

# San Patricio Extension Education Association News Flash



*Sharing is caring with TEEA*

Kathy Farrow, CEA-FCS

September 2017



## Mark Your Calendar

County Extension Education  
Association Meeting  
Monday, September 25, 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.



You still have time to sign up!  
Due to Hurricane Harvey  
San Patricio County  
Walk Across Texas will  
now begin  
Monday, October 2, 2017



San Patricio County  
Health Fair  
October 12, 2017  
8:00am - Noon  
San Patricio County  
Fairgrounds Civic Center  
219 West Fifth Street, Sinton

Exhibits      Health Screenings      Door Prizes

Join us every September as Texas A&M AgriLife  
Extension Celebrates Family Mealtime by  
Connecting for Better Health



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 to share family stories and create memories.



Three things you can do now:

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



Get children involved:

- Encourage children to participate in age appropriate tasks:
- Let children help plan menu ideas and side dishes
- Take them grocery shopping and let them pick out a new fruit or vegetable to try with dinner
- Teach them about setting the table
- Guide them in basic food preparation (as they are developmentally ready for and can safely do)
- Have them help clean up and clear the table

# Pear Basics

## Shop and Save








- \* Choose firm pears without cuts or bruises. Pears nick and bruise very easily, so handle with care
- \* Pears are picked when mature but ripen at room temperature for best texture and taste.
- \* Pears may be best quality and lowest cost when they are in season, September through May depending on the variety.
- \* Select Asian pears that are fragrant and unbruised. Ripe Asian pears are firm and do not soften. They are ready to eat when purchased.

Fiber in pears promotes good digestion and helps maintain a healthy heart.



## Types of Pears

- \* Bartlett - classic pear shape. Soft, juicy and very sweet. Red or green to yellow skin. 
- \* Bosc - slender pear shape. Crisp and sweet. feels more firm when pressed. Brown skin with green to yellow undertones. 
- \* Comice - round body with a very short neck. Soft, juicy, and very sweet. 
- \* Anjou - egg-shaped. Moderately soft and juicy with balanced sweetness. Red or green skin. 
- \* Asian pear - usually round. Crisp texture like apples; taste and color may vary. Skin can be green, yellow or reddish-brown and sometimes speckled with small brown spots. 

## Store Well Waste Less



- Ripen pears at room temperature. Press gently near the stem. If the neck feels soft, the pear is ready to eat.
- Once pears are ripe, use within 3 to 5 days or refrigerate to keep them longer.
- Wash pears under cool running water just before eating, even if you plan to peel them.
- Peel or cut pears just before using to avoid browned flesh.
- Asian pears: store up to 1 week at room temperature or up to 3 months in the refrigerator.

*Choose pears  
canned in water  
or 100% juice.*

# Enjoy Pears

## Chicken and Pear Salad

Makes 2½ cups

Prep time: 15 minutes

### Ingredients:

- 2 cups pears, diced (fresh or canned)
- ¼ cup celery, chopped
- ½ cup onion, chopped (sweet onion will be most mild)
- ¼ cup raisins
- 1 cup cooked chicken, diced
- 2 Tablespoons low-fat plain yogurt
- 2 Tablespoons mayonnaise
- ⅛ teaspoon salt
- Dash of pepper to taste
- 1 Tablespoon lemon juice



### Directions:

1. In a large bowl, combine all ingredients. Mix well. Serve now or chill.
2. Refrigerate leftovers within 2 hours.

## Pear and Cranberry Crisp

Makes 4 cups

Prep time: 10 minutes

Cook time: 20 minutes

### Ingredients:

- ½ cup old fashioned rolled oats
- 1 Tablespoon brown sugar
- 2 Tablespoons flour
- ¼ teaspoon cinnamon
- 2 Tablespoons applesauce
- 4 cups pears, cubed (about 3 pears)
- 1 cup cranberries, fresh or frozen
- 1 Tablespoon cornstarch



### Directions:

1. In a medium bowl, combine oats, brown sugar, flour, cinnamon and applesauce.
2. Combine pears, cranberries and cornstarch in an 8x8 inch baking dish. Sprinkle with oat mixture.
3. Bake uncovered at 400 degrees until juices are bubbling and topping is browned, about 20 minutes.
4. Refrigerate leftovers within 2 hours.

## Pear Quesadillas

Makes 4 folded tortillas

Prep time: 10 minutes

Cook time: 5 to 10 minutes

### Ingredients:

- 4 medium whole wheat tortillas
- 1 cup grated cheese (try cheddar, jack or pepper jack)
- 1 cup pears slices (fresh or canned/drained)
- ½ cup finely chopped green or red peppers
- 2 Tablespoons minced onion (any type)



### Directions:

1. Sprinkle ¼ cup cheese on half of each tortilla.
2. Equally divide pears, peppers and onion and scatter over the cheese. Fold each tortilla in half over the filling.
3. Heat a skillet or griddle over medium heat. Add as many quesadillas as will fit in a single layer. Cook for 2-4 minutes, or until bottom of quesadilla begins to brown.
4. With large spatula, gently turn quesadilla over and cook the other side until lightly brown, 2-4 minutes.
5. Gently slide quesadillas onto plate. Cook any remaining quesadillas.
6. Cut each cooked quesadilla into wedges and serve.
7. Refrigerate leftovers within 2 hours.

## Cinnamon Baked Pears

Makes: 4 pear halves

Prep time: 15 minutes

Cooking time: 30 minutes

### Ingredients

- 2 ripe pears
- 3 Tablespoons walnuts, chopped
- 2 teaspoons honey or brown sugar
- ¼ teaspoon cinnamon
- 1 Tablespoon dried cranberries

### Directions

1. Cut the pears in half lengthwise. Scoop out the seeds with a spoon or melon baller.
2. Place pears in a baking dish. Fill centers with chopped walnuts and drizzle about half a teaspoon of honey or brown sugar over each pear half.
3. Sprinkle each half with cinnamon and cranberries.
4. Bake at 350 degrees for 25 to 35 minutes or until pears are soft when poked with a fork. Serve warm.
5. Refrigerate leftovers within 2 hours.



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.

Recipes adapted from Foodhero.org

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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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For additional information contact:



# 90th TEEA State Conference September 12-13, 2017

