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Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

January 2021



Mark Your Calendar

County Extension Education
Association Meeting
Monday, January ____, 2021
San Patricio County Extension Office

9:00am - Refreshments
9:30am - Business meeting

2021 A&H Livestock Show
San Patricio County Fairgrounds
January 25-30, 2021

For show schedule go to:
<http://sanpatahshow.com/>

**A&H Show Adult Division has
been cancelled for the 2021 Show.**

If you have District Cultural Arts Show
entries, please contact Kathy
for additional information.



Upcoming Events and Information

STOP CORONAVIRUS!
COVID-19

TAKE CARE OF YOURSELF **KEEP CALM - AND - WASH YOUR HANDS** **LIMIT CONTACTS TO OTHERS** **WE CAN BEAT IT TOGETHER** **WE SHOULD PROTECT ELDERLY PEOPLE FROM CORONAVIRUS** **KEEP HANDS CLEAN** **OLDER PEOPLE NEED PROTECTION FROM CORONAVIRUS** **WE WILL SURVIVE** **STAY HOME SAVE LIVES**



The San Patricio County
Extension Office
will be closed
Monday, January 18, 2021
in observance of



Martin Luther King, Jr. Day

Orange Basics

Shop and
Save



Oranges are high in vitamin C.
Eat the whole fruit for the most fiber.

- ✿ Different types of oranges are available year round but most have the best flavor and cost less when in season. In the United States, this is from November through June.
- ✿ Choose oranges that are firm and heavy for their size.
- ✿ Avoid oranges with cuts, soft spots or mold.
- ✿ For no added sugar, choose oranges canned in 100% juice or water.



Zest is the colorful part of the peel that adds bright citrus flavor.

Some Types of Oranges



Navel orange popular for eating, seedless; dimple on one end

Valencia orange popular for juicing, some seeds



Blood orange deep red flesh, slight berry flavor

Tangelo juicy, easy to peel; bump of peel on one end



Mandarin orange small, easy to peel; includes tangerine, clementine and satsuma

Store Well Waste Less



- ◆ Store whole oranges at room temperature for 2 to 3 days or refrigerate for 2 to 3 weeks. Keep dry; watch for soft spots.
- ◆ Rinse the peel of whole oranges under running water just before using.
- ◆ Refrigerate cut oranges in a closed container for up to 2 days.
- ◆ Grate the zest from an orange before peeling or juicing. Freeze extra zest for up to 3 months.
- ◆ Roll oranges on a hard surface with the heel of your hand before juicing. Freeze extra juice for up to 3 months.
- ◆ Freeze orange segments for snacks or salads for up to 1 month. Spread on a baking sheet, freeze until hard and then package.

Enjoy Oranges

Carrot, Jicama and Orange Salad

Ingredients

- 3 cups cut jicama (1/4x1-inch sticks)
- 1 cup coarsely grated carrot
- 2 cups cut, bite-sized orange segments (any type)
- 2 teaspoons vegetable oil
- 2 Tablespoons orange juice (about 1/2 orange)
- 1 Tablespoon honey or packed brown sugar
- 2 teaspoons lime juice (about 1/2 lime)
- 1/4 teaspoon salt



Directions:

1. Wash hands with soap and water.
2. In a large bowl, mix jicama, carrot and orange.
3. In a small bowl or jar with a tight lid, combine oil, orange juice, honey, lime juice and salt. Mix or shake well.
4. Pour over the salad and stir lightly.
5. Serve right away.
6. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 20 minutes

Notes:

Honey is not recommended for children under 1 year old.

