



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

February 2021



Mark Your Calendar

County Extension Education
Association meeting
TBA

Association meeting date notification
will be mailed to all members.

Aging is not lost youth but a new
stage of opportunity and
strength. *Betty Friedan*

Aim for a Healthy Heart



SAVE THE DATE

2021 District 11 Spring Conference
March 23, 2021
Port Lavaca, Texas
Bauer Exhibit Building

94th Annual TEEA State Conference
September 13-15, 2021
Temple, Texas

95th Annual TEEA State Conference
September 12-14, 2022
Lubbock, Texas

96th Annual TEEA State Conference
September 11-13, 2023
Beaumont, Texas



**Just a reminder we are still in a world
pandemic with Covid-19. Please
remember to utilize the three W's.**



DO

wear your mask
up to the top
of your nose
and under your chin;
snug and
without gaps

- **W**ear face covering (over nose & mouth)
- **W**atch social distancing (6 feet)
- **W**ash hands for 20 seconds

By observing these rules, we can slow the
spread!!!

Cucumber Basics

Shop and Save



Cucumbers are full of water, for good hydration and digestion.

- ✿ The most common types of cucumbers can be found in grocery stores year round.
- ✿ Choose cucumbers that are firm and evenly colored. Avoid those with scars or soft spots.
- ✿ Cucumbers of different shapes, sizes and colors can be found in season at farmers' and specialty markets. In Oregon, this is usually July to October.



Cucumbers belong to the same plant family as squash and melons.

Some Types of Cucumbers



Slicing – most common in grocery

stores and good for eating fresh. Usually 6 to 9 inches long with thick skin.

English

found in some



grocery stores (wrapped in plastic) and good for eating fresh. Usually 1 to 2 feet long with thin skin.



Persian or Cocktail -

found in

some stores (often wrapped or bagged) and good for eating fresh. Usually 4 to 6 inches long with thin skin.



Pickling – common at farmers'

markets and best for fermented or canned pickles but also good for eating fresh. Usually 4 inches long with thin and knobby skin.

Store Well Waste Less



- ◆ Cucumbers store best in a cool place (55 degrees F) in a bag with air flow. If refrigerating, keep up front to protect from over-chilling. Use within a week.
- ◆ Scrub well with a clean vegetable brush under running water just before using.
- ◆ Remove the peel if it is thick or tastes bitter.
- ◆ Tightly wrap cut cucumbers or cover with water in a closed container and refrigerate. Use within a few days.
- ◆ Make refrigerator pickles from any type of cucumber. Use within 3 months.

Enjoy Cucumbers

Refrigerator Pickled Cucumbers

Ingredients:

- $\frac{2}{3}$ cup vinegar (any type)
- $\frac{1}{3}$ cup water
- 1 teaspoon salt
- 2 to 4 teaspoons sugar
- 1 to 2 Tablespoons seasonings (see Notes)
- $1\frac{1}{2}$ cups cucumber slices



Directions:

1. In a small saucepan, heat the vinegar, water, salt and sugar until the mixture simmers. Stir until the salt and sugar are dissolved and remove from heat.
2. Place the seasonings in the bottom of a clean pint-sized glass jar. Add the cucumber slices, packing them closely. Leave about 1/2 inch space at the top of the jar.
3. Fill the jar with the warm vinegar mixture to cover the cucumbers. Close the jar with a clean lid and refrigerate for 1 to 3 days to allow flavors to develop.
4. Store pickles in the refrigerator. Use within 3 months.

Notes:

- Ideas for fresh seasonings: basil, cilantro, dill, garlic, ginger, hot pepper, onion, oregano, thyme.
- Ideas for dry seasonings: bay leaf, celery, cumin or dill seed, dried chili, peppercorn, pickling spice, turmeric
- Try this: 1 clove garlic, 1/8 teaspoon red pepper flakes and 1 teaspoon dill seed.

Makes: 1 pint

Prep time: 20 minutes

Chill time: 1 to 3 days

Cucumber Yogurt Dip

Ingredients:

- 1 small cucumber, peeled, seeded and finely diced or grated (about 1/2 cup)
- 1 cup nonfat or low-fat plain Greek yogurt
- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon garlic powder or 1 to 2 cloves of garlic, minced
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon dried mint or dill or 1 Tablespoon chopped fresh mint or dill
- $\frac{1}{4}$ teaspoon pepper (optional)
- 1 Tablespoon lemon juice or white vinegar (optional)



Directions:

1. Wash hands with soap and water.
2. In a medium bowl, mix all ingredients together.
3. Chill in the refrigerator until serving. Taste and add more seasoning as desired.
4. Refrigerate leftovers within 2 hours.

Notes:

- For a chunkier dip, add more cucumber.

Makes: 1 $\frac{1}{4}$ cup

Prep time: 15 minutes

Grape and Cucumber Salad

Ingredients:

SALAD

- 3 cups grapes, cut in half or quarters
- 3 cups sliced cucumber
- $\frac{1}{4}$ cup thinly sliced green onion

DRESSING

- $\frac{1}{4}$ cup vinegar (any type)
- 1 teaspoon vegetable oil
- 2 teaspoons packed brown sugar
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon hot sauce, optional



Directions:

1. Wash hands with soap and water.

2. In a medium bowl, combine the grapes, cucumber and green onion.
3. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients and hot sauce, if desired.
4. Pour dressing over grapes and cucumbers and stir until mixed. Refrigerate until served.
5. Refrigerate leftovers within 2 hours.

Notes

- For a mild flavor, use cider or rice vinegar or lemon or lime juice in the dressing.

Makes: 6 Cups

Prep time: 15 minutes

TEXAS A&M AGRI LIFE EXTENSION

San Patricio County
219 N. Vineyard
Sinton, Texas 78387-2613

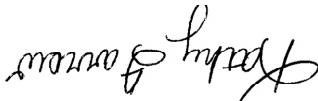
Return Service Requested

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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@tamuedu



For additional information contact: