



Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

September 2020



Mark Your Calendar

**County Extension Education
Association Meeting**
Monday, September 28, 2020
9:30am

San Patricio County Extension Office



2020-2021 Yearbook Update

Thanks to Marsha and team for reviewing
the 2020-2021 yearbook.
Copies are available on request.

SAVE THE DATE

**COMING
UP**

**District 11 EEA
Fall Training & Planning Meeting**
TBA

Additional information in October
newsletter.



**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

Doctor Visits and Getting Medicines

Talk to your doctor online, by phone, or email

- Use telemedicine, if available, or communicate with your doctor or nurse by phone or e-mail.
- Talk to your doctor about rescheduling procedures that are not urgently needed.

If you must visit in-person, protect yourself and others

- If you think you have COVID-19, notify the doctor or healthcare provider before your visit and follow their instructions.
- Cover your mouth and nose with a mask when you have to go out in public.
- Do not touch your eyes, nose, or mouth.
- Stay at least 6 feet away from others while inside and in lines.
- When paying, use touchless payment methods if possible. If you cannot use touchless payment, sanitize your hands after paying with card, cash, or check. Wash your hands with soap and water for at least 20 seconds when you get home.

Limit in-person visits to the pharmacy

- Plan to order and pick up all your prescriptions at the same time.
- If possible, call prescription orders in ahead of time. Use drive-thru windows, curbside services (wait in your car until the prescription is ready), mail-order, or other delivery services. Do the same for pet medicine.
- Check with your doctor and pharmacist to see if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.

Potato Basics



Russet - bake, mash, roast

potatoes are loaded with
vitamin C and potassium.



Purple- boil, steam, roast, salads,
soups, stews



White - all ways



Red - boil, steam, roast,
salads, soups, stews



Yellow - all ways



New, Petite
(any potato harvested young)
boil, steam, roast



Fingerling - bake, steam, roast

Store Well Waste Less

- Potatoes keep best where it is dark, cool and well ventilated.
- Store in a cabinet or drawer so light will not cause the skin to turn green and bitter. Avoid storing under the sink or near appliances that get hot.
- Store in a cool place but not in the refrigerator. Temperatures below 45 degrees F can change flavor and texture.
- Store in a paper bag or a plastic bag with holes that allow air flow.
- Scrub potatoes under running water just before cooking.
- If potatoes turn green or sprout but are firm, they are safe to eat. Cut those parts away before cooking.
- Put raw cut potatoes in a bowl of cold water with a splash of vinegar or lemon juice to keep them from turning brown.

Shop and Save



- * Choose clean, smooth, firm potatoes with no cuts, bruises, sprouts or green skin.
- * Potatoes are available year round. For best quality, buy the amount you can use within a few weeks.
- * Potatoes are also available frozen, canned and dehydrated.



Enjoy Potatoes

Potato Pals

Ingredients:

- 1 pound potatoes, cut in cubes
- 1 Tablespoon vegetable oil
- ½ teaspoon salt
- ½ teaspoon garlic powder or 2 cloves garlic, minced



Directions:

1. Preheat oven to 400 degrees F.
2. In large bowl, stir together potatoes, oil, salt and garlic powder.
3. Lay potatoes out on a baking sheet.
4. Bake until potatoes are soft, about 20 minutes. Toss a couple times while roasting.
5. Refrigerate leftovers within 2 hours.

Makes 3 cups

Prep time: 10 minutes

Cooking time: 20 minutes

Cheesy Potato Soup

Ingredients

- 1 cup chopped onion
- ¼ cup chopped celery
- 1 teaspoon vegetable oil
- 2 cups diced potatoes
- 2 cups low-sodium chicken broth
- ¼ teaspoon pepper
- 3 Tablespoons cornstarch
- 1½ cups low-fat milk, divided
- ¾ cup (3 ounces) shredded cheddar cheese
- 1 Tablespoon bacon bits or 1 slice bacon, cooked and crumbled



Directions

1. In a large saucepan over medium-high heat, sauté onion and celery in oil until onion pieces are clear, about 3 to 5 minutes.
2. Add the potatoes, broth and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 to 25 minutes or until the potatoes are tender.
3. In a small bowl, stir together cornstarch and ¼ cup of milk until smooth. Add remaining milk. Stir into the potato mixture.
4. Cook and stir until thickened and heated through, about 5 minutes. Do not boil.
5. Remove from heat. Stir in cheese until melted. Top with bacon bits. Serve warm.
6. Refrigerate leftovers within 2 hours.

Makes about 6 cups

Prep time: 10 minutes **Cook time:** about 40 minutes

Potato Nachos

Ingredients:

- 1 pound small red potatoes, skins on
- 2 teaspoons oil or cooking spray
- 8 ounces lean ground turkey (15% fat)
- ½ teaspoon chili powder
- ½ cup reduced fat shredded cheddar cheese
- 1 cup lettuce, shredded
- 1 medium tomato, diced
- ¾ cup cucumber, peeled and diced
- 1 Tablespoon cilantro, chopped
- ¾ cup salsa



Directions:

1. Slice potatoes into small circles about 1/4 inch thick.
2. Lightly coat the potato slices with oil (or spray for 3 seconds with cooking spray).
3. Arrange slices on a baking sheet in a single layer. Bake in the oven at 450 degrees for 25-30 minutes, depending on desired darkness.
4. Meanwhile, add ground turkey and chili powder to a skillet. Cook, stirring over medium heat (300 in an electric skillet) for 8-10 minutes or until turkey browns.
5. Remove potatoes from the oven.
6. Transfer baked potatoes to a casserole dish or an oven-safe dish. Top with turkey and sprinkle with cheese. Put back in the oven to melt the cheese, about 2 minutes.
7. Remove from oven and top with lettuce, tomato, cucumber, cilantro, and salsa.
8. Refrigerate leftovers within 2 hours.

Makes: 5 cup

Prep time: 30 minutes

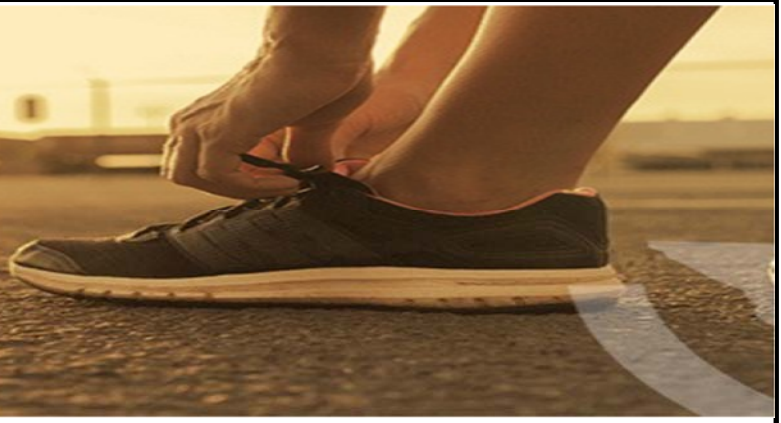
Cook time: 30 minutes

Mashed Potatoes

1. In a medium saucepan, cover with cold water 1½ pounds of potatoes, peeled (if desired) and cubed (about 6 cups).
2. Bring to a boil and simmer until potatoes are soft, about 15 minutes.
3. Drain and mash potatoes, then stir in ½ cup low-sodium broth or milk, 2 Tablespoons low-fat plain yogurt or sour cream, ½ teaspoon garlic powder, ½ teaspoon salt, ¼ teaspoon pepper and 1 Tablespoon margarine or butter, if desired.
4. Serve hot.



Makes about 4 cups.



Walk Across Texas Program begins on Monday, October 5, 2020 and ends on Sunday, November 29, 2020

Through a modest increase in daily activity, most Americans can improve their health. Walk Across Texas is a program that persuades and motivates people of all ages to make that most important change...to get started. It is a program that is simple, inexpensive, and safe. All you need is a team of eight people and a desire to get moving. Teams do not really walk together, although they may if they want to; teams simply poll their mileage each week to work towards toward the chosen destination. So, dust off your walking shoes and prepare to join us in this 8-week journey across Texas.

What you need to Start

- ★ Form a team of 8 members, which includes 1 captain and 7 members.
- ★ Pick up your Walk Across Texas Registration Packet at the San Patricio County Extension office or Personnel office starting Friday, September 11, 2020.
- ★ Captains must complete team registration form and return to the Extension office on or before Friday, Sept. 25, 2020.

Then...

- ★ **NEW** → **Captains**, the San Patricio County Walk Across Texas **league code is watL-200904-291710**. You will then create your San Patricio County Walk Across Texas! Team and invite your team members. **Please enter the league code when prompted on the 'Create a Team' form.**
- ★ **NEW** → **All Walk Across Texas participants will need to** establish a Howdy Health Account at <https://howdyhealth.org/programs/howdy-health-registration>.
- ★ **NEW** → Team members will receive an email from their captain to join their team.
- ★ **NEW** → Individuals that complete all information online will receive a T-shirt and be entered in a special door prize drawing at the Wrap-Up Event.

If you have any questions please call the
San Patricio County Extension office
at 361-587-3400.

HOW TO SELECT YOUR MASK

When selecting a mask, there are many choices. Here are some do's and don'ts.



HOW TO WEAR YOUR MASK

Wear a mask **correctly** and **consistently** for the best protection.

- Be sure to wash your hands before putting on a mask
- Do **NOT** touch the mask when wearing it



HOW TO CLEAN YOUR MASK

Masks should be washed regularly. Always remove masks correctly and wash your hands after handling or touching a used mask.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask

Use the highest heat setting and leave in the dryer until completely dry.

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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For additional information contact:

