



*Sharing is caring with TEEA*

Kathy Farrow, Family and Community Health Agent

August 2020



## Mark Your Calendar

County Extension Education  
Association Meeting  
Monday, September 28, 2020  
San Patricio County Extension Office

San Patricio County Extension Office  
visitor restrictions to keep all employees  
and visitors safe.



1. All visitors will have their temperature checked before entering the Extension building.
  2. All visitors must be wearing a face covering.
- **BUT** if you are feeling ill or have a fever of 100.4° or greater, please do not come to our office.
- All visitors must enter the front door facing Vineyard Street.
- Please use the hand sanitizer located in the lobby area before and after leaving our office.

Thank you for your cooperation.

We will be **CLOSED**  
TO OBSERVE  
**Labor**  
DAY

San Patricio County  
Extension Office  
will be closed  
September 7, 2020

## Create a disaster supplies kit

A basic disaster supplies kit will contain:

- ♦ **Water:** Pack enough bottled water to last for at least 3 days. Each person will need 1 gallon of water each day.
- ♦ **Food:** Choose foods that you know your family will eat; that need no refrigeration, preparation, or cooking; and that can be eaten cold or heated on an outdoor grill. Examples are crackers, canned juices, dried fruit, nuts, peanut butter, canned chicken or tuna, and protein or fruit bars. Also pack a hand-operated can opener and disposable eating utensils and plates.
- ♦ **Clean air items:** If there is an explosion, you may need to create a barrier between yourself and the airborne contaminants. Pack nose and mouth protection masks (N-95 rating), plastic sheeting, and duct tape.
- ♦ **Extra clothes:** Pack one complete change of clothes, a pair of shoes, and a blanket for each person.
- ♦ **First aid kit:** Include antibiotic ointment, antibiotic towelettes, adhesive bandages, burn ointment, over-the-counter medications, prescribed medications and medical supplies, soap, sterile gauze, two pairs of sterile gloves, and a thermometer.
- ♦ **Emergency items:** Pack a battery-powered radio, flashlights, extra batteries, a whistle, shovel, basic tools, baby wipes, garbage bags, toilet paper and a state map.
- ♦ **For infants:** Pack bottles, baby wipes, diapers, formula, medications, powdered milk, and diaper rash ointment.
- ♦ **For adults with special needs:** Ask the doctor about storing prescription medications such as heart and high blood pressure medicines, insulin and other prescription drugs. Include supplies for dentures and contact lenses.
- ♦ **Important documents:** In addition to the set of important document kept offsite, you may also want to keep an extra set of copies in your disaster supply kit.
- ♦ **Cash and change in a waterproof container:** Cash can come in handy if ATMs or credit card machines aren't working in the days immediately after the disaster.



### Maintain your kit!

Replace flashlight and radio batteries every 6 months and replace foods according to expiration dates. Store the kit indoors, such as a closet or pantry. Don't store it in the garage because hot summer weather can ruin food and medicines.

# Summer Squash Basics

## Shop and Save



❁ Summer squash are usually available year round, but are freshest and less expensive from July through August.

❁ Look for squash that are firm with a thin, bright and glossy skin. Avoid squash with soft spots, wrinkles or mold.

❁ For best flavor and texture, choose smaller squash. Long types will be 6 to 8 inches long and round types, 3 to 4 inches across.

❁ Larger summer squash have bigger seeds and less flavor but they are good when stuffed or when grated for baked goods.

Summer squash are high in Vitamin C, Vitamin A and fiber.



Zucchini



Scallop or Patty Pan



Round Ball



Yellow Crookneck and Straitneck



Squash Blossoms

## Enjoy Squash Blossoms

❁ Squash blossoms can be enjoyed raw or cooked.

❁ Sprinkle pieces over a salad or taco, cook into a soup or stuff with cheese and herbs to bake.

❁ Wash carefully just before using. Trim the end near the stem and remove the flower parts from inside.

❁ Blossoms are best used the same day, but can be wrapped in a paper towel and refrigerated for up to 2 days.



1 pound of summer squash =  
about 2 medium squash =  
about 3 cups of raw slices=  
3 cups of raw, grated squash =  
1½ cups cooked squash

## Store Well Waste Less

- Wash summer squash just before using. Rub the skin gently under cool running water.
- Store in the refrigerator in an open plastic or paper bag to keep dry. For best quality use within 3 to 4 days.
- Summer squash can be frozen in 1/2-inch pieces. Blanch first for best color and texture. Place in labeled freezer containers and use within 3 months.
- Summer squash that has been grated can be frozen without blanching. Squeeze to remove extra moisture, then measure recipe-sized amounts into labeled freezer containers. Drain water after thawing to use in baked goods.



