



219 N. Vineyard, Sinton, TX 78387
361/587-3400 • 361/364-6237-fax
k-farrow@tamu.edu
<https://sanpatricio.agrilife.org>

Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

July 2020



ATTENTION

San Patricio County Extension Office is now open to the public with the following visitor's 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.



93rd TEEA State Conference scheduled for September 15-16, 2020 has been cancelled!



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

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

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

STOP THE SPREAD OF GERMS

Help prevent respiratory diseases like COVID-19.

- ★ Avoid close contact with people who are sick.



- ★ Cover your cough or sneeze with a tissue, then throw the tissue.



- ★ Avoid touching your eyes, nose, and mouth.



- ★ Clean and disinfect frequently touched objects and surfaces.



- ★ Stay home when you are sick, except to get medical care.



- ★ Wash your hands often with soap and water for at least 20 seconds.



STAY HOME



STAY SAFE



SAVE LIVES



Bell Pepper Basics

\$hop and \$ave



- * Fresh peppers are more available and tastier while in-season during the summer and early fall.
- * Choose bell peppers that are firm and heavy for their size with bright coloring and glossy skin. If stems are still attached, they should be firm and green.
- * Avoid peppers that have thin wrinkled skin or brown patches.
- * Buy only what you will use within a week or plan to freeze extras for future use.



Bell peppers are an excellent source of Vitamin C and B6.



Green



Purple



Red



White



Brown



Yellow



Orange

Store Well Waste Less

- Keep bell peppers fresh by washing just before using.
- Whole bell peppers can be stored in the refrigerator for up to 5 days.
- It is easy to freeze peppers for longer storage. Place recipe-sized pieces in a single layer on a cookie sheet and freeze until firm, about 1 hour. Move to a labeled freezer container and use within 8 months.

How to Safely Cut Bell Peppers



1. With fingertips curled under, cut off the top of the pepper.



2. Place the cut side down. Then cut one quarter off.



3. Turn and cut off the remaining three sides.



4. Cut off the bottom end of each quarter.



5. Trim off the white membranes and seeds and discard.



6. Cut the four sides into recipe-size pieces.

Enjoy Bell Peppers

Bell Pepper Nachos

Ingredients:

- 4 bell peppers
- 1 cup salsa
- 2 teaspoons seasoning (try one or more - chili powder, garlic powder, ground cumin, pepper)
- 2 cups cooked meat (chopped or shredded), beans or tofu
- ½ cup shredded cheese



Directions:

1. Preheat oven to 350 degrees F.
2. Wash bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.
3. In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over pepper pieces then top with cheese.
4. Bake for 15 minutes or until peppers are heated through and cheese is melted. Serve warm.
5. Refrigerate leftovers within 2 hours.

Makes 8 cups

Prep time: 5 minutes

Cook time: 15 minutes

Bell Pepper Salad

Ingredients:

- 4 bell peppers
- ½ medium onion
- 2 ½ Tablespoons vinegar
- 1 Tablespoon vegetable oil
- ⅛ teaspoon each salt and pepper



Directions:

1. Wash bell peppers and remove tops and seeds. Cut into ¼-inch wide strips.
2. Peel onion and slice into thin strips.
3. In a large bowl, stir together vinegar, vegetable oil, salt and pepper. Add bell pepper and onion and gently stir to coat. Cover and refrigerate for 30 minutes before serving.
4. Refrigerate leftovers within 2 hours.

Makes 6 cups

Prep time: 5 minutes

Chill time: 30 minutes

Roasted Bell Peppers

Ingredients:

- 4 bell peppers
- 2 teaspoons vegetable oil
- ½ teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ¼ teaspoon each salt and pepper



Directions:

1. Preheat oven to 450 degrees F.
2. Wash bell peppers and remove tops and seeds. Cut peppers in half and rub with vegetable oil. Place cut side up on a rimmed baking sheet and sprinkle with Italian seasoning, garlic powder, salt and pepper.
3. Roast until peppers are tender and blistered in spots, about 30 to 35 minutes.
4. Refrigerate leftovers within 2 hours.

Makes 8 bell pepper halves

Prep time: 5 minutes

Cook time: 30 minutes

Bell Pepper Smoothie

Ingredients:

- 1 medium banana, peeled fresh or frozen
- 1 can (8 ounces) pineapple, drained
- ½ cup red bell pepper, seeded and chopped (about 1 small pepper)
- 2 cups frozen mixed berries
- 1 cup water



Directions

1. Combine all ingredients in a blender or food processor.
2. Blend until smooth.
3. Serve Immediately.
4. Refrigerate or freeze leftovers within 2 hours.

Notes

- For a sweeter smoothie reserve and add juice from the canned pineapple. Use less water if adding juice.
- Use any combination of berries.

Makes: 4 cups

Prep time: 5 minutes

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.

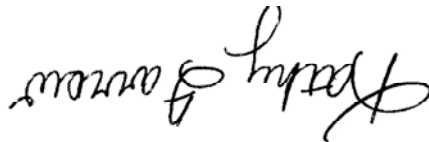
STAY HEALTHY



Wash your hands with soap and water for at least 20 seconds

- Avoid touching your eyes, nose, or mouth
- Avoid close contact with people who are sick

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



For additional information contact:

STAY HEALTHY



Wash your hands with soap and water for at least 20 seconds

- Avoid touching your eyes, nose, or mouth
- Avoid close contact with people who are sick