

Stuff n' Such

WITH THE EXTENSION LADIES

SEPTEMBER / OCTOBER 2021 | ISSUE NO. 3

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Reminders

- Be sure to check our "Texas A&M AgriLife Extension Service Smith County" Facebook page
- Website: Smith.agrilife.org



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Adding Life to Your Years. As we begin to wind down 2021, I know for some of us that is a sigh of relief! With the Holidays just around the corner, I hope the articles in this newsletter will give you tips to enjoy life, enjoy the season and to find those things that we are so grateful for! My focus is to have a stress free and healthy holiday season and will share some ways that you can too.

Amy Shively

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I am one of those people who absolutely loves the change of seasons. I love the colors of Fall. I enjoy the Friday night football games, hot chocolate, and the smell of pumpkin spice. I also enjoy changing my wardrobe to snuggly sweaters and sweatshirts. Bring on Fall, Ya'll.

TEXAS A&M
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EXTENSION
Family and Community Health





Role of Enjoyment

BY AMY SHIVELY

Pumpkin muffins, flavored coffees, roasted marshmallows, and caramel apples these are foods that make me think of fall. There are certain foods which trigger traditions, experiences, and memories. We have a tendency to repeat the things we enjoy and the same is for food. These experiences cultivate cravings that leave us wanting more, and ultimately recreate the feelings those memories instilled in us, according to Jason Riis PBH Chief Behavioral Scientist. So how do we create healthy eating habits we can enjoy?

The importance of finding healthy recipes and incorporating fruits and vegetables is paramount in making nutritious meals and snacks. Making choices about what you are going to eat or snack on and providing healthy alternatives is essential to living a healthy lifestyle. Exposing oneself and family to different types of foods can be a fun tradition. Try a new fruit or vegetable or new recipe with fruits and vegetables. Make it a time of discovery. If the recipe is a family hit make it again. Repetition in preparation of healthy meals and snacks will lead to meal prepping and planning. Planning a grocery list may help you may save money at the grocery store. Plus, you are more likely not to spend money on items not on your list, and avoid those impulse buys.

The more you do something the more it becomes a habit. So choosing healthier meal and snack options can become a habit to children as well as to adults. When something is enjoyable and effortless the more likely it is to be repeated.

Spice Up Your Cooking

This time of year you can find a "pumpkin spice" version of everything – candy, cereal, coffee, and more! Pumpkin spice foods and beverages are typically flavored with a combination of cinnamon, nutmeg, ginger, and cloves. This blend of flavors makes these foods quite popular!

Flavor is one of the top reasons why we choose to eat the foods we eat. The Dietary Guidelines for Americans recommends limiting salt/sodium intake, however, salt is a common source of flavor in the food we eat.

By familiarizing yourself with a few herbs and spices, you can enhance the flavor while lowering the sodium content in foods you prepare.

Spice and Herb Tips

Storing dried herbs and spices in airtight containers on a dry, dark shelf can help preserve its flavor for a few years.

Spices and herbs have very minimal nutritional value, meaning they won't increase sugar, fat, salt, or calories in a food. They are simply used to enhance the flavor of a dish.

Herbs and spices vary in strength of flavor. If you are experimenting with flavors, it's a good idea to start with just a pinch and then taste test. You can always add more but once it's added, there's no going back.

The following information may help you know where to start when it comes to flavoring dishes with herbs and spices:

Strong flavor: bay leaf, cardamom, curry, ginger, pepper, mustard, rosemary, sage

Medium flavor: basil, cumin, dill, fennel, garlic, marjoram, mint, oregano, thyme, turmeric

Sweet flavor: cinnamon, cloves, allspice, ginger, cardamom, mint, fennel

Savory flavor: oregano, garlic powder, curry powder, dill, onion powder

Peppery flavor: mustard, black pepper, paprika, cayenne pepper, chili powder

Since spices and herbs can be expensive - start with a few basics like pepper, basil, oregano, and cinnamon. For spices that you use a lot, it is cheaper per ounce to purchase the spices in bulk.

Next time you cook, loosen your grip on the salt shaker and pick up some herbs and spices!

Adapted from:

<https://www.udel.edu/academics/colleges/canr/cooperative-etension/fact-sheets/using-herbs-and-spices/>

Beef & Vegetable Soup

Ingredients

- 1 tablespoon vegetable oil
- 1 pound lean ground beef
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 can low sodium beef broth (14.5-ounce can)
- 1 can sliced carrots, drained (14.5-ounce can)
- 1 can no salt added cut green beans (14.5-ounce can)
- 1 can no salt added stewed tomatoes (14.5-ounce can)
- 1 teaspoon dried basil
- 1 cup cooked egg noodles

Directions

In 4-quart saucepan over medium-high heat, in hot oil, cook ground beef until well browned on all sides, stirring frequently.

With slotted spoon, remove beef to bowl. In drippings remaining in saucepan over medium heat, cook onion and garlic until tender-crisp.

Add beef broth, carrots, green beans, stewed tomatoes, basil and ground beef; over high heat, heat to boiling.

Reduce heat to low; cover and simmer 10 to 15 minutes to blend flavors, stirring occasionally.

Stir in cooked egg noodles.

USDA My Plate Recipe

Fall Fun & Physical Fitness

BY AMY SHIVELY

There is a nip in the air, the leaves are changing, and the landscape is a masterpiece of colors. Now is a great time to stay physically active. Example, raking leaves is a way to stay active. I always enjoyed taking my children pumpkin picking or apple picking. This is a way to pick healthy foods and be active lifting and bending. This is a great time of the year to walk, take a hike or gather up your children and go on a nature scavenger hunt. There are several places that offer corn mazes for you to try. Be sure you have a bottle of water handy and stay hydrated. From my experience, those can be a little tricky. Sign up for an afterschool program if you have children, such a swimming or karate. If you are an adult check into getting a local gym membership or try out a recreation center. Play a team sport. This is a great way to stay active and meet new people. Fall is a great time to be outside and enjoy the cooler temperatures, take in the beautiful scenery and stay active.



For the Love of Fall & Brisket

By Claudann Jones



Don't put away those BBQ pits just yet. Summer isn't the only time to enjoy good outdoor BBQ's because lets face it, we do live in Texas right? Backyard BBQ's are something that we have the luxury of having pretty much year round so why not make the most of it.

Especially during the holidays. There is nothing that I enjoy more than being outside with family and friends with good food and fellowship. I especially enjoy it because the cleanup is super easy which means I am not super stressed about how clean my kitchen is!.

Why not complicate things during the holidays season-it should be more focused on family!

So maybe you don't have the time to cook that brisket, well no fear.

Lindale Texas has my Heaven on Earth hookup for good brisket. And what else should it be called? "Brisket Love!" Not only do they serve some of the best brisket ever, they also serve a warm German Potato Salad that is just as lovely as the brisket! Give them a try!

15 FALL WELLNESS TIPS TO KEEP YOU HEALTHY

By Claudann Jones



The transition to the shorter and busier days of fall can be a challenge. To help ease the change, we've put together 15 Fall Wellness Tips to get you ready for the colder months and keep your mental and physical health in check

1. Start taking a Vitamin D supplement.

We get most of our Vitamin D from the sun, so our intake decreases when the weather is colder since we spend most of our time inside during the fall/winter seasons. If you find you are not getting outside much, a Vitamin D supplement can boost your mood and immune system.



15 FALL WELLNESS TIPS TO KEEP YOU HEALTHY CONTINUED



2. Take some time to yourself. Fall and Winter are the Earth's way of telling us to slow down. Start a journal or track your moods to get more in touch with how you're feeling.

3. Get your yearly checkups. Self-explanatory! No one likes sniffing and aching and sneezing and coughing getting in the way of life.

