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<https://sanpatricio.agrilife.org>

Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

May 2020

From the desk of Kathy Farrow, CEA-FCH

Hello Ladies,
Just checking in to make sure everyone is doing well. This has certainly been an interesting time for us all. Hopefully, everyone has had a chance to get outdoors and enjoy some yard time. I actually got all my caladium bulbs potted, so check out my photo below. Please share your photos via email and I will share in next month's newsletter.

Take care!



San Patricio County
Family & Community
Health & Ag/Natural
Resources

The following resources and information are available on our Facebook page.

- ★ COVID-19 information
- ★ Healthy recipes
- ★ Fun Activities
- ★ Exercise ideas
- ★ Texas Commodity facts



STRETCH AWAY STRESS AND ANXIETY WITH CHAIR YOGA.
Try these three easy exercises.



**Mark Your
Calendar**

**The following
events/programs
cancelled or postponed!**

- ◆ May Extension Education Association meeting - cancelled
- ◆ Friend to Friend "Pink" Event - postponed
- ◆ Scholarship Committee meeting - postponed
- ◆ May Lunch & Learn Workshop - Cancelled
- ◆ June Association Luncheon - postponed



In observance of
Memorial Day
the San Patricio County
Extension Office will be
closed Monday, May 25, 2020.



San Patricio County
Texas Treasure Award



Don't forget to mail your club nominee to the San Patricio County Extension Office by Monday, September 28, 2020.

You can only nominate one member per club.

Members can receive the award more than one time.

Application is enclosed.

Corn, beans and squash grow well when planted together and are known as the "Three Sisters."

Beans are a good source of plant protein and fiber.

To save time and energy in the kitchen, use pre-cut frozen or canned vegetables.

Add cooked poultry or meat for protein and flavor – a great way to use leftovers.

Freeze leftovers in portions for another easy meal.

Three Sisters Soup

Makes 8 cups

Prep time: 15 minutes

Cook time: 30 to 45 minutes

Ingredients:

- 1½ Tablespoons vegetable oil
- ¾ cup diced carrot
- 1 cup chopped onion
- 1 teaspoon garlic powder or 4 cloves of garlic, minced
- 2 cups diced summer or winter squash, (fresh or frozen)
- 1 ½ cups corn (fresh or frozen) or a 15-ounce can (drained and rinsed)
- 1 ½ cups cooked beans (any type) or a 15-ounce can (drained and rinsed)
- 1 can (15 ounces) diced tomatoes or 2 cups diced fresh tomatoes
- 3½ cups low-sodium broth (any type)
- 1 teaspoon cumin
- ¼ teaspoon pepper



Directions:

1. Heat oil in a large pan on medium heat. Add carrot and onion and sauté until onions have begun to turn slightly brown, approximately 8 to 10 minutes.
2. Add garlic, squash and corn and continue to stir for another 3 to 4 minutes.
3. Add beans, tomatoes, broth, cumin and pepper.
4. Allow soup to come to a boil and then turn heat down to a simmer until all vegetables are tender to taste (15 to 30 minutes, depending on the vegetables used).
5. Refrigerate leftovers within 2 hours.

Try This: Change the vegetables and beans based on what you have on hand. Instead of cumin, try 2 to 3 teaspoons of Italian seasoning or 1 Tablespoon of curry powder.

Recipe adapted from <https://foodhero.org/>

Contest-Winning Hearty Hamburger Soup

Makes: 8 servings (2 quarts)

Prep. Time: 15 minutes / Cook Time: 30 minutes

Ingredients:

- 1 pound ground beef
- 4 cups water
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 3 medium carrots, sliced
- 2 medium potatoes, peeled and cubed
- 1 medium onion, chopped
- ½ cup chopped celery
- 4 teaspoons beef bouillon granules
- 1½ teaspoons salt
- ¼ teaspoon pepper
- ¼ teaspoon dried oregano
- 1 cup cut fresh or frozen green beans



Directions:

1. In a large saucepan, brown beef; drain. Add the next 10 ingredients; bring to a boil.
2. Reduce heat; cover and simmer for 15 minutes or until potatoes and carrots are tender. Add green beans. Cover and simmer 15 minutes longer or until the beans are tender.

Recipe adapted from <https://www.tasteofhome.com/>

Quick Pickles

(basic recipe)

Ingredients:

- 1 cups of cider or white vinegar
- 1 tablespoon of water
- 2 tablespoons of sugar
- 2 teaspoons of salt
- 2 cups sliced vegetables (Your choice)

Directions:

1. Combine vinegar, water, sugar, and salt in a large saucepan. Bring the vinegar to a boil then lower to a simmer. Pour over your veggies. Refrigerate in a glass bowl or jar. This is the basic marinade for the pickles.
2. You can add seasonings for each type of fresh pickle.
3. Add spices, citrus, or red wine as you want. We use more water and less vinegar for tender vegetables. And we omit the water on more dense vegetables. But you can tweak ingredients and seasonings as needed for your own taste.
4. How to slice your veggies. We used a combination of tools. The easiest is a Japanese mandolin because it enables you to slice the vegetables uniformly and quickly. A knife and cutting board is very important, too.

Chef's Tips:

Unlike regular pickles you do not need a lengthy or complicated canning process. You only need to have a large pan to boil the vinegar along with glass jars or bowls to store the pickles.

They should be used up in a week or less. Always keep them refrigerated



Pickle Flavor Ideas

What kind of creation do you want to make?

1. Carrot Ginger – use quartered, peeled carrots, and fresh sliced ginger.
2. Asparagus Basil – use the spears of the asparagus with fresh basil leaves
3. Salsa – use halved cherry tomatoes, onions, hot peppers, and a little chopped cabbage
4. Cabbage Hot Pepper (for city tacos!) – slice the cabbage and marinate with rings of hot peppers. You can drain and use to top city tacos or fish tacos.
5. Beets – slice the beets very thin. Add a little red wine vinegar for the marinade
6. Garam Masala Cucumber – use freshly sliced cucumbers and 1 tablespoon of garam masala whole spices
7. Mushrooms and Thyme – use quartered mushrooms and fresh sprigs of thyme
8. Cauliflower – remove the florets from the head of cauliflower and marinate them in the basic liquid plus black pepper, fresh oregano, and garlic powder. Add a little lemon zest
9. Berry Chutney – use a mix of apples, berries, onions, and cinnamon. Add a little grated orange, too
10. Red Onion – peel small red onions. Top with the marinade and then add a little red wine vinegar or other flavored vinegar.





San Patricio County Texas Treasure Award



Nominee's Name: _____

Address: _____

Phone: _____

Club _____

Briefly describe the reason for recommendation for Texas Treasure Award. Include any individual accomplishments and other contributions made by nominee through TEEA. Please type. You may attach 1 additional page if needed.

Name of person submitting: _____

Office/Title of Person: _____ Phone: _____

Address: _____



Deadline: Monday, September 28, 2020



MAIL TO:
Texas A&M AgriLife Extension Office
Attn: Kathy Farrow, CEA-FCH
219 N. Vineyard
Sinton, TX 78387

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, tastehome.com/recipes, Allrecipes.com, Food and Health Communications, University of New Jersey, and Foodhero.org.

Texas A&M Agrilife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

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: