

Stuff n' Such

WITH THE EXTENSION LADIES

MAY / JUNE | ISSUE NO. 7

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Reminders

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



Claudann Jones

Family and Community Health Agent
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Hello All!! Our newsletter for May and June is going to be an exciting one because there is so much to celebrate! In this issue, you will find some tasty recipes, healthy living tips and more ways to just live a healthier and happier life! So here's to all of our Mothers, Grandmothers, Father and Grandfathers that will celebrate in May and June. Let's not forget Cinco De Mayo and Juneteenth as well. We want to wish you all a Happy Mothers Day, Happy Fathers Day, Office Administrative Professionals Day

Amy Shively

Better Living for Texans Agent
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Bring on May!! I remember as a child taking fresh lilac bouquets to my teachers and delivering May Day baskets to my friends. The baskets were filled with flowers and sweets, which we had to wrap so there wouldn't be any bugs next to the goodies. Such precious memories from my childhood. Now, it is my chance to pass on those traditions to my children and neighbors. Happy May Day!!!

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Family and Community Health



A woman with long brown hair, wearing a red sleeveless top and a wide-brimmed straw hat with a red band, stands in a field of bright yellow sunflowers. Her arms are raised in the air, and she is blowing several translucent bubbles. The background is a soft-focus field of sunflowers under a bright sky.

Petal It Forward

By Amy Shively

The first I ever heard of "petal it forward" was when I arrived at the parking lot of the school where I was working, I was greeted by students with flower bouquets in hand. They gave me two! One to keep and one to pass on! It was such a fun greeting. The arrangement brightened my classroom and honestly, it made my day a little brighter. Then I got to deliver a bouquet to someone. The extra bouquet, they asked for me to petal it forward. The look on the woman's face when I gave her the flowers for no other reason than to bring a smile to her face was awesome.

Petal It Forward has been going since 2015 and takes place normally in October in more than 50 states. It was a goodwill initiative, started by the Society of America Florists, where participants hand two flowers or bouquets to an unsuspecting stranger, urging them to keep one and share one with someone else. It's a powerful way to illustrate the positive health benefits of giving and receiving flowers. Science has proven that flowers reduce stress and anxiety and make people happy. Let's come together and spread the power of flowers. My thought is why do it once a year? I have numerous blooms throughout the summer that should be shared.

Wondering how to get started? Sunflowers are easy to grow, and make any arrangement bright and sunny.

There are numerous varieties of sunflowers and they look magnificent in your garden. I like to plant them because they remind me of where I grew up...Kansas.

Zinnias are easy to grow, easy to collect the seeds for a second planting, and produce so many colorful blooms. You are even able to plant big or little Zinnias. Zinnias hold up well in the summer rain and heat.

Another idea when it comes to Petal it forward, why not share seeds. Save the seeds and share with your friends or even have a seed swap!! To me, there is something so fun and exciting when you plant from seed and you see it burst up from the ground and then you are blessed with pops of color all over your yard. One of my best friends from high school, told me that her backyard might be a horticulturalist's nightmare because she doesn't go by the rules of what to plant where and there is no rhyme or reason as to what she plants or where she plants it. However, her garden makes her happy. So many people are looking for a "happy" place, why not it be in our own yard. Plant flowers that make you smile, then bless someone else with a bouquet or seeds along the way. Believe me, it will be worth it. My goal for my daughter and I is to Petal It Forward this summer, making stops at nursing homes, offices, churches, and places that might need a little brightening. So let's get to planting some flowers to share. I did that yesterday and I was exhausted, hot, and sweaty, but I can't wait to Petal It Forward!!!



By Amy Shively

Happy

MOTHER'S DAY

Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.

Mother's day is not only celebrated in the United States but in many other countries around the world as well. I want to offer a few ways to celebrate Mother's Day. It is day to carve out quality time with the person who raised you. If baking or cooking is your thing bake a cake, host a picnic or BBQ for your guest of honor. Maybe create a recipe that you want to get passed down from generation to generation. Make a craft for her to decorate the walls of her home, possibly a wreath, frame, or painting. This could be done together or made ahead of time. This would be a fun way to spend time together. Maybe get out in the sunshine and go berry picking, or go antiquing. Mother's Day activities could include helping her tackle her to-do list. Just being a helping hand is often appreciated. Sometimes just being present is the best "present". There is nothing better than a meaningful conversation.

I would like to take this opportunity to thank my mom, for her love and support for all of these years. I love you, mom.



Thinking of YOU



MOTHERS WHO
Have LOST
CHILDREN



THOSE WHO HAVE
LOST MOTHERS



THOSE WITH
STRAINED MOTHER
RELATIONSHIPS



MOTHERS WITH
STRAINED CHILD
RELATIONSHIPS



THOSE WHO HAVE
CHOSEN NOT TO BE
MOTHERS



THOSE YEARNING
TO BE MOTHERS

Mother's Day lands of May 8, 2022. Often this day is extended to generations of mothers- grandmothers, great-grandmothers, step-mothers - as well as to mother figures.

Spending time together on this special day, could include: Going on a bike ride. May is the perfect bike riding weather. Head to a zoo or aquarium, it is fun to stroll around and take in the sights.



My grandmother who inspired me.



My greatest cheerleader and fan... my mom!

Take an art class together. Go to the theater or see a movie. Play games outside - cornhole, horseshoe, how about capture the flag. (Serve up snacks and refreshments at the end.)



Aggie's Salsa

BY CLAUDANN JONES

To celebrate **Cinco De Mayo Julieta Aguilar**, our 4-H Secretary, also known around our office as **Aggie**, has one of the best salsa recipes. **Greg Grant**, our Horticulture Agent took this recipe and tweaked it to make it a little more mild for those of us that can't take the heat.

Boil 1-2 (I only use 1!) serrano peppers, 8 Roma tomatoes, cored, and 2 garlic cloves till skin peels on tomatoes. Drain.

Cut stem off pepper, and blend peppers, tomatoes, garlic, and ½ bunch fresh cilantro in blender.

Chop and sauté 1 small onion (or half a large) in 2 TBS vegetable oil. I use the same pot I boiled tomatoes in.

Add tomato puree to sautéed onion and heat until it boils (not long). Add two tsp salt and stir.

Serve immediately or keep in quart jar in the refrigerator for several weeks.

Makes approximately one quart of hot sauce. -Greg Grant



Rob's Hot Water Cornbread

BY CLAUDANN JONES

To celebrate Juneteenth, we decided to showcase one of my favorite recipes and who better than to ask than our very own Robbie Williamson, our Office Manager and soul food chef extraordinaire!! Hot-water cornbread is slightly different from traditional cornbread, but it's just as Southern. It requires three basic ingredients — cornmeal, salt and hot water. Its origins can be traced back to Native Americans and the days of slavery because it was cheaper than sliced bread and paired well alongside rice, beans and greens. Hot-water cornbread crispier than other cornbreads with a softer texture on the inside.

Rob's Hot Water Cornbread

Pour oil in skillet and heat on medium. Boil about 2 cups of water. In a bowl, mix 2 cups of white meal, 1/3 or so cup of sugar and mix thoroughly. When the water boils, pour it in slowly, stop and stir, and let it absorb. Should be more stiff than runny. Have you some cold water set aside in a bowl.

Dip your hands in the cold water and then dip out enough of the meal mixture to form a patty. Make sure the oil in the skillet is hot. Place the patty into the grease. You will need to always dip your hands into the cold water before forming the patty to prevent the mix from sticking to your hands. Fry the patties golden brown on each side and remove. Drain on a paper towel.



Collard Greens History

BY CLAUDANN JONES

Southerners love their greens. A time-honored tradition in southern kitchens, greens have held an important place on the table for well over a century, and there is no other vegetable that is quite so unique to the region. Greens are any sort of cabbage in which the green leaves do not form a compact head. They are mostly kale, collards, turnip, spinach, and mustard greens. Collard greens are vegetables that are members of the cabbage family, but are also close relatives to kale. Although they are available year-round, they are at their best from January through April.

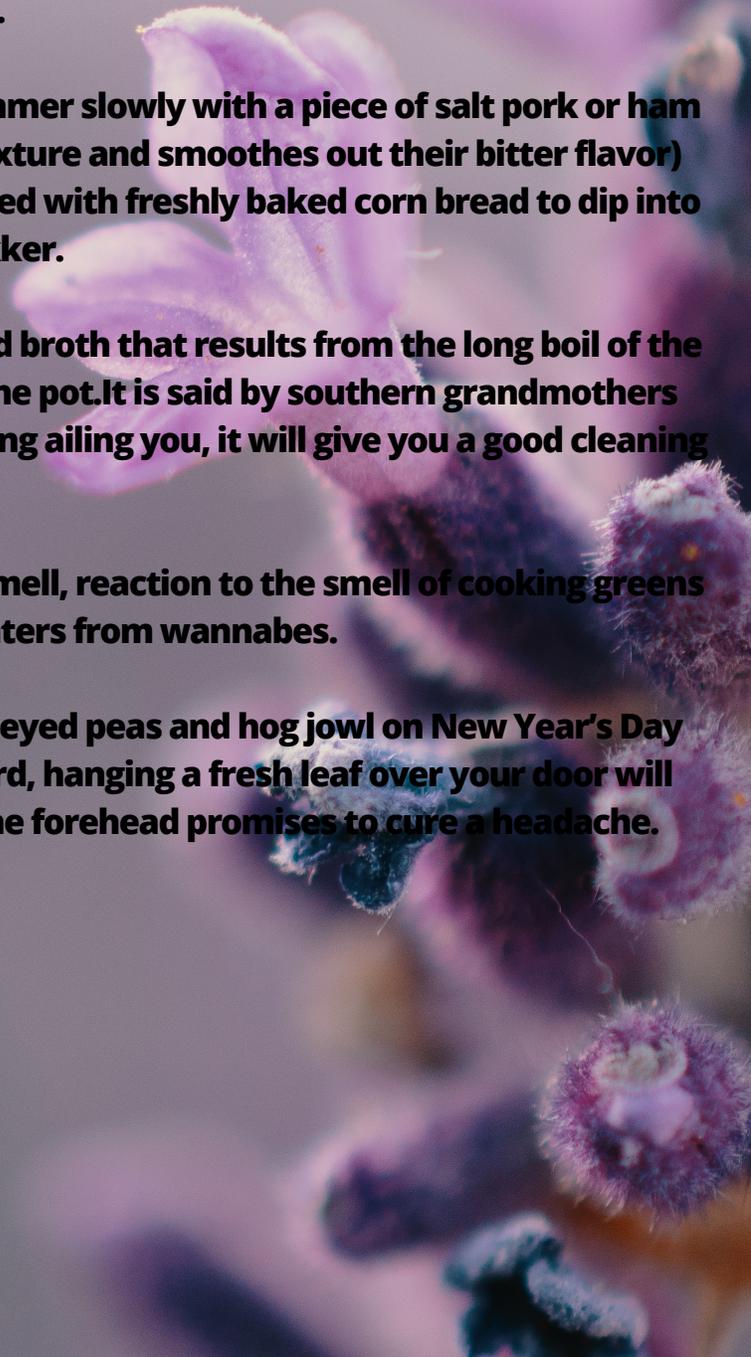
In the Southern states, a large quantity of greens to serve a family is commonly referred to as a "mess o' greens." The exact quantity that constitutes a "mess" varies with the size of the family.

The traditional way to cook greens is to boil or simmer slowly with a piece of salt pork or ham hock for a long time (this tempers their tough texture and smooths out their bitter flavor) until they are very soft. Typically, greens are served with freshly baked corn bread to dip into the pot-likker.

