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<https://sanpatricio.agrilife.org>

*Sharing is caring with TEEA*

Kathy Farrow, Family and Community Health Agent

February 2020



## Mark Your Calendar

County Extension Education  
Association Meeting  
Monday, February 24, 2020  
San Patricio County Extension Office

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

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



## Upcoming Events and Information

Lunch & Learn Meeting  
Tuesday, February 11, 2020  
San Patricio County Extension Office

Topic:  
Cooking with Pressure  
(Instant Pot)



Sweet Heart Breakfast  
Friday, February 14, 2020  
8:30 - 10:30am  
First United Methodist Church  
405 West Sinton Street  
Sinton, TX 78387



See attached flyer

## SAVE THE DATE

2020 District 11 Spring Conference  
Thursday, April 16, 2020  
Bellville, TX

93rd Annual TEEA State Conference  
September 15-16, 2020  
Lubbock Convention Center  
**Lubbock**, Texas  
Theme: The Power to make a Difference



to everyone who volunteered at the  
2020 A&H Show Homemaking Adult Division!

L'Ella Andrews  
Betty Baughn  
Roxanna Hall  
Nancy Henderson

Barbara Kain  
Crystal LaForge  
Lucy Z. Ortiz  
Evelyn Sinast

# Cherry Basics

## Shop and Save



Cherries contain antioxidants, which help strengthen our immune system and protect against disease.



- \* Look for fresh cherries that are shiny and plump.
- \* Attached stems should be green and bend easily. Cherries with stems stay fresh longer.
- \* Avoid cherries that are bruised, wrinkled, moldy or soft. Cherries do not continue to ripen after picking.
- \* Sweet and tart cherries are available anytime frozen, canned, dried or as juice.



## Types of Cherries

- Sweet cherries - firm texture, sweet flavor, varies in color from dark red to yellow with a red blush. Enjoy them fresh from June through August.
- Sour or tart cherries - smaller size with soft, juicy flesh and a bright red color. Available fresh in June or July. Usually cooked or dried with added sweeteners.



**Cherry Math:**  
1 pound of  
fresh sweet cherries =  
3 cups whole =  
1½ cups pitted



## Store Well Waste Less



- Keep cherries cold and dry to slow spoilage. Remove bruised or moldy cherries, then refrigerate in a bag or container that allows air to circulate. Wash just before using. Plan to use within about a week.
- For longer storage, freeze pitted cherries on a tray, then package for the freezer. Use within 12 months.
- Store canned cherries at room temperature for up to a year. Refrigerate after opening and use within a week. Dried cherries are best quality if used within 18 months.

## Pitting Cherries

- \* Use a cherry pitter.
- \* Use a paring knife to cut each cherry in half and remove the pit.
- \* Use a sturdy straw, chopstick or skewer to push the pit through the cherry from the stem end.
- \* Insert the loop of a partly opened paper clip through the stem end and under the pit. Pop the pit back out the top.

# Enjoy Cherries!

## Cherry Puff Pancake

### Ingredients

- 3 eggs
- ½ cup nonfat or 1% milk
- 1 teaspoon vanilla
- ½ cup all-purpose flour
- 1 Tablespoon sugar
- Pinch of cinnamon
- 2 Tablespoons margarine or butter
- 2 cups halved, pitted sweet cherries, fresh or frozen, thawed and drained ¼ cup sliced almonds (optional)



### Directions:

1. Preheat oven to 450 degrees F.
2. In a medium bowl or blender, beat the eggs, milk and vanilla together until well blended.
3. Mix the flour, sugar and cinnamon together. Add to the liquid ingredients and mix until there are no lumps.
4. Put 2 Tablespoons of margarine or butter in a 10- or 11-inch oven proof skillet or 2½-to 3-quart baking dish. Place the skillet or dish in the hot oven until the margarine or butter is melted and bubbly. Remove from the oven. Quickly spread the cherries across the bottom of the hot skillet or dish.
5. Pour the batter over the cherries and sprinkle with almond slices, if using.
6. Return to the oven and bake for 15 to 20 minutes until the edges are browned and the puffs in the middle are golden. Cool slightly before cutting into 4 wedges. The center puffs will flatten during cooling.
7. Refrigerate leftovers within 2 hours.

Makes: 4 wedges

Prep time: 15 minutes

Cook time: 15 to 20 minutes

## Cherry Scones

### Ingredients

- 1 cup whole wheat flour
- ¾ cup all-purpose flour
- ⅓ cup sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup dried cherries, or chopped fresh, canned or frozen and thawed cherries. Drain canned or frozen cherries well.
- ¼ cup butter, melted
- ⅔ cup buttermilk
- 1 teaspoon vanilla



### Directions

1. Preheat oven to 400 degrees F.
2. Combine the whole wheat flour, all-purpose flour, sugar, baking powder, baking soda and salt in a medium bowl. Mix well.
3. Add the cherries and mix lightly.
4. In a small bowl, combine the melted butter, buttermilk and vanilla. Add to the dry ingredients and mix gently.
5. Spoon the dough into 10 equal mounds on a greased baking sheet. Bake until well browned, 18 to 20 minutes.
6. Serve hot or at room temperature. Store leftovers in an airtight container at room temperature for 2 or 3 days.

