

Stuff n' Such

WITH THE EXTENSION LADIES

JULY - AUGUST 2021 | ISSUE NO. 3

In this issue

- Getting to know your Agents
- Grill Friends
- Sprinkle, Slather & Soak
- Grilling Pockets
- Fun and Frothy Summer Drinks
- Celebrate Safely, Buzzed Driving is Drunk Driving
- Dehydration Disasters
- Upcoming Events

Reminders

- Be sure to check our Texas A&M AgriLife Extension Service Smith County Facebook page.
- @SmithCounty AgriLife



Claudann Jones

Family and Community Health Agent
claudann.jones@ag.tamu.edu

Summertime is here!! Time to get out doors and enjoy the sunshine and heat! I hope you plan on getting outside and making the most of your activities but doing so safely, is what I want to remind you of. It's always a good idea to stock up on those summertime essentials. Good sunblock is vital in my toolkit! Remember, its good for us to get some sun but protect yourself while enjoying those hot rays.

Amy Shively

Better Living for Texans Agent
amy.shively@ag.tamu.edu

Cold watermelon, homemade ice cream, the smell of chlorine or salt water and the sounds of kiddos splashing and playing in water ,the smell of food being prepared on the grill this remind me of summer. Gardens are bursting with fruits and veggies, it's a great time of the year. I hope you enjoy some of the ideas I am going to share with you for entertaining and enjoying the summer with family and friends.

GRILL FRIENDS



Enjoying a picnic and grilling are favorites with many during the summer. So how can you put a little twist and pizzazz to your grilled burgers? Most people associate burgers with ground beef, but burgers may be made out of turkey, chicken, pork, lamb, fish and even vegetables. Beside having your meat or veggie patty, you will need to top it off with a bun. Brushing the surface with olive oil and grilling for a minute is idea, or for those forgoing meat one can use lettuce, Portobello mushrooms, tomatoes, or eggplant. Who does not enjoy being creative with their food? Why not try adding toppings to your burger? Assorted cheese slices, assorted greens (dark leafy spinach or even romaine lettuce), sliced tomatoes, avocado (which is a healthy fat), caramelized onion, bell pepper rings, grilled veggies (onions, tomatoes, eggplant, zucchini), as well as fresh herbs. If you are reading this and thinking I want a healthier option, why not choose a whole-wheat bun. Maybe consider a mini-burger or a slider to keep your portions under control. If adding cheese, add a low fat cheese. If you are concocting a leaner burger maybe you want a more interesting flavor, try oregano with feta for a "Greek Burger" or possibly sesame, soy, ginger and garlic for a more "Asian" flair.



SPRINKLE, SLATHER, AND SOAK

Instead of heating up the inside of your home, fire up the grill and keep the heat outside. Grilling is more than just throwing a few things onto a fire there is seasoning and marinating to be done! Adding flavor to foods that are grilled or smoked can be done at two different times - before or after cooking. Food on the grill or smoker will already have a different flavor but adding citrus, garlic, herbs, or aromatic vegetables will enhance the flavor. Rubs, pastes, marinades are applied before cooking and vinaigrettes and sauces used after cooking are also used. Dry rubs, are dry herbs and spice mixtures that are sprinkled onto the meat, so the rub stays in suspension. Fresh herbs or garlic is not a dry rub. Pastes are brushed onto the surface of foods and then left to sit for about 30 minutes before cooking, fresh garlic, smoke-roasted red peppers add a pop of flavor. Slather is basically a mustard-based mixture, which is placed on the food then sprinkled with a rub and left to sit until it is tacky to touch. This works great on smoked pork loin, roasts, salmon fillets



Chicken and Summer Veggies Grilling Pocket

This chicken and summer veggies grilling pocket recipe is the perfect recipe to start off the grilling season with!

- 1 large red bell pepper sliced into strips
- 1.5 cups mushrooms sliced
- 1 onion thickly sliced
- 2 medium zucchini sliced
- 1 medium summer squash
- 1.5 pound chicken breast cut into equal size cubes
- 3 tablespoons olive oil
- 1 tablespoon oregano dried
- 1 tablespoon parsley dried
- 1/2 teaspoon garlic powder
- 1 teaspoon paprika



Directions:

1. Wash your hands and clean your preparation area. Heat your grill to cook over medium - high heat.
2. Cut the vegetables as directed. Cut the chicken into evenly sized cubes.
3. Combine the olive oil, oregano, parsley, garlic powder, and paprika in a small bowl. Cut 6 sheets of foil approximately 12 inches in length each. Divide the vegetables and chicken evenly among the 6 sheets of foil. Top each with some of the oil mixture, spreading over the vegetables and chicken.
4. Grill the foil packets over medium heat for 35 to 40 minutes, or until chicken reaches 165 degrees F.

