



Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

November 2020

Cooking Well with Diabetes Online Course

Register now to join for our new on-line version of Cooking Well with Diabetes!
Learn the basics of meal planning and preparation for those living with Diabetes

1. Call the San Patricio County Extension Office at 361-587-3400 for a free coupon code
2. Register for the Cooking Well with Diabetes course at the following website: <https://ext.ag/CWWD>
3. Click on the Enroll Now button
4. Enter coupon code in the voucher box (this will reduce the course cost to \$0.00).
5. Click Proceed



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 at your November Club meeting.

If you need additional order forms please call the office.

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

San Patricio Diabetic Support Group Meeting Zoom or in-person meeting (see zoom link below)

Tuesday, December 1, 2020
10:00 to 11:30 a.m.

San Patricio County Dept. of Public Health
Training Room #101
313 N. Rachal Street,
Sinton TX 78387

***“Healthy Holiday Recipes &
Tips for Diabetes Management during the Holidays”***

Presented by:
Kathy Farrow, CEA-FCH

To join Zoom Meeting

[https://us02web.zoom.us/j/86335048218?
pwd=a3p6Rk0zODFMUW50ekJtU3RKZkNKQT09](https://us02web.zoom.us/j/86335048218?pwd=a3p6Rk0zODFMUW50ekJtU3RKZkNKQT09)

Meeting ID: 863 3504 8218

Passcode: 594693

**“And in the end, it’s not the years in
your life that count.**

It’s the life in your years.”

Abraham Lincoln



**The San Patricio County
Extension Office
will be closed the following days
November 11, 26 & 27, 2020.**



Parsnip Basics

Shop and Save



- ✿ Choose parsnips that are firm and dry with even color, from off-white to pale yellow.
- ✿ Choose small to medium parsnips (8 to 10 inches long) for the best flavor and texture.
- ✿ Large parsnips may have a thicker skin and woodier center but they are good cooked.
- ✿ Frozen parsnips may be found in the freezer section of some grocery stores.

Parsnips are packed with fiber, folated and vitamins C and K.



Parsnips are related to carrots, celery, parsley and cilantro.

Cooking with Parsnips

- Parsnips have a mild sweet flavor like carrots and a fragrance like celery.
- Large parsnips should be peeled and if the center is woody, cut the parsnip into smaller pieces and remove the center.
- Parsnips can be served raw like carrots. Cut them into sticks for dipping or shred them for salads.
- Parsnips go well with other root vegetables such as carrots, potatoes and turnips when roasted, mashed or added to soups and stews.



Store Well Waste Less

- Remove and discard any green stems before storing.
- Store parsnips in a loose plastic bag in the refrigerator for 3 to 4 weeks.
- Scrub with a clean vegetable brush under running water just before using.
- Put raw cut parsnips in a bowl of cold water with a splash of



lemon juice or vinegar to keep them from turning brown if not using right away.

- Freeze parsnips for longer storage. Cut into 1-inch cubes and blanch for 2 minutes for best color and texture. Place in labeled freezer containers and use within 8 to 12 months.

**1 pound of parsnips =
about 4 medium
parsnips =
3 cups raw chopped
parsnips =
2 cups cooked parsnips**

Enjoy Parsnips

Parsnip Soup

Ingredients:

- 1 Tablespoon vegetable oil
- 2 cups chopped onion
- ½ cup chopped celery
- 3 cloves garlic, chopped
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 cups chopped parsnips (1 pound)
- 1 cup peeled and cubed potato
- 4 cups low-sodium vegetable broth
- 1 cup water
- 1 Tablespoon margarine or butter



Directions:

1. Wash hands with soap and water.
2. Heat the oil in a large saucepan over medium heat. Add the onion and celery and cook until soft, about 5 minutes.
3. Add the garlic, salt and pepper; cook for 1 minute.
4. Stir in the parsnips, potato, broth and water. Bring to a boil, then reduce heat to simmer for 20 minutes or until the parsnips and potatoes are soft.
5. Stir in the margarine or butter and let the soup sit uncovered for 5 minutes.
6. Puree the soup in batches in a blender, using the manufacturer's directions for pureeing hot liquids.
7. Heat the soup before serving, stirring in water if it seems too thick.
8. Refrigerate leftovers within 2 hours.

Notes:

Make this soup your own with more seasoning. Start with 2 to 3 teaspoons ginger, curry powder, smoked paprika, cumin or thyme.

Makes 6 cups

Prep time: 20 minutes

Cook time: 40 minutes

Roasted Parsnips and Carrots

Ingredients

- ¾ pound parsnips, peeled
- ¾ pound carrots, peeled
- 1 tablespoon olive oil or vegetable oil
- ⅛ teaspoon salt
- ⅛ teaspoon garlic powder
- ⅛ teaspoon black pepper



Directions:

1. Preheat oven to 400 degrees F.
2. Cut the peeled parsnips and carrots into uniform pieces such as 3 inch x ½ inch sticks or 1 inch thick slices.
3. Place cut parsnips and carrots into a large bowl. Add the vegetable oil and stir to coat the carrots and parsnips.
4. In a small bowl stir together the salt, garlic powder and black pepper. Add to the carrots and parsnips and stir until the vegetables are well coated with seasonings.
5. Place vegetables in a single layer on large baking sheet being careful not to overcrowd the pan. Lining the baking sheet with foil or baking parchment will help with clean-up.
6. Roast in the preheated oven for 20-30 minutes, stirring the vegetables half way through the time. The carrots and parsnips should be caramelized to a medium brown and blistered.
7. Refrigerate leftovers within 2 hours.

Makes: 3 Cups

Prep time: 5 minutes

Cook time: 30 minutes

Roasted Parsnips

Ingredients

- 1 pound parsnips
- 1 Tablespoon vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- ⅛ teaspoon pepper



Directions

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Scrub the parsnips with a clean vegetable brush under

running water and peel if large.

4. Cut the parsnips into 3 x ½-inch sticks or 1-inch slices. Aim for pieces that are about the same size.
5. Transfer the cut parsnips to a large bowl. Add the oil, salt, garlic powder and pepper and stir to coat the pieces.
6. Place the parsnips in a single layer on a large baking sheet. Leave at least ¼ inch between the pieces.
7. Roast the parsnips in the oven for 10 to 15 minutes, then stir and roast for another 10 to 15 minutes until tender and golden with some browning.
8. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 10 minutes

Cook time: 30 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, 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.



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For additional information contact:

