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Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

March 2020



Mark Your Calendar

County Extension Education
Association Meeting
Monday, March 30, 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.



Scholarship
Committee Meeting
Monday, April 27, 2020
10:00 a.m.
San Patricio County
Extension Office

SAVE THE DATE



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

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

Friend to Friend Party

April 21, 2020
Registration: 11:30 a.m.
Program - 12:10 p.m.
San Patricio County Fairgrounds
Civic Center
219 West Fifth, Sinton

RSVP by Thursday, April 14, 2020 at 361-587-3400.

Each Extension Education Club must provide
eight (8) large salads.
Salads need to serve minimum of 8.

Also, please call Kathy if you would like to be a table
monitor.

Luncheon, Door Prizes & Fun!

Women supporting each other to stay healthy together.
Encourage each other to have breast & cervical screenings.

Raspberry/Blackberry Basics

Shop and Save



Raspberries and blackberries are high in vitamin C and other antioxidants that may protect cells in your body.

- * Quality raspberries and blackberries are dry, plump and firm. Shallow containers help prevent crushing.
- * Avoid berries that are moldy, crushed or shriveled and containers with juice on the bottom.
- * Berries may be the highest quality and the lowest price when they are available locally. Try farm stands or picking your own at a u-pick farm.
- * Frozen berries are available year round. Fresh or frozen, the health



Types of Caneberries

Raspberries and blackberries are caneberries, which grow on long arching or trailing stems called canes.



Raspberries have a hollow center when picked. Red varieties are the most common, but other colors (black, purple, gold) might be found at farmers markets or farm stands.



Blackberries have a different flavor from black raspberries and a solid center when picked. Marionberry is a variety of blackberry developed and grown in Oregon.



Loganberries and Boysenberries are well known blackberry/raspberry hybrids. They have solid centers like blackberries. Loganberries are oblong dark wine red fruits with more juice and sharper flavor than raspberries. Boysenberries have large reddish purple fruit.



Enjoy berries as a snack —fresh or frozen.



Store Well Waste Less

- Refrigerate berries in a covered shallow container. Use raspberries within 1 to 3 days; blackberries within 3 to 5 days.
- Rinse berries under cool running water just before using. Moisture during storage speeds spoilage.



To store longer:

1. Freeze whole berries on a tray until firm.
2. Package in freezer containers or re-sealable plastic bags.
3. Label with date and use within 8 to 12 months for best quality.



Enjoy Raspberries and Blackberries

Baked Berry Oatmeal

Ingredients:

- 2 cups old fashioned rolled oats
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 2 eggs
- ½ cup brown sugar
- 1½ teaspoons vanilla
- 2 cups nonfat or 1% milk
- 4 teaspoons butter or margarine, melted
- 2 cups cane berries, fresh or frozen (raspberries, blackberries, marionberries)
- ¼ cup walnuts, chopped (optional)



Directions:

1. Preheat oven to 375 degrees.
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.
3. In a separate bowl, beat the eggs until blended; stir in brown sugar, vanilla, milk and melted butter.
4. Pour the wet ingredients into the dry ingredients and stir until well combined.
5. Add the berries and stir lightly to evenly distribute. Pour mixture into 2-quart baking dish. Sprinkle with chopped nuts if desired.
6. Bake for 20-30 minutes or until the top is golden brown.
7. Refrigerate leftovers within 2 hours.

Makes about 6 cups

Prep time: 15 minutes

Cook time: 30 minutes

Raspberry Fruit Dip

Ingredients:

- ½ cup raspberries, fresh or frozen/thawed
- 1 Tablespoon sugar
- 1 cup plain nonfat yogurt
- 3 pears or apples, sliced for serving



Directions:

1. In a small bowl, mash the raspberries with sugar. Stir in the yogurt.
2. Serve with cut fruit.
3. Refrigerate leftovers within two hours

Makes about 1 cup dip

Prep time: 5 minutes

Any Berry Sauce

Ingredients:

- ⅓ cup sugar
- 1 Tablespoon cornstarch
- ¼ cup cold water
- 4 cups berries (blackberries, raspberries, blueberries, sliced strawberries or a mixture) fresh or frozen



Directions:

1. In a medium saucepan, mix together sugar, cornstarch, water and 2 cups berries. Mash berries if desired.
2. Heat over medium heat, stirring frequently, until sauce starts to thicken. Add water if sauce seems too thick.
3. Remove from heat and stir in remaining berries. Mash berries if desired.
4. Serve over pancakes, waffles, or yogurt.
5. Refrigerate leftovers within 2 hours.

Makes about 2 ⅓ cups

Prep time: 5 minutes

Razzleberry Shiver

Makes: 2 cups

Prep time: 5 minutes

Chill time: 2 hours

Ingredients

- 1 cup raspberries
- 2 bananas
- 1/2 cup plain, low-fat yogurt
- 1/4 cup nonfat or 1% milk
- 1 teaspoon sugar



Directions

1. Put all ingredients into a blender. Blend until smooth.
2. Divide the mixture among four small bowls.
3. Freeze for about 2 hours. Enjoy as you would ice cream!
4. Refrigerate or freeze leftovers within 2 hours.

Notes

- No blender? Mash fruit well with a fork.
- Make popsicles! Spoon mixture into small paper cups or popsicle forms. Add a smooth wooden craft stick. Freeze until very firm so the sticks don't pull out.

TEXAS A&M AGRI LIFE EXTENSION

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

Return Service Requested

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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.

For additional information contact:

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