Nutrition Facts	
6 servings per container	
Serving size	(283g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 60mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 1mg	6%
Potassium 825mg	20%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Events In Smith County:



Cotton Belt Wellness Lunch and Learn
Come and bring your lunch
July 7 and July 14
11:00 - 12:00 or 12:00 - 1:00
Contact: Amy Shively (903) 590-2980

Thank you Superior Health Plan for
graciously sponsoring our programs!!



FUN & FROTHY SUMMER DRINKS



Red, White, and Blue Smoothie

Serves: 2 to 3

Ingredients

- 1 cup frozen strawberries
- 1/2 cup milk
- 1 banana, previously sliced and frozen
- 1/4 cup vanilla yogurt
- 1/4 cup slivered almonds
- 2 Tbsp milk
- 1 cup frozen blueberries
- 1/2 cup milk

Instructions

Blend the red ingredients, adding more milk if needed to reach a milkshake-like consistency. Taste and add a bit of honey if desired.

Transfer to a glass, set in fridge, and rinse out blender.

Blend white ingredients, adding more milk if needed to reach a similar consistency to the red smoothie. Transfer to a glass, set in fridge, and rinse out blender.

Blend blue ingredients, adding more milk if needed to reach a similar consistency as the other two smoothies.

Pour blue smoothie evenly into 2 large or 3 small serving glasses.

Gently and slowly pour or spoon in white smoothie, then red smoothie.

optionally garnish with shredded coconut and berries.

Summer in a Cup Smoothie

Servings 2 (smoothies)

Ingredients

1 1/4 cup frozen raspberries
1 large ripe, sliced and frozen banana (1 banana yields ~1 cup)
1/2 cup pomegranate juice
3/4 cup orange juice
3/4 cup Plain Unsweetened Almond Breeze Almond Milk

Instructions

Add all ingredients to a blender and blend until creamy and smooth, scraping down sides as needed.

Taste and adjust flavor as needed. Add more milk or fruit juice if too thick. Add more frozen banana if not sweet enough. Serve immediately. Freezes well (or make into Popsicles).

Nutrition (1 of 2 servings) Serving: 1 smoothies

Calories: 183

Carbohydrates: 41 g

Protein: 2.5 g

Fat: 1.6 g

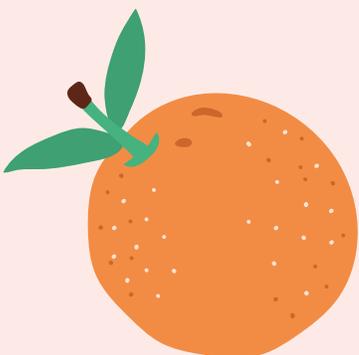
Trans Fat: 0 g

Cholesterol: 0 mg

Sodium: 72 mg

Fiber: 7.3 g

Sugar: 26 g





Drive Sober This Independence Day, and Every Day: BUZZed Driving Is Drunk Driving

This Independence Day, Texas A&M AgriLife Extension Service's Watch UR BAC program, the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA), and the Texas Department of Transportation (TXDOT) want to remind drivers that **BUZZed Driving Is Drunk Driving**.

No matter how people choose to celebrate Independence Day, do it safely and always have a sober ride. Anyone under the influence of alcohol that chooses to get behind the wheel of a vehicle not only puts everyone on the road in danger, but also themselves.

Fourth of July festivities often start early in the day and go into the evening or late at night, causing more cars to be on the roads at night. In 2019, 515 people died in motor vehicle traffic crashes over the July Fourth holiday period. Thirty-eight percent (198) of those fatalities occurred in alcohol-impaired-driving crashes. Many of the drivers arrested for drunk driving on the Fourth of July have likely been drinking alcohol throughout the day at various planned gatherings.

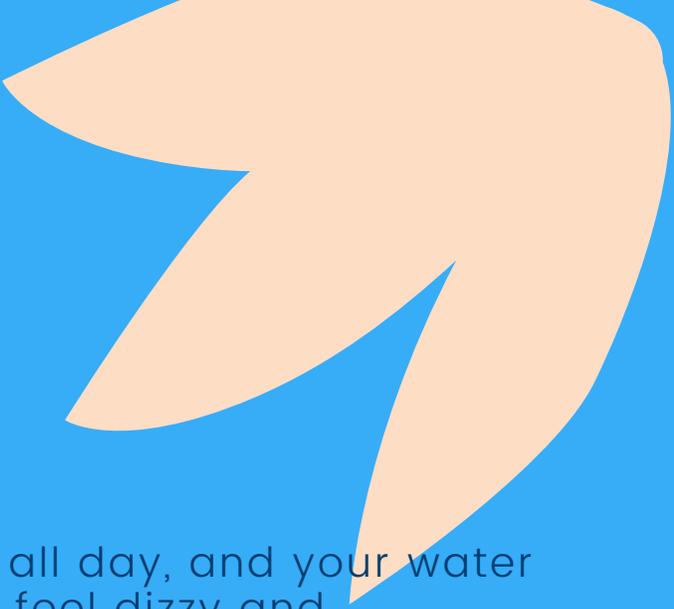
From 2015 to 2019, there were 1,339 people killed in drunk-driving crashes over the Fourth of July holiday. Of those people who died in alcohol-impaired motor vehicle traffic crashes, almost 4 out of 5 (79 percent) of them occurred in nighttime crashes (between 6:00 p.m. and 5:59 a.m.). Watch UR BAC's goal is for everyone enjoy red, white, and blue in their flags, fireworks, and family gatherings — not in their rear-view mirror. The only way to prevent this is to never drink and drive.