4. Boost your immune system. You can do this by drinking plenty of water, washing your hands often to prevent sickness and eating nutritious foods.

5. Get yourself ready for Daylight Savings Time which is November 7th. Go to bed earlier when you can, especially the week before the clocks change. Longer periods of darkness=longer periods of sleep!

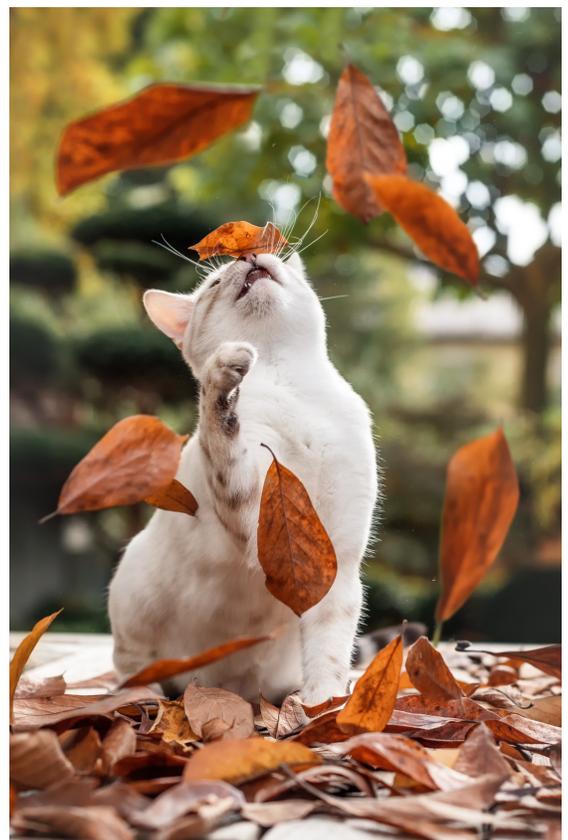
6. Make some plans for the cold months. In the winter, we tend to hibernate if we don't have things to keep us busy.

7. Moisturize your skin. Harsh temperatures can make your skin dry. Also, you still should be wearing sunscreen.

8. Buy in season food. Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash, roots and sautéed dark leafy greens are all great choices.

9. Stay active! It can be easy to just sit around all the time, but it's important to get in some movement throughout the day. Raking leaves counts!

10. Wear layers and protect your body from the dropping temperatures. Make sure you have gloves, a scarf, ear muffs, a winter coat, and warm socks and snow boots!



15 FALL WELLNESS TIPS TO KEEP YOU HEALTHY CONTINUED

11. Do some spring cleaning in the fall.

Clean out your closet, organize that back room and rid yourself of things you don't need.

12. Prepare your home for possible extreme weather conditions. Do you have a shovel? Do your flashlights have batteries? Is your heat working okay?

13. Get some books to read and shows to watch. Who doesn't want to sit by the fire on chilly winter nights and read a good book or binge watch some Netflix?

14. Keep a schedule. The cold months can seem to drag on and push us into isolation. Stay on track by scheduling time in your day to do things you like to do,

15. Be kind to yourself. Most people gain a little weight during the holidays. The shorter days can cause low mood, and the flu season can cause sickness. Listen to your body and give it what it needs and don't beat yourself up. Try reframing negative thoughts into positive ones.





MUM SALE

**ORDER NOW ON SALE UNTIL
SEPT. 9, 2021**

PICK UP MUMS OR CURBSIDE PICKUP AT
THE SMITH COUNTY EXTENSION OFFICE,
1517 WEST FRONT STREET, SUITE #116
TYLER TX 75702



2-3 FT. WIDE MUMS, YELLOW, RED, ORANGE, WHITE AND
PURPLE., AND PINK 12" TALL: \$25.

Scan Here to Order



ORDER NOW AND PAY WHEN YOU PLACE
YOUR ONLINE ORDER. PICK UP DATES SEPT.
15 - 17, 2021, 8:00 A.M. - 5:00 P.M.

PLEASE ORDER BY SEPT. 9, 2021, MUMS MUST BE PICKED UP BY SEPT.
17TH BY 5:00 P.M. OTHERWISE THEY BECOME PROPERTY OF THE
EXTENSION OFFICE. THANK YOU FOR YOUR SUPPORT.

Events In Smith County:

Check out the Activities at the Glass Recreation Center
Step Up and Scale Down

Friday, October 1, 8, 15, 22, 29

9:00 - 11:00 a.m.

Call the Glass Recreation Center to Register (903) 595-7271

Walk Across Texas

Begins October 1 - November 30, 2021

Register with a team or be assigned a team

Walk and track your steps, free pedometers given to participants

Incentive Items given Each Week

Call the Glass Recreation Center to Register (903) 595-7271

Check out the Activities at the Tyler Senior Center

Check out the activities at Green Acres Baptist Church Family Life Center

Walk N' Talk

Walking and track your steps with your free pedometer and short nutrition lesson

Incentive items given weekly

Begins October 6 - Nov. 24, 2021

9:00 - 10:00

Call Green Acres Baptist Church to Register (903) 525-1116

Check out the Activities at Lillie Russell Memorial Library

Growing and Nourishing Healthy Communities

Begins October 7 - November Nov. 18, 2021 (no program on Veterans Day)

11:00 - 12:00 pm

Adult gardening program, Incentive items given weekly



FROM



superior
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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

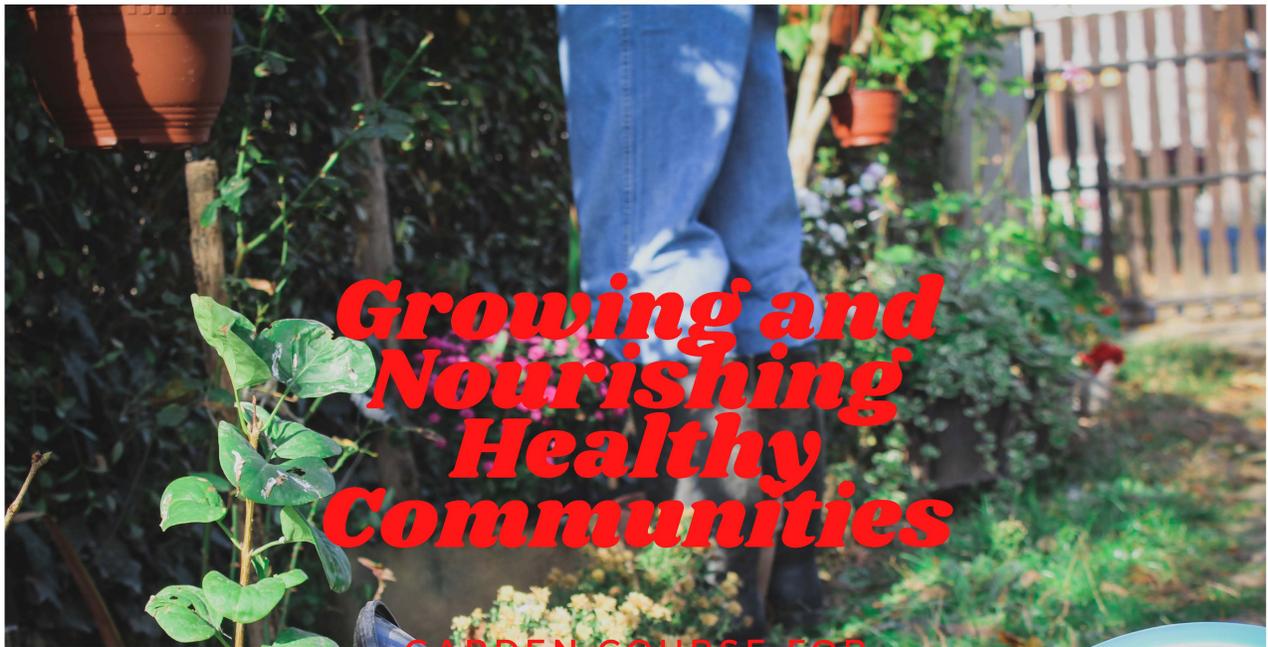
December 4th

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 accomplish full and equal employment opportunity through our Texas A&M AgriLife.

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Growing and Nourishing Healthy Communities

**GARDEN COURSE FOR
ADULTS**

Date: Oct. 7 - Nov. 18, 2021

Time: 11:00 - 12:00

Location: Lillie Russell Memorial Library

Come find your green thumb with us! People who take this course enjoy:

Spending time with family and friends,

Learning the tips and tricks of gardening,

Eating the fresh and delicious produce they grew!

This 6-week series includes topics on how to build, maintain, and harvest a garden!

For registration contact: Lillie Russell Memorial Library

(903) 882-1900

Presented by Texas A&M AgriLife Extension Service Better Living for Texans

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USDA is an equal opportunity provider and employer.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. 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 full and equal employment opportunity throughout Texas A&M AgriLife. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Court of Texas Cooperating.



Walk Across Texas!

Take the Challenge: October 1 – Nov. 30, 2021

For more information visit: Glass Recreation Center, (903) 595-7271

How to Participate: Team of 8, walks 833 miles over 8 weeks

Team of 8 – (worksites, friends, church groups, family members, sorority, fraternity organizations). Choose a team captain, register the team with Gaylen Pierce and report miles weekly.

If you sign up as a team captain, we will have a captains meeting on Sept. 21st at 9:00 – 9:30 a.m. at the Glass Recreation Center to go over any questions you may have.

It's More Than Walking:

Dancing, Gardening, Home Activities, Sports, Cycling, Exercise (any sort of activity where you are moving and physically active).

What counts as a mile:

2,000 steps is one mile using a pedometer, Fitbit, Apple Watch or cell phone device

Measured mile at a track, walking trail, or treadmill, etc.

20 minutes of continuous exercise.

All participants receive free pedometers and a weekly incentive item!!!

This program is FREE!!

Texas A&M AgriLife provides equal opportunity in programs and activities, education, and employment to all persons regardless of race, color, religion, sex, national origin, disability, age, genetic information, or veteran status



WALK N' TALK

Walk N' Talk is an 8-week series, with weekly lessons featuring recipes where a new fruit or vegetable will be highlighted, and a walking session each week .

Take a Walk with Us! During this Walk N' Talk Series, Friends, Family and others from the Community come together to support one another in a fun, simple way.

Who: Anyone who has a membership to GABC Family Life Center, or you may register for a membership

Where: Green Acres Baptist Church Family Life Center

When: Starts October 6 - Nov. 24, 2021
9:00 - 10:00 a.m.

Receive a pedometer and weekly incentive items. Register at GABC Family Life Center
(903) 525-1116

All Classes are FREE!!!

Provided by A&M AgriLife and Smith County
Extension

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STEP UP AND SCALE DOWN

Texas A&M AgriLife Extension Service in Smith County invites you to attend Step Up and Scale Down. An innovative 8-week program designed to guide participants toward weight management and chronic disease management through the use of nutrition tips, prevention, exercise and delicious food demonstrations.

Step Up and Scale Down is a research-based program that has proven success in weight management and building healthy lifestyle habits.

Classes will be held at the Glass Recreation Center located on 501 W 32nd St, Tyler, Tx 75702.

Classes will be held weekly starting Friday, October 1st from 9:00 a.m. to 11:00 a.m. and will end on Friday, November 19.

For more information and to register, contact the Glass Rec Center at 903-595-7271.