# Enjoy Summer Squash

## Zucchini Salad

### Ingredients:

- 1 teaspoon vegetable oil
- 2 Tablespoons lemon juice
- ¼ teaspoon dried oregano or basil
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 4 small zucchini, sliced crosswise.



Wash first.

- ½ cup sliced thinly or chopped small, red or sweet onion
- ¼ cup grated parmesan cheese

### Directions:

1. Wash hands with soap and water. Gather ingredients together on a clean surface.
2. Mix oil, lemon juice, oregano, salt and pepper together in medium bowl.
3. Add zucchini, onion and cheese. Mix gently. Cover and chill until ready to serve.
4. Refrigerate leftovers within 2 hours.

Makes 6 cups

Prep time: 10 minutes

## Baked Zucchini Sticks

### Ingredients

- 4 medium zucchini
- 2 eggs
- ½ cup water
- ¼ cup finely grated parmesan cheese
- 1½ cups bread crumbs
- 1 Tablespoon dry Italian herbs



### Directions

1. Cut zucchini into long sticks, about 3 inches long.
2. Microwave zucchini for about 3 minutes. Pat zucchini sticks dry with a paper towel.
3. Mix eggs and water together in a small bowl. Mix cheese, bread crumbs and herbs together in another small bowl.
4. Dip zucchini sticks first into the egg mixture and then into the bread crumb mixture.
5. Arrange zucchini in rows on a metal baking sheet that has been sprayed with cooking spray. Broil zucchini sticks for about 12 to 15 minutes, turning once while cooking.
6. Refrigerate leftovers within 2 hours.

Prep time: 20 minutes

Cook time: 15 minutes

## Sautéed Zucchini

### Ingredients:

- 2 medium zucchini
- 2 teaspoons vegetable oil
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- ¼ teaspoon oregano, dried or fresh (optional)



### Directions:

1. Wash zucchini and cut into ¼-inch thick rounds or sticks.
2. In a medium skillet, heat oil over medium high heat (350 degrees F in an electric skillet).
3. Add garlic and zucchini then sprinkle with salt, pepper and oregano, if desired. Cook, stirring occasionally, until zucchini is soft, about 5 to 7 minutes.
4. Refrigerate leftovers within 2 hours. Makes 3 cups

Prep time: 10 minutes

Cook time: 10 minutes

## Zucchini Stir-Fry

### Ingredients

- 1 Tablespoon vegetable oil
- 2 cups chopped zucchini
- 2 cups chopped green or red bell peppers (about 2 large or 4 small peppers)
- 1 cup chopped onion (1 medium onion)
- 2 teaspoons soy sauce
- ½ teaspoon garlic powder



### Directions

1. Heat the oil in a large skillet. Add the chopped zucchini, peppers and onions to the skillet.
2. Cook over medium high heat until the veggies are lightly brown, about 4 to 6 minutes. Stir a few times while cooking.
3. Season vegetables with soy sauce and garlic powder. Stir and cook for 2 minutes.
4. Refrigerate leftovers within 2 hours.

Makes: 4 cups

Prep time: 10 minutes

Cooking time: 10 minutes

# TEXAS A&M AGRI LIFE EXTENSION

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

*Return Service Requested*

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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# Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About.



Germs are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

## When should I use?

### Soap and Water

- ★ Before, during, and after preparing food.
- ★ Before eating food.
- ★ Before and after caring for someone who is sick.
- ★ Before and after treating a cut or wound.
- ★ After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom.
- ★ After blowing your nose, coughing, or sneezing.
- ★ After touching an animal, animal food or treats, animal cages, or animal waste.
- ★ After touching garbage.
- ★ If your hands are visibly dirty or greasy.



### Alcohol-Based Hand Sanitizer

- ★ Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
- ★ If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.
- ★ Do NOT use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



## How should I use?

### Soap and Water

- ★ Wet your hands with clean running water (warm or cold) and apply soap.
- ★ Lather your hands by rubbing them together with the soap.
- ★ Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
- ★ Rinse your hands under clean, running water.
- ★ Dry your hands using a clean towel or air dry them.



### Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- Rub hands together, until hands feel dry. This should take around 20 seconds.



**Note:** Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.