Makes: 10 scones

Prep time: 20 minutes

Cook time: 20 minutes

## Cherry Salad

### Ingredients

- ½ cup sweet cherries
- 1 cup cantaloupe cubed
- 1 cup green grapes, cut in half
- 1 medium banana, peeled and sliced
- ¼ cup orange juice (juice from 1/2 orange)
- ¼ cup flaked coconut (optional)



### Directions

- Wash all fruit before cutting.  
Pit cherries by slicing them in half and removing the pit.  
Mix the cut fruit together in a bowl.  
Pour orange juice over fruit and stir in coconut if desired.  
Refrigerate leftovers within 2 hours.

Makes: 3 cups

Prep time: 15 minutes

Event is Free  
& Open to

Free  
Breakfast

Health  
Information

Business  
vendors

Health Screenings  
Free flu shots  
provided by  
HEB  
Aransas Pass

Food  
Demonstration

Door

# Sweet Heart Breakfast

February 14, 2020  
8:30am - 10:30am

First United Methodist Church  
405 West Sinton Street  
Sinton, Texas 78387

Doors open at 8:00am

Lite breakfast served at 8:30am

**Free Health Screenings - fasting preferred**  
Free flu shots provided by HEB-Aransas Pass

**Sponsored by**  
First United Methodist Church Health Committee &  
Tex-

**Contact information:**

Kerry DuBose, RN, BSN, CCM

Wesley Nurse

361-364-2824 / kdubose@mhm.org

or

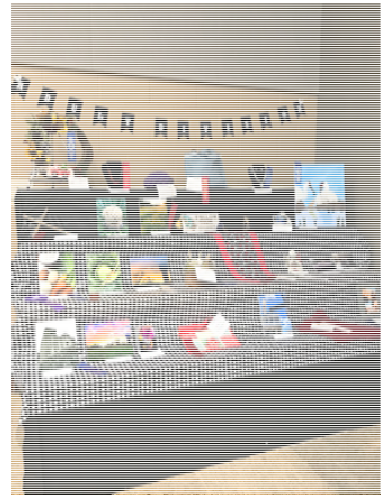
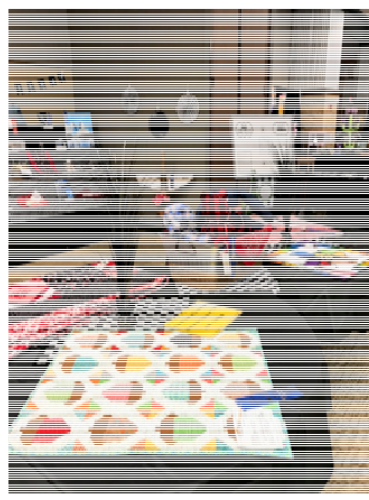
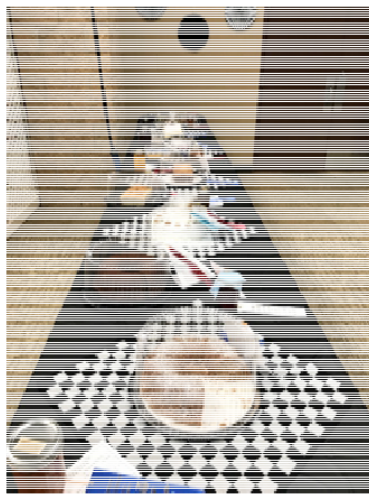
Kathy Farrow, MS, CFCS

County Extension Agent

Family and Community Health

TEXAS A&M  
**AGRILIFE**  
EXTENSION

**Food Division Sweepstakes Winner  
L'Ella Andrews - Aransas Pass EE Club  
Iced Multi-Layer Cake**



**2020 A&H Show Homemaking Adult Food Division  
Extension Education Member Results**

**Jam, Jellies & Preserves**

Susan Dromgoole  
Aransas Pass EE Club  
3rd place

Nancy Henderson  
Aransas Pass EE Club  
Grape Jelly

Nancy Henderson  
Aransas Pass EE Club  
Wild Plum Jelly

**Candy**

Dorothy Glenn  
Aransas Pass EE Club  
1st place

**Yeast Bread**

L'Ella Andrews  
Aransas Pass EE Club  
2nd place

**Iced Multi-Layer Cake**

L'Ella Andrews  
Aransas Pass EE Club  
1st place

**Bundt Cake**

L'Ella Andrews  
Aransas Pass EE Club  
1st place

Barbara Kain  
Aransas Pass EE Club  
2nd place

**Cookies Drops**

L'Ella Andrews  
Aransas Pass EE Club  
1st place

Evelyn Sinast  
Taft EE Club  
3rd place

Susan Dromgoole  
Aransas Pass EE Club  
Cranberry Walnut Cookie

**2020 A&H Show Homemaking Adult Cultural Arts Division  
Extension Education Member Results**

**Holiday Decoration**

Dorothy Glenn  
Aransas Pass EE Club  
1st place

**Photography - Color**

Susan Dromgoole  
Aransas Pass EE Club  
6th place

**Photography - any other medium**

Dorothy Glenn  
Aransas Pass EE Club  
1st place

**Craft Painting**

Dorothy Glenn  
Aransas Pass EE Club  
1st place

**Miscellaneous - (Deer Antler Cactus)**

Dorothy Glenn  
Aransas Pass EE Club  
1st place

# 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.

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For additional information contact: