



Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

December 2020



Mark Your Calendar

January
County Extension Education
Association Meeting
-- TBA --

**A&H Show Adult Division has been
cancelled for the 2021 Show.**

If you have District Cultural Arts Show
entries, please contact Kathy for
additional information.



Caladium Bulb Fundraiser



Every member is encouraged to sell as many caladium bulbs as possible to assist with the 2020-2021 Association budget.

All forms must be submitted to your Club President by December 15, 2020.

If you need additional order forms please call the office.

**Please sell, sell, sell for Scholarship Dollars
and State Meeting Expenses!**



The San Patricio County
Extension Office
will be closed the following days.
December 24 & 25, 2020
and January 1, 2021

Happy holidays



*May your holidays be
filled with happiness,
health, good cheer
and the warmth of
friends and family.*

Happy Holidays!



Cauliflower Basics

Shop and Save



- * Choose a head of cauliflower with even color and tightly packed florets.
- * Avoid heads with brown or wet spots and wilted or yellowing leaves.
- * Fresh cauliflower is available year-round but may cost less when in season locally. In Oregon, this is usually May through December.
- * Pre-cut fresh cauliflower can be found in the produce area of many grocery stores.
- * Frozen cauliflower is a good buy and can be used in many recipes.

Cauliflower is high in vitamin C, which helps to heal wounds and fight infection.



White



Orange



Purple



Green



Romanesco

Three Ways to Cut Cauliflower



Begin with a flat edge: remove the leaves and slice across the core.



1 Steaks: slice through head from top to bottom every 1 to 1½ inches.



2 Florets: slice head into 4 sections, and then cut away core to release florets.



3 Rice: slice head into 4 sections, and then grate using the largest holes of a grater.

Store Well Waste Less



- Refrigerate cauliflower stem side down in a loose bag or in the store wrapper for 1 to 2 weeks.
- Pre-cut cauliflower (from the store or cut at home) loses freshness faster; use in 2 to 3 days.
- Rinse cauliflower under running water just before using. Trim away brown spots.
- The stem and leaves are good to eat raw or cooked.
- Freeze cauliflower for longer storage. For best color and flavor, blanch first and package in airtight containers to use within 8 to 12

The stem and leaves of the cauliflower plant have a strong flavor, but they can be used to make tasty vegetable broth.

Enjoy Cauliflower

Baked Cauliflower Tots

Ingredients:

- 2 cups grated or finely chopped cauliflower rice (about half a medium head)
- 1 egg
- 3 tablespoons flour
- ¼ cup grated cheddar cheese
- ¼ teaspoon salt



Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Lightly grease a baking sheet.
4. In a medium bowl, combine all ingredients and mix well.
5. Press mixture together to make about 15 balls or logs and put them on the baking sheet with space between each one.
6. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.
7. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 10 minutes

Cook time: 20 minutes

Cauliflower Salad

Ingredients:

- 4 cups mixed cauliflower and broccoli florets (fresh or frozen)
- 1 cup celery, diced
- ½ cup onion, diced
- ¼ cup sweet bell pepper, any color, seeded and chopped (about 1/2 a small pepper)
- ⅓ cup light mayonnaise
- ⅓ cup nonfat plain yogurt
- 1 tablespoon prepared mustard
- ⅛ teaspoon each salt and pepper
- ¼ teaspoon dried dill weed



Directions:

1. Thaw frozen cauliflower and broccoli and drain liquid. If using fresh vegetables, cook first until barely tender.
2. Combine cauliflower, broccoli, celery, onion and bell pepper in serving bowl.
3. In a small bowl, mix mayonnaise, yogurt, mustard, salt, pepper and dill.
4. Stir dressing gently into salad. Chill before serving.
5. Refrigerate leftovers within 2 hours.

Makes: 5 Cups

Prep time: 20 minutes

Roasted Cauliflower Steaks

Ingredients:

- 1 head cauliflower (medium to large)
- 1 Tablespoon vegetable oil
- 2 Tablespoons lemon juice
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper (optional)
- ½ teaspoon paprika (optional)
- ¼ cup grated cheese (optional)



Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Lightly grease a large baking sheet.
4. Slice cauliflower from top to bottom through the head into 1- to 1 ½- inch thick steaks. Put steaks on the baking sheet along with end pieces, flat side down.
5. In a small bowl, mix the rest of the ingredients, except cheese.
6. Spoon on and spread or brush the cauliflower with half the mixture. Roast for 20 minutes.
7. Remove baking sheet from the oven, carefully turn over the steaks and spread with the rest of the mixture. Roast for 15 to 20 minutes or until the cauliflower is browned and tender.
8. Sprinkle with cheese, if desired, and serve.
9. Refrigerate leftovers within 2 hours.

Makes 6 servings

Prep time: 15 minutes

Cook time: 40 minutes

Nutrients found in Cauliflower

- Cauliflower is an excellent source of vitamin C, which helps maintain a healthy immune system.
- Cauliflower is a good source of folate, a B vitamin that helps with the formation of red blood cells.
- A diet rich in fiber-containing foods like cauliflower may help reduce the risk of cardiovascular disease, obesity, and type 2 diabetes.

COVID-19 Holiday Safety Tips

During this holiday season, Public Health urges you to **stay safe**. Public Health recommends you do not host or attend large parties or gatherings.

Lower Risk Activities



Having a **small dinner** with only people who live in your household



Having a **virtual dinner** and sharing recipes with friends and family



Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering in a way that limits contact with others



Shopping online



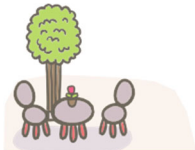
Wear Mask

&



Keep Your Distance

Moderate Risk Activities



Having a **small outdoor dinner** with family and friends who live in your community



Attending a **small outdoor sports event** with safety precautions in place



Hosting cookouts. Lower your risk by following CDC's recommendations on hosting gatherings or cook-outs.



Wash your hands **thoroughly** or use hand sanitizer after touching shared holiday decorations

Avoid These High Risk Activities to Help Prevent The Spread of Covid-19



Shop Alone and limit trips to stores to less busy times



Attending large indoor gatherings with people from outside of your household



Participating or being a spectator at a crowded event or activity



Using alcohol or drugs can cloud judgement and increase risky behaviors

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, tasteathome.com/recipes, 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
County Extension Agent
Family and Community Health
San Patricio County
219 N. Vineyard, Sinton, Texas 78387
361-587-3400 ★ 361/364-6234-fax
k-farrow@tamu.edu

Kathy Farrow

For additional information contact: