from 10:00 to 11:30 a.m., at the San Patricio County Fair Grounds Civic Center, Meeting Room A&B, located at 219 West 5th Street in Sinton, Texas.

"Cooking Healthy for the Holidays"

Kathy Farrow

**County Extension Agent-FCS &
Felecia Espinoza**

**Better Living for Texans Program Assistant
Texas A&M AgriLife Extension**

**San Patricio County
Refreshments will be served and
door prizes will be given.**

**Your presence is appreciated and you
are welcome to bring a guest with you.**

We look forward to seeing you there.

For additional information contact:

Kathy Farrow,

**San Patricio County Extension Agent
Family and Consumer Sciences at
361/364-6234**

or

**San Patricio County IHC Program at
361/587-3518**



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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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