

San Patricio Extension Education Association News Flash



Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

March 2017



NEW OFFICE PHONE NUMBER
361-587-3400



Mark Your Calendar

**County Extension Education
Association Meeting**
Monday, March 27, 2017
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.

**2017 San Patricio Extension Education
Association Spring Tour**
Friday, April 21, 2017

If you need a ride call Kathy at 361-587-3400.
Kathy will be leaving the San Patricio County
Extension office at 9:00am

Members please call your Club Chairman by
Thursday, April 13, 2017 if you want to attend.

Club Chairmen should let Kathy know their
club's count by Monday April 17, 2017.

See attached flyer



**2017 District
Spring Conference**
March 29, 2017



10:00am
Rockport Center for the Arts
902 Navigation, Rockport
Fee: \$0

Lunch - To be determined



Aquarium at Rockport Harbor
706 Navigation Circle
Fee: \$0

Leadership Program Schedule

Month	Topic	Presenter
Mar.	Nutrition: Myth or Fact?	L'Ella Andrews & Patricia Branch

Leek Basics

\$hop and \$ave

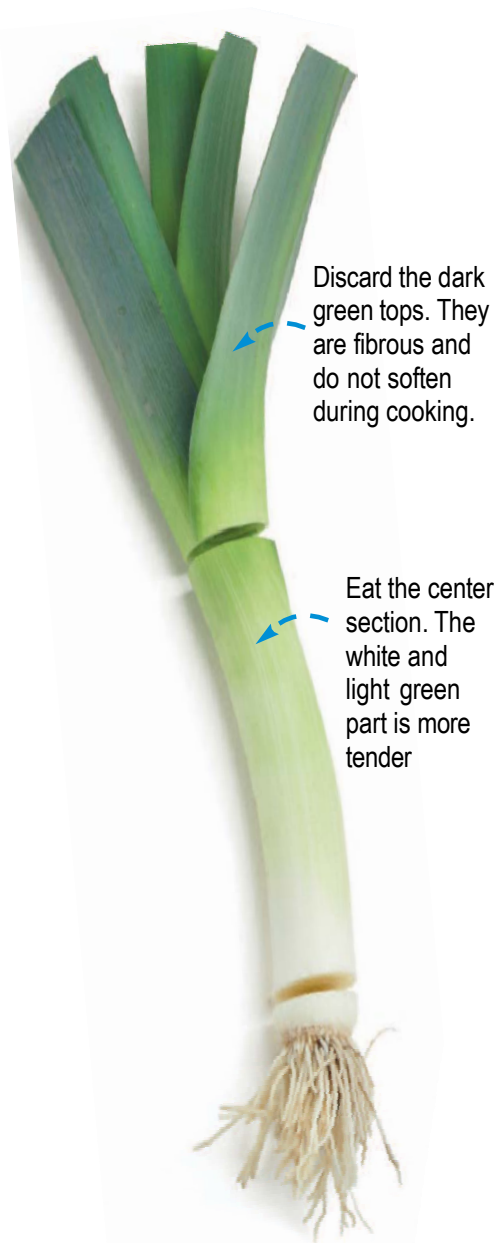
- * Select firm, crisp stalks with as much white and light green as possible. (The dark green portion is not edible.) Avoid leeks with yellow or withered tops.
- * Fresh leeks are generally available year round.
- * Frozen leeks might be a good option for some recipes and are easy to keep on hand.

Leeks are similar to onions but have a sweeter, milder flavor.

Quick Fix

- * Leeks can be eaten raw or cooked.
- * Use sliced leeks in salads—green, pasta or potato.
- * Add leeks to casseroles for a mild onion flavor.
- * Roast leeks in the oven along with your favorite vegetables.
- * Add leeks to soups or stews.
- * Serve cooked leeks with a little vinaigrette dressing.
- * Use raw chopped leeks as a garnish like green onions.

Leeks contribute vitamins A,C,K and folate



store Well Waste Less



- Leeks are best used soon after harvest. Refrigerate in a plastic bag for up to two weeks.
- Wash just before use. Leeks need to be washed well because soil is pulled up around the stem as they grow. There is almost always grit caught between the layers.
 - Cut off the roots, the dark green tops, and any damaged outer layers.
 - Slice once lengthwise.
 - Rinse thoroughly under running water, cleaning between each layer to remove soil and sand.
 - Chop or slice as needed.
- Leeks can be frozen in slices or whole lengths. Seal in airtight bags. For best quality, use within 3 months.

Cooking with Leeks

Sautéed Leeks and Apples

Ingredients:

- 1 medium leek, chopped (about 3 cups)
- 2 teaspoons oil
- 2 medium apples, cored and chopped
- 1 Tablespoon honey
- 1 teaspoon vinegar
- ¼ teaspoon each salt and pepper



Directions:

1. Sauté leeks in oil in a medium skillet over medium heat, stirring occasionally, until the leeks are soft (about 5 minutes).
2. Add apples and continue cooking, stirring frequently, until apples begin to soften (about 3 minutes).
3. Remove from heat. Add honey, vinegar, salt and pepper. Stir gently to combine all ingredients. Serve warm.

Refrigerate leftovers within 2 hours.

Makes about 4 cups

Prep time: 10 minutes

Cook time: 8 to 10 minutes

Creamy Potato Leek Soup

Ingredients

- 3 leeks (about 3 cups diced)
- 3 potatoes (about 3 cups diced)
- 2 Tablespoons butter or margarine
- 4½ cups chicken broth
- ¼ cup 1% milk
- 2 garlic cloves, minced or ½ teaspoon garlic powder
- ½ teaspoon black pepper



Directions

1. Remove root and green tops from leeks. Slice in half lengthwise and rinse well under running water. Slice crosswise into ¼ inch slices.
2. Scrub potatoes well; cut into small cubes.
3. Melt butter or margarine in a 2-quart saucepan over medium heat.

Leek and Mushroom Orzo

Ingredients:

- 2 cups leeks, chopped
- 1 Tablespoon oil
- 2 cups mushrooms, sliced
- 1 cup dry orzo (rice shaped pasta)
- 2 cups chicken or vegetable broth
- 1½ cups tomato, chopped
- 3 Tablespoons light cream cheese
- 1 teaspoon garlic powder
- ¼ teaspoon each salt and pepper



Directions:

1. Sauté leeks in oil in a medium skillet over medium heat, stirring occasionally, until the leeks are soft (about 5 minutes).
2. Add mushrooms and cook until soft (about 5 minutes).
3. Stir in the orzo and toast lightly, stirring frequently, for about 3 minutes.
4. Add broth and bring to a boil. Reduce heat to simmer, stirring occasionally, until the orzo is almost tender, about 8 minutes.
5. Add the tomatoes and simmer until orzo is tender (about 2 minutes)
6. Remove from heat and stir in cream cheese, garlic powder, salt and pepper. Serve warm.
7. Refrigerate leftovers within 2 hours.

Makes about 4½ cups

Prep time: 15 to 20 minutes

Cook time: 25 to 30 minutes

4. Add garlic and chopped leeks. Cook until softened.
5. Add potatoes and enough broth to cover. Cover pan and simmer until potatoes are soft. Mash with a potato masher or fork until potatoes are fairly smooth.
6. Add remaining broth, milk and pepper. Simmer for about 5 minutes.
7. Refrigerate leftovers within 2 hours

Prep time: 30 minutes

Cooking time: 30 minutes

Makes: 8 cups



Healthy South Texas Diabetes Conference

March 30, 2017

10:00am - 3:00pm

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

- ♦ Healthy Eating
- ♦ Free Health Screenings
- ♦ Food Demonstrations
- ♦ Proper Medication Use

- ♦ Talking to Your Doctor
- ♦ Diabetes and You
- ♦ Healthy Living Tips
- ♦ Door Prizes

Free health screenings fasting preferred

10:00 - Noon.

Keynote Address & Luncheon

12:00 - 1:00pm



HEALTHY SOUTH TEXAS

To register or for additional information contact:

Kathy Farrow, County Extension Agent
Family and Consumer Sciences
San Patricio County
219 N. Vineyard, Sinton, TX 78387
361-587-3400-office ♦ 361-364-6234 - fax
k-farrow@tamuedu

TEXAS A&M
AGRI LIFE
EXTENSION



Please join us!
The PINK Event

Please RSVP by
April 21st at
361-587-3400

Questions?
361-587-3400

APRIL 25, 2017

**San Patricio County Fairgrounds Civic Center
219 West Fifth Street, Sinton, TX 78387**

Registration & Exhibits - 11:30 a.m.

Program - 12:10 p.m.

***The Friend to Friend Party is for women to join their
friends to support and encourage each other to get
screened.***

**Fun ♥ Friends ♥ Luncheon
♥ Free Goody Bags ♥ Door Prizes & More!**





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

Return Service Requested

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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:



ROCKPORT
CENTER for the ARTS

2017 EEA Spring Trip Information Form Friday, April 21, 2017

Members please call your Club Chairman by
Thursday, April 13, 2017 if you want to attend.



Bring completed Information form the morning of tour!

Name: _____

Mailing Address: _____

Home phone #: _____

Emergency contact person: _____

Emergency contact Phone #: _____

Allergies: _____

EEA Club or Guest of: _____

*Car pooling / Check with your Club Chairman
Kathy Farrow will be driving the County vehicle*



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