Celebrate with a Plan

- Remember: It is never OK to drink and drive — even if after only one alcoholic beverage. Designate a sober driver or plan to use public transportation or a ride service to get home safely.
- Suspect a motorist on the road is driving drunk or intoxicated? Contact local law enforcement immediately.
- Have a friend who is about to drink and drive? Take their keys away and make arrangements to get them home safely.



DEHYDRATION DISASTERS

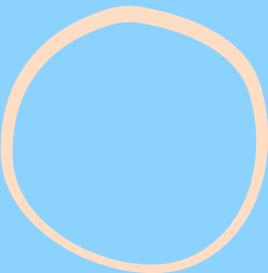


You've romped outdoors with the kids all day, and your water bottle ran dry long ago. Suddenly you feel dizzy and lightheaded, and your mouth tastes like cotton. You're dehydrated -- meaning you haven't taken in enough fluids to replace those you've been sweating out.

People can get dehydrated any time of year, but it's much more common in the summer months, when they are active outdoors in the warm sun. Heatstroke is the most severe form of dehydration. That's when your internal temperature rises to dangerously high levels. Your skin gets hot, but you stop sweating. Someone with heatstroke may pass out, have hallucinations, or suffer seizures.

Preventing dehydration and heatstroke couldn't be easier: Drink plenty of fluids, especially water, take regular breaks in the shade, and try to schedule your most vigorous outdoor activities for times when the heat isn't so strong, such as early morning or late afternoon.

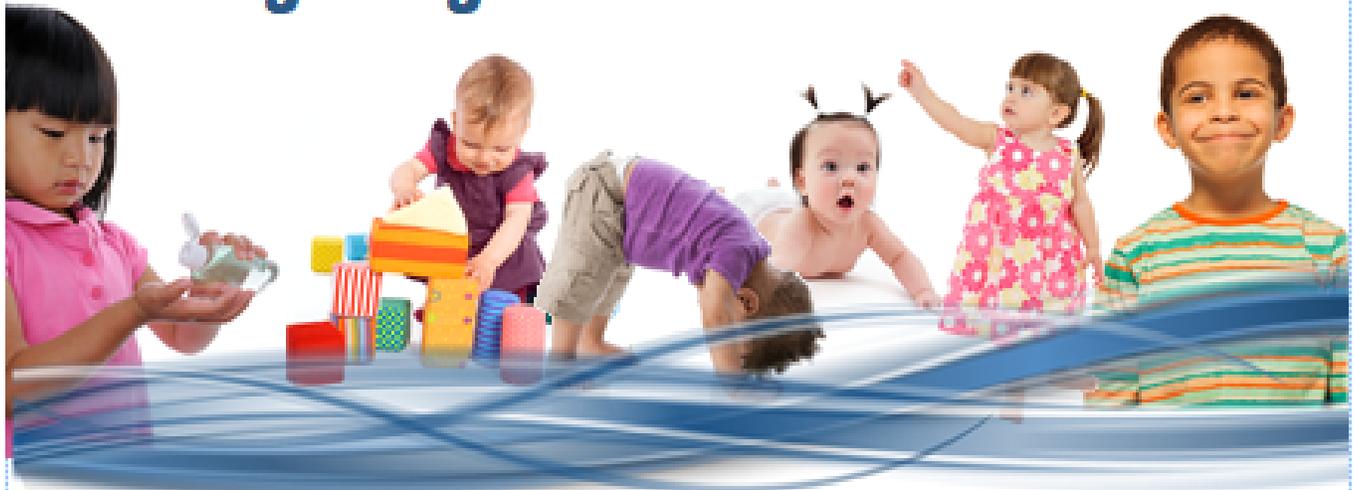
For persons suffering more serious dehydration or heatstroke, get them indoors, have them lie down, and cool them off with ice packs and cool cloths. Someone who is seriously affected by the heat may need intravenous fluids in the ER.



Early Childhood Educator Training Program

2021 MONTHLY

Virtual Mini-Conference Series



SAVE THE DATES

January 30th

February 20th

March 27th

April 17th

May 15th

June 26th

July 10th

August 7th

September 18th

October 9th

November 13th

December 4th

TIME: 9AM-12PM Central via Microsoft Teams

COST: \$25 each

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve a full and equal employment opportunity through our Texas A&M AgriLife.

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