



San Patricio Extension Education Association News



Sharing is caring with TEEA

April 2022

Mark Your Calendar

April 5, 2022

San Patricio Diabetes Support Group Workshop

April 15, 2022

Extension Office closed

April 17, 2022

Easter Sunday

April 25, 2022

Extension Education Association meeting

April 28, 2022

Friend to Friend "Pink" Event

May 12, 2022

Car Seat Safety Inspection Clinic

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TEXAS A&M
AGRI LIFE
EXTENSION

April is Stress Awareness Month

Stress can result from issues with work, school, family, or finances. Stress not only affects our mood, but our health as well.

Follow these simple tips to reduce stress.

- Breathing exercises: Hold your breath for 4 seconds and release for 4 seconds. Do this for 5 minutes.
- Sitting meditation: Sit comfortably in chair, back straight, feet flat on the floor, and hands in your lap.
- Breathe through nose focusing on movement of breath in and out of your body.
- Walking meditation: Find a quiet place

10-20 feet in length. Walk slowly. Pay attention to the movements needed to keep balance. Walk a length, turn around and repeat.

- Before a test or other stressful event: Do neck and shoulder rolls, squeeze and relax hands and fingers, or do some simple stretches.

Additionally, other steps that can be taken to help cope with stress include:

- Eating Healthy
- Exercising
- Taking time to relax
- Practicing Mindfulness
- Getting restful sleep



San Patricio Diabetic Support Group Zoom or in-person meeting

Tuesday, April 5, 2022

10:00 to 10:45a.m.

San Patricio County Department of Public Health
Training Room #101
313 N. Rachal Street, Sinton TX 78387



"Tips for Dining Out"

Presented by: Dianne Gertson, Texas A & M AgriLife Extension Service
Family and Community Health Agent, Fort Bend County

*Please RSVP to: Virginia Lopez (361) 587-3541, or
vlopez@sanpatriciocountytx.gov

Zoom link : [https://us02web.zoom.us/j/85281772529?](https://us02web.zoom.us/j/85281772529?pwd=dTdxMWo2czA2QUttNU0ySllzRE1vZz09)
[pwd=dTdxMWo2czA2QUttNU0ySllzRE1vZz09](https://us02web.zoom.us/j/85281772529?pwd=dTdxMWo2czA2QUttNU0ySllzRE1vZz09)

Meeting ID: 85281772529

Passcode: 593103

San Patricio County Extension Education Association meeting

Monday, April 25, 2022

10:00am

Location: TBA

Spinach Basics

Shop and Save



Spinach is a good source of iron and potassium. It is also high in vitamins A, C and K.

- * Fresh spinach is available year round. Find spinach grown in Oregon at local markets in spring, fall and sometimes winter.
- * Look for spinach leaves that are bright green and crisp. Avoid leaves that are yellow, wilted or limp.
- * Baby spinach is harvested young, when the leaves taste mild and the stems are tender.
- * A package of fresh, washed spinach might cost more than a bunch of spinach, but is a good buy when you need to save time.
- * When choosing a package of fresh spinach, look before you buy. Avoid spinach with yellow or slimy leaves or moisture that you can see.
- * Frozen and canned spinach can save you money and time. Use them in side dishes, sauces, soups and smoothies.



1 pound fresh spinach
= 10 to 12 cups raw
= 1 cup cooked

10 ounce package
frozen spinach
= 1½ cups cooked

Quick Fix

- * Use fresh spinach in salads, sandwiches or wraps.
- * Add fresh or cooked spinach to so many recipes: dips, pasta, sauces, scrambles, smoothies, soups and stir-fries!
- * Steam or sauté spinach as a quick side dish - sprinkle with vinegar, hot sauce or grated cheese.

*Cultures all around
the world
enjoy spinach
because of its
mild flavor
and the many
ways it can
be prepared.*



Store Well Waste Less



- ◆ Rinse spinach just before using. Wet leaves spoil quickly.
 1. Fill a bowl with cold water and swish loose leaves around.
 2. Let leaves sit in the water to allow dirt to settle.
 3. Lift leaves from water into a strainer. Pour out dirty water and rinse the bowl.
 4. Repeat steps 1 through 3 until there is no dirt on the bottom of the bowl.
- 5. Pat leaves dry if needed.
- ◆ Refrigerate fresh spinach in a plastic bag. Plan to use within 5 days. Check packaged spinach for a 'best used by' date.
- ◆ Freeze extra spinach for longer storage. For best color and flavor, blanch leaves for 2 minutes before packaging.
- ◆ Use frozen spinach within 10 to 12 months.

