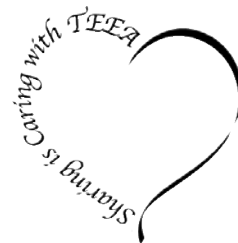




# AgriLIFE EXTENSION

Texas A&M System



219 N. Vineyard, Sinton, TX 78387  
 361/364-6234 ~ 361/364-6237-fax  
 k-farrow@tamu.edu ~ san-patricio-tx.tamu.edu

## San Patricio Extension Education Association News Flash

Kathy Farrow, CEA-FCS

March 2012



### Mark Your Calendar!

**County Extension Education  
 Association Meeting  
 Monday, March 26, 2012  
 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.**

Leadership Program Schedule		
Month	Topic	Presenter
Mar.	Wind: A Renewable Energy Resource	Sheila Keeney



**Tuesday, May 8  
 Victoria Community Center  
 2905 E. North Street  
 Victoria, TX 77902**

Expo will be from: 4:00 - 6:30 p.m.  
 Cooking School - 6:30 - 9:00 p.m.  
 General seating tickets are \$15

Drawings! Door prizes! Cooking demonstrations!  
 Enjoy all that & more at the presented by the Cooking Depot.

If you would like to attend please  
 let Evelyn Sinast know by April 5.

**2012 District 11 Spring Conference  
 "Heirlooms...Our Families' Heritage"  
 March 13, 2012**

Betty Baughn, Barbara Kain, Jan Whitehead, Crystal LaForge, Evelyn Sinast, Irene Irey and Kathy Farrow attended the District 11 TEEA Spring Conference in La Grange. A total of 111 delegates, members, elected officials and agents attended the conference. See enclosed photos.

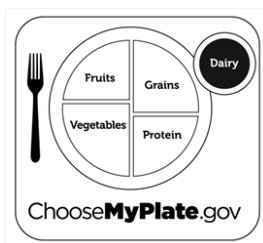


**The San Patricio County  
 Extension Office will be closed  
 Friday, April 6, 2012  
 in observance of Good Friday.**

## 2012 District 11 Cultural Arts Fair

San Patricio County Cultural Arts entries competed with 12 different counties. Cultural Arts entries were entered by Betty Baughn and Beti Luttrell both of Mathis Extension Education Club, Bobbie Williams of the Taft Extension Education Club and Nancy Redmond of the Aransas Pass Extension Education Club

Betty Baughn and Nancy Redmond's entries all received 1<sup>st</sup> place honors and will advance to State Competition.



### Does your plate meet the new MyPlate guidelines?

#### Take a look at your plate before you eat:

- Are half of the foods on your plate fruits and vegetables?
- Do you choose whole grains for at least ½ of your grains during the day?
- Are you eating a variety of protein foods – lean meat, poultry, seafood, fish, eggs, soy products, beans and peas?
- Do you have a dairy food with your meal – fat-free or low-fat milk or yogurt?

#### Here are some simple tips to get your plate in shape:

- **Plan ahead**  
Take time once a week to plan your meals and snacks. You will make better choices when there are fresh, healthy foods ready to eat.
- **Portion Control**  
The new MyPlate is a plate, not a platter. Use a small dinner plate that is 10 inches wide or less. Use a small bowl for cereal or soup. Pour your beverage into a slender glass.



- **More Veggies and Fruits**  
Prepare dishes with vegetables – casserole, stir fry, tacos. Include a small salad with your meal. Have a dish of fruits or veggies ready for snacks in your refrigerator.



## Caladium Bulb Club Sales



Aransas Pass.....	2431 bulbs
Mathis.....	560 bulbs
Sinton.....	282 bulbs
Taft.....	813 bulbs
Extras.....	314 bulbs
<b>Total bulbs .....</b>	<b>4400 bulbs</b>

## Get your Plate in Shape

### Choose MyPlate

#### Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

#### Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free (skim) or low-fat (1%) milk.

#### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



### Make half your plate fruits and vegetables

Pepper Steak is an easy way to make half the foods on your plate fruits or vegetables.

## Pepper Steak



### Ingredients:

- 2 tablespoons vegetable oil
- 1 pound beef round, chuck or sirloin steak
- 2 green or red peppers
- ½ medium onion
- 1 garlic clove, crushed
- 2 tablespoons cornstarch
- 1 (14 ounces) can beef broth
- 1 tablespoon soy sauce

### Directions:

1. Cut steak into thin strips. Cut peppers and onion into thin strips.
2. Heat oil in a large skillet. Add beef strips to oil and cook until meat is browned.
3. Add pepper and onion strips and garlic to the skillet. Stir and cook for about 2 minutes. Add a splash of water (about ¼ cup of water) if the skillet becomes too hot while cooking.
4. Stir cornstarch, soy sauce and beef broth together in a small bowl.
5. Add beef broth to cooked steak and peppers in skillet. Stir and cook until mixture is thickened, about 3 minutes.
6. Serve over hot cooked rice.

## limit high fat foods

**Skip the french fries. Or share a small order of french fries with your child.** French fries are high in fat, calories and have very little nutrition.

**Limit potato chips and corn chips.** Choose low fat corn chips and pretzels. Pour a small amount into a bowl to eat. Do not eat out of the bag - it's too easy to overeat.



**Choose skim or 1% milk for your family.** Skim and 1% milks have all the calcium as whole and 2% milk, without the extra fat.

**Eat less bacon, sausage and other high fat meats.** Read the label and make healthy choices for your family. Eat some foods less often.

## Create a Different Stir Fry

### Change the veggies:

- Frozen Vegetable Mixtures
- Chopped Broccoli
- Sliced Mushrooms
- Chopped Tomatoes
- Shredded or thinly sliced Carrots
- Shredded cabbage or Bok Choy
- Pea pods

### Change the meat:

- Use strips of chicken breast and chicken broth to make a chicken stir fry for your family.
- Use strips of pork steak and chicken broth to make a pork stir fry.

### Change the flavor:

- Add 1 teaspoon of ground ginger.
- Add a dash of Worcestershire sauce.
- Try a dash of hot sauce or ¼ teaspoon of red pepper flakes to make a spicy Pepper Steak.

## southwest chicken salad

### Ingredients:

- Romaine or leaf lettuce
- canned black or pinto beans
- Tomatoes
- red onion
- rotisserie chicken or baked chicken



### Directions:

1. Place 1 cup of chopped romaine or leaf lettuce on each plate.
2. Top with chopped tomatoes and red onions.
3. Rinse and drain canned beans. Place some beans on each salad.
4. Cut chicken into small pieces. Place chicken on each salad.
5. Serve with Southwest Ranch dressing.

### Southwest Ranch dressing

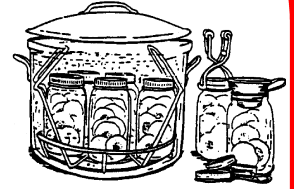
*½ cup of low fat Ranch salad dressing and  
½ cup of tomato salsa mixed together*

# Food Preservation Workshop

April 10, 2012

6:00 - 8:00 p.m.

San Patricio County Extension Office  
219 N. Vineyard, Sinton



- ★ Learn the Basics of fruit jam cooking and canning, as well as introductory water bath canning, which can be applied to many food preservation techniques.
- ★ Hands-on workshop and you will be sent home with your own jar of delicious homemade Strawberry-Kiwi Jam.



To register call the San Patricio County Extension Office at 361-364-6234 or complete the pre-registration form below.

Pre-registration prior to April 2, 2012

\$15.00 per person or  
Adult & Child - \$25.00

At the door registration - \$20.00 per person

Pressure Canner Testing also available

5:30 - 6:00 p.m.  
\$2.00 per test



*Registration is limited so call today!*

## Food Preservation Workshop Pre-Registration Form

Mail to: Texas AgriLife Extension Service  
San Patricio County  
219 N. Vineyard  
Sinton, TX 78387

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_



District 11 TEEA Spring Conference  
March 13, 2012

