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<https://sanpatricio.agrilife.org>

Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

January 2020



Mark Your Calendar

County Extension Education
Association Meeting
Monday, January 27, 2020
San Patricio County Extension Office

9:00 a.m. - Refreshments
Hostess → Extension Clubs
9:30 - Business meeting

Club reports will need to be turned in at this meeting.

A&H Livestock Show
San Patricio County Fairgrounds
219 West 5th Street, Sinton
January 20-25, 2020

For show schedule go to: <http://sanpatahshow.com/>



Foods Division Plastic Containers for Sale

The San Patricio County Extension
Office has plastic containers for the
A&H Show Homemaking Foods Division.

Large containers (cake & pies) - \$1.00 each
Small containers (cookies, etc.) - \$1.00 each

The covers are being offered on a first come-basis.

Checks can be made payable to the
San Patricio 4-H Council



needed for
2020 A&H Show Homemaking Division!
Please call the Extension Office to sign up
your Extension Education Club members!



Upcoming Events and Information

Lunch & Learn Meeting
Tuesday, January 7, 2020
San Patricio County Extension Office

Topic:
Indoor Winter Garden
By: L'Ella Andrews



The San Patricio County
Extension Office will be
closed
Monday, January 20, 2020

Oat Basics

Shop and Save



- ✿ Compare package sizes for the lowest cost per ounce.
- ✿ Bulk oats may cost less than packaged oats.
- ✿ Oats should smell faintly sweet or have no smell. Avoid oats that have an unpleasant or musty smell.

Oats are a good source of fiber which is great for heart health.



Store Well Waste Less

- Store oats in tightly covered containers to keep out moisture and insects.
- Keep in a cool, dark, dry cupboard. Quality is best when used in 3 to 6 months.
- To store for up to a year, package well and keep in the refrigerator or freezer

Types of Oats

Rolled Oats – whole oats are steamed and rolled into flakes.

- Old Fashioned - thick flakes; has the most texture; cooks in 5 minutes.
- Quick Oats - steamed longer and rolled thinner; softer texture; cooks in 1 minute.
- Instant Oatmeal - cooked completely, dried, rolled into very thin small flakes; texture is very soft; just stir in hot water to prepare.



Cut Oats – each whole oat is cut into pieces with steel blades.

- Steel Cut or Irish oats - cooks in 20 to 30 minutes; has a chewy texture.
- Quick Cooking Steel Cut Oats - pieces are smaller; cooks in 5 to 7 minutes; texture is softer.
- Scottish Oats - pieces are very small; creamy porridge texture.



Oat Bran - the outer coating of the oat grain; very high in fiber.

Oat Flour a finely ground, whole-grain flour that can be used in baking and thickening; naturally gluten-free if processed separately from wheat.



Cooking with Oats

Savory Oatmeal

Ingredients

- ½ cup non-fat or 1% milk
- 1½ cups chicken broth
- ½ cup steel cut oats
- ¼ cup cheddar cheese, shredded
- ¼ cup green onion, diced
- ½ cup tomatoes, diced



Directions:

1. Combine milk and broth in a medium saucepan over high heat. Heat until mixture starts to boil.
2. Stir in oats and reduce heat to a simmer. Cook for 25 to 30 minutes, stirring occasionally, until liquid is absorbed. Oats should be tender and cooked through.
3. Stir in cheese and green onion. Top with tomatoes.
4. Refrigerate leftovers within 2 hours.

Makes 2 ½ cups

Prep time: 15 minutes

Cook time: 25 to 30 minutes

Notes:

To use old fashioned rolled oats, reduce the broth to ½ cup and cook for 5 minutes in step 2.

Cranberry Oatmeal Balls

Ingredients:

- 1 cup quick-cooking rolled oats
- ⅓ cup almonds, chopped
- ⅓ cup reduced-fat peanut butter
- ¼ cup honey
- ⅓ cup dried cranberries



Directions:

1. In a medium bowl combine all ingredients until well mixed.
2. Form oat mixture into 18 balls about 1 inch wide.
3. Refrigerate balls in a single layer for 30 minutes. Serve cool to avoid stickiness.

Note:

- ◆ Honey is not recommended for children under 1 year old.

Makes 18 one-inch balls

Prep/chill time: 45 minutes

Banana Oatmeal Cookies

Ingredients

- 2 very ripe bananas
- 1 cup oats (quick or old-fashioned)
- ½ teaspoon cinnamon
- ½ teaspoon vanilla
- ½ cup raisins



Directions

1. Preheat oven to 350 degrees.
2. In a medium bowl, mash bananas with a fork until mostly smooth.
3. Add oats, cinnamon, vanilla and raisins. Mix well.
4. Drop spoonfuls of dough onto lightly sprayed or oiled baking sheet. Flatten with the back of a spoon or bottom of a drinking glass.
5. Bake 10 to 15 minutes. Remove from oven and let cool before serving.

Notes

- ◆ Texture will be best when freshly made.
- ◆ Try dried cranberries or chopped nuts instead of raisins.

Makes: 14 cookies

Prep time: 10 minutes

Cooking time: 15 minutes

Overnight Oatmeal

Ingredients:

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- ½ cup nonfat or 1% milk
- 1 cup chopped fruit, fresh, frozen or dried



Directions:

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. For grab-and-go breakfasts, serve in small containers with lids.
4. Refrigerate leftovers within 2 hours.

Makes 3 ½ cups

Prep time: 15 minutes or less

Standing time: 6 hours or longer

**2020 A&H Show Adult Division
San Patricio County Fair Grounds Civic Center
219 N. 5th Street, Sinton**

**Cultural Arts entries due:
Monday, January 20 from 4:00 - 6:00pm**

**Food Division entries due:
Tuesday, January 21 from 11:00am - 12:00 noon
Recipes must be attached for all Food Division entries**

**Entry fee: \$3.00 per item
No limit on number of entries per exhibitor**

**Check out for all items:
Saturday, January 25 from 4:00 - 5:00pm**

Plastic containers are available for purchase at the
San Patricio County Extension Office for \$1.00 each
Large - cakes & pies & Small - cookies, brownies, etc.

Additional entry cards will be available at check-in or the
San Patricio County Extension Office.

Remember that this event replaces our Cultural Arts Fair.
Highest placing Cultural Arts item will advance to District.

**Divisions and classes were attached
to your December newsletter**

**San Patricio & Aransas Counties
Adult Homemakers Show**

Exhibitor Number: _____

Division (Circle One)

Food

Cultural Arts

Class # _____

Item & Description: _____

(FOLD UP TO DOTTED LINE AND TAPE COMPLETED ACROSS)

//

Exhibitor Name _____

Mailing Address _____

City _____

Zip Code: _____

EEA Club Member: Yes _____ No _____

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TEXAS A&M AGRI LIFE EXTENSION

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

Return Service Requested

References to commercial products or trade names are made with the understanding that no discrimination is intended and no endorsement by the Texas A&M AgriLife Extension Service is implied. Articles and recipes adapted from University of Nebraska-Lincoln Extension, Heart.org, Allrecipes.com, Food and Health Communications, University of New Jersey, and Foodhero.org.

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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.

Kathy Farrow
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Family and Community Health
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k-farrow@tamuedu

For additional information contact: