



Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

October 2020



Mark Your Calendar

County Extension Education
Association Meeting
Monday, October 27, 2020
9:30am

San Patricio County Extension Office

“Beautiful young people are accidents of nature, But beautiful old people are works of art.” ~ Eleanor Roosevelt



October is
National Breast
Cancer Awareness
Month

Wear

PINK

every Friday in October to support
Breast Cancer!



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

COVID-19 - Deciding to Go Out

What you need to know

- In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.
- If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions.
- Keep these items on hand when venturing out: a mask, tissues, and a hand sanitizer with at least 60% alcohol, if possible.

Understand the potential risks of going out

- Is COVID-19 spreading in your community?
- Will you have a potential close contact with someone who is sick or anyone who is not wearing a mask (and may be asymptomatic)?
- Are you at increased risk of severe illness?
- Do you take everyday actions to protect yourself from COVID-19?

Close contact with other people increases risk

- How many people will you interact with?
- Interacting with more people raises your risk.
- Being in a group with people who aren't social distancing or wearing masks increases your risk.
- Engaging with new people (e.g., those who don't live with you) also raises your risk.
- Some people have the virus and don't have any symptoms, and it is not yet known how often people without symptoms can transmit the virus to others.

Can you keep 6 feet of space between you and others? Will you be outdoors or indoors?

- The closer you are to other people who may be infected, the greater your risk of getting sick.
- Keeping distance from other people is especially important for people who are at higher risk for severe illness, such as older adults and those with underlying medical conditions.
- Indoor spaces are more risky than outdoor spaces where it might be harder to keep people apart and there's less ventilation.

What makes activities safer

- You can maintain at least 6 feet of space between you and others. COVID-19 spreads easier between people who are within 6 feet of each other.
- They are held in outdoor spaces. Indoor spaces with less ventilation where it might be harder to keep people apart are more risky.
- People are wearing masks. Interacting without wearing masks also increases your risk.

Adapted from Centers for Disease Control and Prevention

Pumpkin Basics

Canned Pumpkin

- Canned pumpkin is convenient and available year round.
- Unopened canned pumpkin is safe to eat for up to 5 years after the 'use by' or 'best by' date if the can has no dents, rust or swelling.
- Once opened, canned pumpkin can be kept in the refrigerator for 3 to 4 days.



New England Pie

Pumpkin is a very good source of vitamins A and C, potassium and fiber.



Winter Luxury



Jack Be Little



Baby Boo



Baby Pam



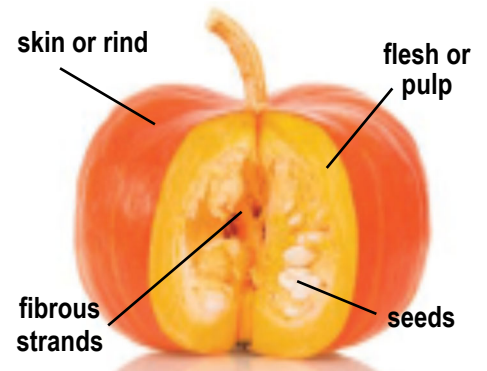
Fairytale

Shop and Save



- * Pumpkins are a type of winter squash available in October and November.
- * Pumpkins grown for cooking are called "pie pumpkins" and usually weigh from 2 to 10 pounds. Their flesh makes a smooth and flavorful puree.
- * Choose pie pumpkins that are firm and heavy for their size, without cracks or soft spots.
- * Each pound of uncut pumpkin will provide 1 to 1½ cups of cooked puree.
- * Seeds can be dried and saved for growing pumpkins next year.

The Parts of a Pumpkin



Store Well Waste Less



- Store whole pumpkins in a cool, dark and dry place for up to 3 months.
- Scrub pumpkins under running water before cutting or cooking. Once cut, wrap tightly and store in the refrigerator for up to 1 week.
- Freeze cooked or unused canned pumpkin to use later. Package in airtight containers and use within 1 year.
- Roast the seeds from any type of pumpkin.

Pumpkins grown for carving are often large and have a thinner wall of flesh that can be cooked but the texture and flavor are not pleasant.

Enjoy Pumpkin

Pumpkin Breakfast Cookies

Ingredients:

- 1 can (15 ounces) pumpkin (1¾ cup)
- 1 cup packed brown sugar
- 2 eggs
- ½ cup vegetable oil
- 1½ cups all-purpose flour
- 1¼ cups whole-wheat flour
- 1 Tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- ¼ teaspoon ground ginger
- ½ teaspoon salt
- 1 cup raisins or other dried fruit
- 1 cup chopped nuts, any type



Directions:

1. Preheat oven to 400 degrees F.
2. In a large bowl, stir together pumpkin, brown sugar, eggs and oil. Mix well until smooth.
3. In another bowl, stir the flours, baking powder, cinnamon, nutmeg, ground ginger and salt together. Add to the pumpkin mixture and mix well.
4. Stir in raisins and nuts.
5. Drop the dough by a tablespoon on to a greased baking sheet, 1 inch apart.
6. Gently flatten each cookie with the back of a spoon.
7. Bake 10 to 12 minutes until tops are dry and begin to brown.

Makes 48 cookies

Prep time: 20 minutes

Cooking time: 10 to 20minutes per baking sheet

Turkey Pumpkin Chili

Ingredients

- 1 teaspoon vegetable oil
- 1 pound ground turkey (15% fat)
- ⅔ cup chopped onion
- ½ cup chopped green pepper
- 2 cloves garlic, minced
- 1 can (15 ounces) kidney beans, drained and rinsed
- 1 can (15 ounces) white beans, drained and rinsed
- 1 can (15 ounces) pumpkin (1¾ cup) 1 can (15 ounces) diced tomatoes
- 2 cups low-sodium broth
- 2 Tablespoons packed brown sugar
- 1 package (1.25 ounces) taco seasoning



Directions

1. Heat oil in a large saucepan on medium heat; add turkey, onion, green pepper and garlic.
2. Cook and stir, breaking turkey apart until it is browned and vegetables are tender.
3. Stir in beans, pumpkin, tomatoes, broth, brown sugar and seasoning.
4. Bring to a boil, then reduce heat to low. Cover and simmer for 1 hour, stirring occasionally.
5. Refrigerate leftovers within 2 hours.

Makes about 10 cups

Prep time: 15 minutes **Cook time:** 1½hours

Pumpkin Pudding

Ingredients

- 1 can (15 ounces) pumpkin or 2 cups cooked mashed squash
- 1/8 teaspoon salt
- 2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)
- 1 1/2 cups nonfat or 1% milk
- 1 package (makes 4 servings) instant vanilla pudding mix



Directions

1. In a large bowl, mix pumpkin, salt and pumpkin pie spice together.
 2. Slowly stir in milk and mix well.
 3. Add instant pudding mix and stir for 2 minutes until it thickens.
 4. Refrigerate until serving time.
- Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 10minutes

Pumpkin Smoothie in a Cup

Ingredients

- 2/3 cup low-fat vanilla yogurt or 1 container (6 ounces)
- 1/4 cup canned pumpkin
- 2 teaspoons brown sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg (optional)



Directions

1. Combine all ingredients in a bowl or blender.
2. Mix until smooth and serve.
3. Refrigerate leftovers within 2 hours.

Notes

- Top with granola or nugget type cereal for extra crunch.
- Extra canned pumpkin can be frozen to use later in main dishes, soups, chili or baked goods.
- Tastes great as a dip with cut fruit or graham crackers.

Makes 1cup

Prep time: 5 minutes

TEXAS A&M AGRI LIFE EXTENSION

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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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