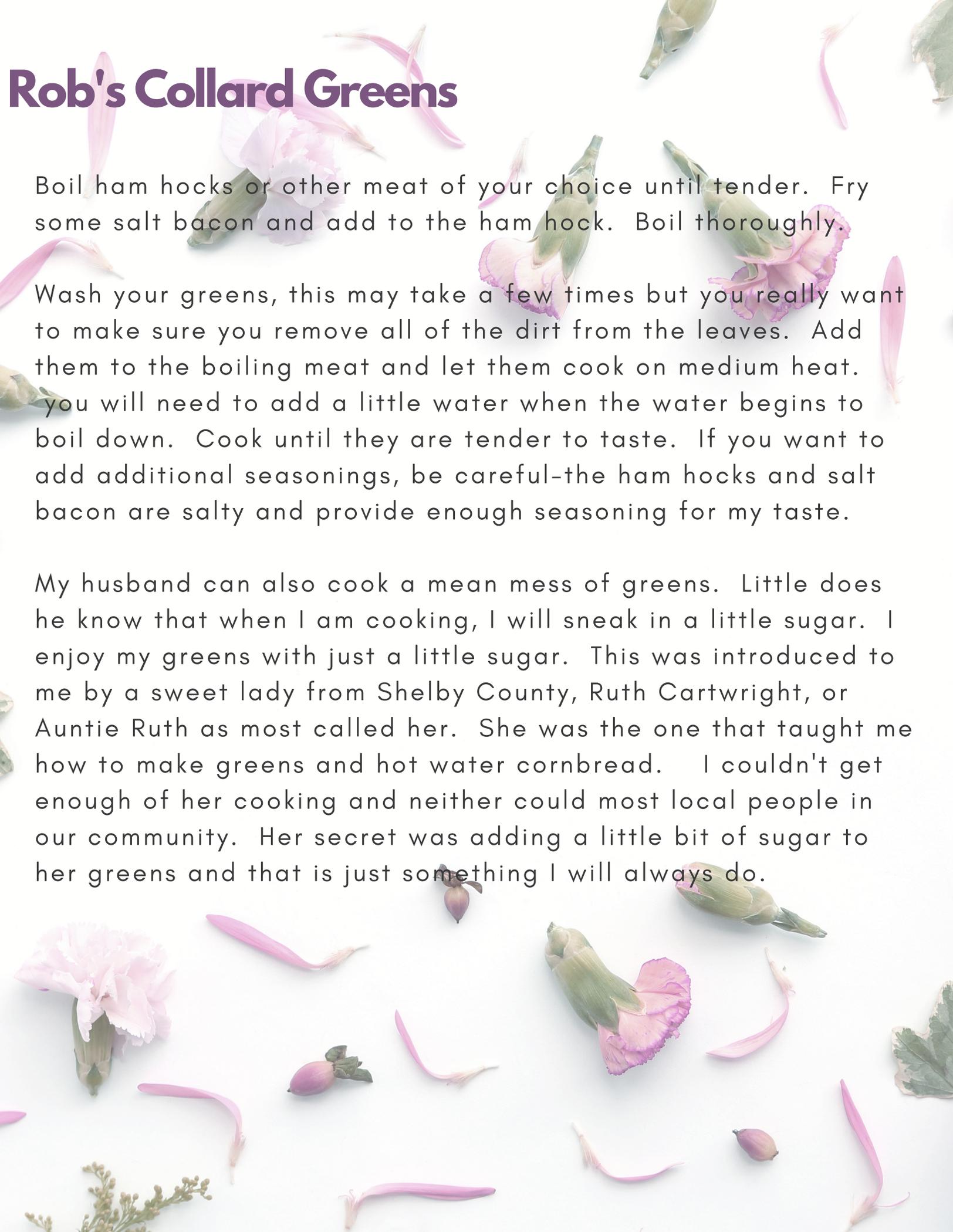
Pot likker is the highly concentrated, vitamin-filled broth that results from the long boil of the greens. It is, in other words, the "liquor" left in the pot. It is said by southern grandmothers that "Pot likker will cure what ails you and if nothing ailing you, it will give you a good cleaning out."

In spite of what some consider their unpleasant smell, reaction to the smell of cooking greens separates true southern eaters from wannabes.

According to folklore, collards served with black-eyed peas and hog jowl on New Year's Day promises a year of good luck and financial reward, hanging a fresh leaf over your door will ward off evil spirits, and a fresh leaf placed on the forehead promises to cure a headache.



Rob's Collard Greens



Boil ham hocks or other meat of your choice until tender. Fry some salt bacon and add to the ham hock. Boil thoroughly.

Wash your greens, this may take a few times but you really want to make sure you remove all of the dirt from the leaves. Add them to the boiling meat and let them cook on medium heat. you will need to add a little water when the water begins to boil down. Cook until they are tender to taste. If you want to add additional seasonings, be careful-the ham hocks and salt bacon are salty and provide enough seasoning for my taste.

My husband can also cook a mean mess of greens. Little does he know that when I am cooking, I will sneak in a little sugar. I enjoy my greens with just a little sugar. This was introduced to me by a sweet lady from Shelby County, Ruth Cartwright, or Auntie Ruth as most called her. She was the one that taught me how to make greens and hot water cornbread. I couldn't get enough of her cooking and neither could most local people in our community. Her secret was adding a little bit of sugar to her greens and that is just something I will always do.

Events In Smith County:

*Check out the Grill Friends Lunch and Learn
Held at the Cotton Belt Building in room 116*

Please register, (903) 590-2980

Class will meet once a month!

12:00 - 1:00 pm

May 18, 2022

and

June 15, 2022

*Food Handlers Certification Courses are held at the University of Texas North
Campus Community Teaching Kitchen on the following dates:*

May 19 from 10-Noon

August 18 from 10-Noon

November 10 from 10-Noon

*1 Day Food Managers Courses are held at the University of Texas North Campus
Community Teaching Kitchen on the following dates:*

June 16 from 9-5 p.m.

September 15 from 9-5 p.m.

November 17 from 9-5 p.m.

*If anyone is interested please contact
Robbie at the Extension Office (903) 590-2980 to preregister!*