Enjoy Spinach

Spinach Pasta Salad

Makes: 5 cups
Prep time: 15 minutes

INGREDIENTS

Dressing

- 2 Tablespoons teriyaki sauce
- 2 Tablespoons vinegar (white, rice or cider)
- ¼ teaspoon garlic powder
- ⅛ teaspoon each salt and pepper
- 1 ½ teaspoons sugar
- 1 Tablespoon vegetable oil

Salad

- 2 cups cooked pasta (try whole wheat shells, bow ties, macaroni or other small shapes)
- 4 cups fresh spinach
- ¼ cup dried cranberries
- 2 Tablespoons sunflower seeds
- 1 can (15 ounces) mandarin oranges, drained
- 2 Tablespoons chopped cilantro or parsley



DIRECTIONS

1. Wash hands with soap and water.
2. In a large bowl, mix together the dressing ingredients.
3. Add the salad ingredients. Mix well. Cover and chill until ready to serve.
4. Refrigerate leftovers within 2 hours.

NOTES:

- Try using 1/3 cup prepared sesame or ginger salad dressing from the store to replace the dressing ingredients.

Spinach and Chicken Italian

Makes: 7 cups
Prep time: 5 minutes
Cooking time: 30 minutes

INGREDIENTS

- 1 cup tomato pasta sauce
- 1 pound chicken breast cut or pounded into 1/2-inch thick slices
- ¼ teaspoon each salt and pepper
- 1 package (10 ounces) frozen spinach, thawed and drained or 4 cups fresh spinach leaves
- ¾ cup shredded mozzarella cheese



DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Pour ½ cup of pasta sauce in a large baking dish. Lay the chicken pieces over the sauce, then sprinkle salt and pepper on the chicken. Top with remaining ½ cup of pasta sauce, spinach and mozzarella.
3. Bake for 30 to 40 minutes until the chicken is cooked through (165 degrees F using a food thermometer) and the cheese begins to turn brown.
4. Refrigerate leftovers within 2 hours.

NOTES:

- Do not rinse raw poultry.
- Wash hands and all surfaces and utensils after touching raw chicken.

Spinach and Black Bean Enchiladas

Makes: 8 enchiladas
Prep time: 15 minutes
Cooking time: 20 minutes

Ingredients:

- 1 package (10 ounces) frozen spinach, thawed or 1 pound fresh spinach, cooked (see Notes)
- 1½ cups cooked black beans (or one 15-ounce can, drained and rinsed)
- 1 ½ cups corn, fresh or frozen and thawed (or one 15-ounce can, drained and rinsed)
- 3 green onions, thinly sliced
- ⅓ cup chopped cilantro
- 2 cups (8 ounces) shredded mozzarella cheese, divided
- 3 cups enchilada sauce (or one 28-ounce can)
- 8 whole-wheat flour tortillas (7 to 8-inch diameter)



Directions:

1. Wash hands with soap and water.

2. Preheat oven to 375 degrees F.
3. Drain extra water from spinach and chop.
4. In a large bowl, combine spinach, beans, corn, green onions, cilantro and 1 ½ cups of cheese.
5. Lightly grease a 9x13-inch baking dish. Add a small amount enchilada sauce and spread to cover the bottom.
6. Fill tortillas with spinach mixture. Roll up tightly and place seam side down in the baking dish.
7. Pour remaining sauce over the enchiladas and sprinkle remaining ½ cup of cheese on top.
8. Bake for 20 minutes, or until enchiladas are heated through and cheese is bubbly. Serve warm.
9. Refrigerate leftovers within 2 hours.

Notes

- Use fresh spinach or other greens instead of frozen. Stovetop: cook rinsed greens over medium-low heat, stirring now and again, for 3 to 4 minutes until cooked through. Microwave: heat in a covered dish for 30 seconds to 2 minutes, depending on the microwave's power.
- Try corn tortillas instead of whole wheat flour tortillas.
- Serve enchiladas with your favorite hot sauce or salsa

TEXAS A&M AGRI LIFE EXTENSION

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

Return Service Requested

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 or 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 Courts of Texas Cooperating.

Articles and recipes from Foodhero.org, Learning Zone University of Nebraska-Lincoln Extension, Geniuskitchen.com, fruitsandveglessmorematter.org, Produceforkids.com and Eatright.org. The content of this newsletter is not intended to provide medical advice; this should be obtained from a qualified health professional. References to commercial product or trade name are made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.

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.

San Patricio County
Family & Community
Health & Ag/Natural
Resources
Facebook
Like us on



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For additional information contact:

San Patricio County
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Please join us! The **PINK** Event Friend to Friend Party



April 28, 2022
San Patricio County Fairgrounds
Civic Center
219 West Fifth Street
Sinton, TX 78387

Registration & Exhibits - 11:45am
Program - 12:10pm

**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!**

**Please RSVP by Friday, April 22, 2022 at
361-587-3400**

**Questions?
361-587-3400**



***We believe in the importance of
breast screening and cervical
screening and know that early
detection is the key to survival.***



Event Hosted By:

San Patricio Extension Education
Association in collaboration with
Texas A&M AgriLife Extension Service,
San Patricio County WIC,
San Patricio County Department
of Public Health, and Methodist
Healthcare Ministries of
South Texas, Inc.