

# San Patricio Extension Education Association News Flash



*Sharing is caring with TEEA*

Kathy Farrow, CEA-FCS

September 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.

### *September is Family Mealtime by MAKING IT HEALTHY!*



Connect with your family for  
better health:

- Family dinner provides time for family members to share activities from the day or discuss upcoming events.
- Eating together provides an opportunity for families to talk about and model good nutrition and health behaviors.
- Family dinners are a good time for sharing family stories and creating memories.



### Three things you can do now:

1. Make it your mission to have meals as a family three times a week or more.
2. Focus on family interactions during the meal by turning off the TV, video games, cell phones, or other distractions.
3. Use this time to connect with your family. Encourage conversations by having each family member talk about their day and share family stories.

### Table Topics:

- ☐ Finish this sentence: "Everyone knows that my worst habit is..."
- ☐ What is one thing you can do for yourself in the next week that would help you take care of yourself?
- ☐ Can you tell me one thing that you learned today that you think I might not know?
- ☐ If you could make money doing whatever you love to do, what would you want to do for a living?
- ☐ Did you save any money today? If not, how could you have saved?
- ☐ What do you think about the latest news on \_\_\_\_?
- ☐ What is your favorite vacation memory?



### 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

# Cauliflower Basics

## Shop and Save

- ✿ Choose cauliflower with a heavy compact curd (head). There may be light green leaves covering part of the curd or the leaves may have been trimmed and the cauliflower wrapped in plastic.
- ✿ Avoid heads with brown spots or loose sections of curd that are spread out.
- ✿ Fresh cauliflower is generally available year round. It is often cheaper and fresher when harvested locally, usually late summer or fall.
- ✿ Frozen cauliflower is also available and may be a better buy at some times of the year.

*Cauliflower is very high in vitamin C, which helps the body fight infections.*



A medium-sized head of cauliflower is about 6 inches across, weighs about 2 pounds and makes 4 to 6 servings after trimming off the leaves and stem.

## Types of Cauliflower

While white is the most common, other colors are available in supermarkets and farmers markets.

**White** - has creamy white curds and a mild flavor.

**Orange** - has bright orange curds and higher amounts of beta-carotene



(vitamin A) than other colors. When cooked, the curds become a brighter and deeper orange color. Has a mild and slightly sweet taste.



**Purple** - has violet-purple curds that turn blue-green when cooked. Has a

mild and light nutty flavor.

**Green (Romanesco)** is 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



- Cauliflower can be stored in a plastic bag with holes, a paper bag, or an open container for up to a week in the crisper drawer of the refrigerator.
- Trim away the leaves and wash under cool running water just before use.
- Cauliflower can be frozen. For best quality, blanch and cool; package in airtight containers or bags; date the package and use within a year.

Go to [FoodHero.org](http://FoodHero.org)  
for easy, tasty  
cauliflower recipes.



Follow us on Facebook

Facebook Page  
San Patricio County  
Family Consumer Sciences & Ag/Natural  
Resources

Get updates about Extension  
events & happenings

# Cooking with Cauliflower

## Fix Cauliflower Many Ways

- ✿ Serve raw in a salad or with low-fat ranch, hummus, or other vegetable dip.
- ✿ Steam in a basket over boiling water for 3 to 5 minutes or until barely fork tender.
- ✿ Roast (whole, sliced, or florets) in a 400 to 450 degrees F oven until crisp tender. Stir or turn as needed.
- ✿ Sauté in a small amount of oil over medium-high heat until lightly browned and crisp tender.
- ✿ Microwave in a covered dish with water added. Time will depend on amount of cauliflower and the power of the microwave.
- ✿ Boil in water until just fork tender.

## Cauliflower Salad

### Ingredients:

- ◆ 4 cups mixed cauliflower and broccoli florets (fresh or frozen)
- ◆ 1 cup celery, diced
- ◆ ½ cup onion, diced
- ◆ ¼ cup sweet bell pepper, any color
- ◆ ⅓ cup lite mayonnaise
- ◆ ⅓ cup nonfat plain yogurt
- ◆ 1 Tablespoon prepared mustard
- ◆ ⅛teaspoon each salt and pepper
- ◆ ¼teaspoon dried dill weed

### Directions:

1. Thaw frozen cauliflower and broccoli and drain liquid. If using fresh vegetables, cook first until barely tender.
2. Combine cauliflower, broccoli, celery, onion and bell pepper in serving bowl.
3. In a small bowl, mix mayonnaise, yogurt, mustard, salt, pepper and dill.
4. Stir dressing gently into salad. Chill before serving.
5. Refrigerate leftovers within 2 hours.

Makes: about 5 cups  
Prep time: 20 minutes

## Roasted Cauliflower

### Ingredients:

- ◆ 1 medium-sized head cauliflower
- ◆ teaspoon oil
- ◆ 2 teaspoons garlic powder
- ◆ ½teaspoon onion powder
- ◆ ½teaspoon salt
- ◆ ½ teaspoon pepper
- ◆ ¼cup grated cheese (try Parmesan or reduced-fat cheddar)

### Directions:

1. Preheat oven to 400 degrees.
2. Cut cauliflower into florets about equal in size. Toss pieces with oil and place on baking pan in a single layer.
3. Mix spices together and sprinkle evenly over cauliflower. Sprinkle with cheese.
4. Roast for 30 minutes or until cauliflower is tender when pierced with a fork.
5. Refrigerate leftovers within 2 hours.

Makes: about 3½ cups  
Prep time: 5-10 minutes  
Cook time: 30 minutes

## Baked Cauliflower Tots

### Ingredients

- ◆ 2 cups cauliflower
- ◆ 1 egg
- ◆ 3 Tablespoons flour
- ◆ ¼ cup low-fat cheddar cheese
- ◆ ¼ teaspoon salt

### Directions

1. Preheat oven to 400 degrees. Spray a baking sheet or line with parchment paper or foil.
2. Grate cauliflower on large holes of a box grater.
3. In a medium bowl, combine cauliflower, egg, flour, cheese, and salt; mix well.
4. Press mixture together to make about 15 small balls or logs; Place on the baking sheet with space between each ball or log.
5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.
6. Refrigerate leftovers within 2 hours

Makes: 15 tots  
Prep time: 10 minutes  
Cooking time: 20 minute



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

***Return Service Requested***

References to commercial products or trade names are made with the understanding that no discrimination is intended and no endorsement by the Texas A&M AgriLife Extension Service is implied.

*Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating*

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: