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http://sanpatricio.agrilife.org

Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

February 2017



We have a new office phone
number - 361-587-3400.

THANKS

to everyone who volunteered at the
2017 A&H Show
Homemaking Adult Division!

L'Ella Andrews
Betty Baughn
Margie Bradfute
Cindy Corbin
Juanita Davidson
Nancy Estes
Pamela Estes
Martha Fromme
Dorothy Glenn

Laura Grover
Roxanna Hall
Margaret Harris
Nancy Henderson
Deborah Jenkins
Barbara Kain
Debbie Olson
Lucy Z. Ortiz
Marsha Wellman



**Mark Your
Calendar**

County Extension Education
Association Meeting
Monday, February 27, 2017
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.

2017 A&H Show

Homemaking Adult Division
Extension Education Club Members

L'Ella Andrews
Aransas Pass EE Club
2nd place
Iced Multi Layer Cake

Deborah Jenkins
Taft EE Club
1st & 2nd place
Holiday Decorations

Evelyn Sinast
Taft EE Club
1st place
Cookies Drop

Margaret Harris
Taft EE Club
1st place
Recycled Items



**2017 District
Spring Conference
March 29, 2107**

Leadership Program Schedule

Month	Topic	Presenter
Feb.	Adult Bullies	Patricia Branch
Mar.	Nutrition: Myth or Fact?	L'Ella Andrews & Patricia Branch



**Caladium Bulb Order
Delivery Information**



Bulb orders will be in soon. I will email all Club Presidents the pickup date.

Please let your current and past customers know that we will have extra bulbs for sell on a first come-basis.

Turnip Basics

Shop and Save

- ✿ Choose turnips that are smooth skinned without cuts or soft spots. They should be firm and heavy for their size.
- ✿ Turnips are sweetest and have the best texture when they are small to medium sized (2 to 3 inches across). As turnips age the flavor gets spicier or bitter and the texture becomes tough and woody.
- ✿ If greens are still attached, they should be deep green and crisp – not yellowed or wilted.
- ✿ Fresh turnips are available year round but peak season is October through March.
- ✿ Turnips are sometimes available frozen.



Eat the roots and the leaves to get more nutrients like vitamins A and C



Turnip Math

1 pound
= 2 to 3 medium
Turnips
= 3 cups diced or
mashed
6 to 7 cups raw
greens
= 1 cup cooked

Types of Turnips

There are over 30 varieties of turnips which differ in size, color, flavor and usage.

Purple-top turnips are the most common type. They are white skinned with a rosy purple top.



The crisp white inner flesh has a mild, slightly sweet flavor. Flavor of the root and greens becomes more mild when cooked.



Scarlet turnips are a vibrant red color and look like very large red radishes. They have sweet, crisp, white flesh with occasional splashes of red. They might be found at farmers markets.

Baby turnips are specialty varieties. They can be white, gold, pink or purple-topped; usually about 1 inch in diameter. Best when freshly harvested as they do not keep well. Most can be eaten whole, including their leaves.



Store Well Waste Less

- Remove turnip greens from the root and store separately in an open or perforated plastic bag in the refrigerator. Use within a few days.
- Refrigerate turnip roots unwashed in a loosely closed plastic bag. Use within 1 week for best flavor.
- Scrub turnip roots with a brush or hands under running water just before using. Trim off the long thin tap root. Use a vegetable peeler to remove only a thin layer of skin.
- Blanched or cooked turnips can be frozen. For best quality, use within 8 to 10 months.



Cooking with Turnips

Mashed Turnips and Potatoes

Ingredients:

- ½ pound turnips, peeled and diced
- 1 pound potatoes, peeled and cubed
- ¼ cup light sour cream or buttermilk
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon garlic powder

Directions:

1. Boil turnips and potatoes in enough water to cover until tender, 15 to 20 minutes.
2. Drain vegetables and mash.
3. Stir in sour cream, salt, pepper, and garlic powder. Serve hot.
4. Refrigerate leftovers within 2 hours

Makes 2½ cups

Prep time: 15 minutes

Cook time: 20 to 25 minutes

Maple Glazed Turnips

Ingredients:

- 1 Tablespoon margarine or butter
- 3 Tablespoons maple syrup
- ½ teaspoon cinnamon
- 2 teaspoons lemon juice
- 3 cups turnips, peeled and diced
- 2 cups sweet potatoes, cubed

Directions:

1. Melt margarine and add syrup, cinnamon and lemon juice.
2. Mix turnips and sweet potatoes in a medium casserole dish. Add syrup mixture and stir to coat evenly.
3. Cover and bake at 400 degrees F for 15 to 20 minutes. Uncover and bake until browned (20 to 30 minutes). Serve hot.
4. Refrigerate leftovers within 2 hours.

Makes about 4 cups

Prep time: 15 minutes

Cook time: 35 to 50 minutes

Savory Turnips

Ingredients:

- ¼ cup onion, chopped
- 1 clove garlic or ¼ teaspoon garlic powder
- ½ teaspoons margarine or butter
- 3 medium turnips, peeled and diced
- ½ teaspoon sugar
- 1 cup broth (try chicken or vegetable)
- 1½ teaspoons lemon juice
- 4½ teaspoons chopped fresh parsley or 1½ teaspoons dried parsley
- ⅛ teaspoon salt and pepper

Directions:

1. In a medium skillet over medium heat, sauté onion and garlic in margarine until soft (about 5 minutes).
2. Add turnips and sugar. Sauté, stirring occasionally, until lightly browned.
3. Add broth and bring to a boil. Reduce heat and simmer until the liquid evaporates and the turnips are tender (about 30 to 40 minutes).
4. Remove from heat. Stir in the lemon juice, parsley, salt and pepper. Serve hot.
5. Refrigerate leftovers within 2 hours.

Makes 3 cups

Prep time: 15 to 20 minutes

Cook time: 35 minutes

Baked Turnip Fries

Serves 6

Ingredients:

- 3 large turnips
- 1 Tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- ½ teaspoon salt
- 1 teaspoon pepper
- ¼ cup grated Parmesan cheese

Preparation:

1. Preheat oven to 425°F.
2. Peel turnips and cut into French fry sticks.
3. Place turnips into a bowl and toss with oil and spices, making sure turnips are evenly coated.
4. Lay turnips onto a roasting pan and bake for 20 minutes.

Have you always wanted to learn to eat healthier and lose weight too?

HERE IS YOUR OPPORTUNITY!

To sign up or for more information contact:
Kathy Farrow
County Extension Agent
Family and Consumer Sciences
361-587-3400
k-farrow@tamu.edu
or
Kerry DuBose, RN
Wesley Nurse
361-364-2824
KDubose@mhm.org



Step Up & Scale Down

A 12-week curriculum to help you achieve your healthy lifestyle goals!

Class Information:
Every Monday for 12 weeks, beginning Monday February 6
Weigh-in - 5:00pm
Program - 5:30 p.m.
First United Methodist Church
405 West Sinton Street, Sinton

The program consists of:

- weekly lessons to help you manage your weight,
- a weekly weight check-in,
- a weekly challenge to help you "stay the course,"
- Walking Session
- Dinner Tonight! healthy recipes, and
- Participation Incentives

SAN PATRICIO DIABETES SUPPORT GROUP MEETING

Please join us for our next San Patricio Diabetes Support Group meeting. The meeting will be held on Tuesday, February 7, 2017 from 10:00 to 11:30 a.m., at the San Patricio County Fair Grounds Civic Center, Meeting Room A&B, located at 219 West 5th Street in Sinton, Texas.

"Matter of Balance"
Viola Monrreal

Area Agency on Aging of the Coastal Bend

Refreshments will be served and door prizes will be given.

Your presence is appreciated and you are welcome to bring a guest with you.

We look forward to seeing you there.

For additional information contact:
Kathy Farrow
San Patricio County Extension Agent
Family and Consumer Sciences at
361/587-3400 or
San Patricio County IHC Program at
361/587-3518

Sweet Heart Breakfast

February 10, 2017

9:00 a.m. - 10:30 a.m.

Guest Speaker: Dr. Badruddin
Healthy Heart Lifestyle
First United Methodist Church
405 West Sinton Street
Sinton, Texas

Event is Free & Open to Public

Free Health Screenings, fasting preferred, starting at 8:30 a.m.

Sponsored by
First United Methodist Church Health Committee &
Texas A&M AgriLife Extension-San Patricio County

Contact information:
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Wesley Nurse
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or
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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.

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