Sunshine Roll-Ups

Ingredients

- 1/2 cup finely chopped celery
- 1/4 cup minced onion (any type)
- 1 1/2 Tablespoons mayonnaise
- 1 teaspoon low-sodium soy sauce
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 cup chopped cooked chicken
- 2/3 cup mandarin orange segments (canned, drained and rinsed, or fresh)
- 2 medium (8-inch) whole-wheat tortillas
- 4 medium lettuce leaves or any type salad greens



Directions

1. Wash hands with soap and water.
2. In a medium bowl, mix celery, onion, mayonnaise, soy sauce, garlic powder and pepper.
3. Gently mix in chicken and orange sections.
4. Lay a tortilla on a clean cutting board or large plate.
5. Place 2 lettuce leaves on a tortilla, trimming or moving leaves to keep them inside the tortilla.
6. Place 1/2 the chicken mixture in the middle of the lettuce.
7. Roll tortilla into a wrap and cut in half. Repeat with other tortilla, lettuce and rest of chicken mixture.
8. Refrigerate leftovers within 2 hours.

Makes 4 half roll-ups

Prep time: 20 minutes

Creamy Fruit Salad

Ingredients:

- 1 cup drained pineapple chunks
- 1 large apple, chopped (3 1/4" diameter)
- 1 banana, sliced
- 1 orange, chopped
- 3/4 cup low-fat piña colada yogurt



Directions:

1. Put pineapple chunks in a medium mixing bowl.
2. Prepare apples, banana and orange as directed and add to bowl.

3. Add yogurt to bowl and mix gently with a spoon until fruit is well coated.
4. Refrigerate leftovers within 2 hours.

Note:

For a different taste, try adding different fruits like grapes, blueberries or peach slices. Try other flavors of low-fat yogurt.

Makes 4 cups

Prep time: 10 minutes

NEW YEAR'S RESOLUTION TIPS

It's that time of year again when many of make New Year's Resolutions or plans we set for ourselves in the new year. Check out these tips to help ensure success in meeting your goals:

Be SMART when Setting Goals:

The most popular New Year's Resolutions often focus on improving health. But, in order to achieve those goals, it is essential to spell out--in detail--exactly what needs to be done.

Experts say to set SMART goals: **S**pecific, **M**easurable, **A**chievable, **R**ealistic and easy to **T**rack:

- **S**pecific goals clearly identify the action to be taken, such as "I will walk ..."
- **M**easurable goals identify how much to do. They'll provide a way to be accountable so add numbers and time frames to your goals: "I will walk for 30 minutes a day..."
- **A**chievable goals identify actions that are possible for your situation. For example, if you are always pressed for time before and after work, maybe "I will walk for 30 minutes a day over my lunch hour" is achievable for you.
- **R**ealistic goals identify actions that are reasonable for your situation. If your job keeps you from walking at lunch every day, how many days can you expect to get away at noon?
- **T**rackable goals help you gauge your progress. Can you check off an accomplishment on your calendar just as you had planned?

Once you have set SMART goals, follow these simple tips to help ensure success:

- **Time management** - Don't let busy schedules keep you from following through. Remember, research shows that three 10-minute walks are just as beneficial as one 30-minute excursion.
- **Individualize your plan** - Pick an activity that you like to do. Choose a couple of activities and switch them up every now and then. This not only prevents boredom but also allows you to challenge your body in different ways.
- **Pace yourself** - Especially if you are just beginning to engage in physical activity, start slow and gradually increase your activity level as you gain stamina. Overdoing it increases your risk of injury and may cause burnout.
- **Support system** - Find a partner to join you. Knowing that someone else is counting on you helps increase the likelihood that you will follow through. (Hint: Your best partner for physical activity may be your dog! Dogs always want to go out to walk or play fetch, and they rarely call to say they have a conflict!)

Millions of Americans make resolutions every January hoping to improve their health by losing weight, getting fit, or eating healthy. Make this the year you and your family lead a healthier lifestyle by following these 4 tips:

TIP #1 - Eat the Right Amount of Calories for You: Everybody requires a different amount of calories depending on their age, gender, height, weight, and physical activity level. To determine the appropriate amount of calories for you, enter your information into the [Daily Food Plan](#) by USDA's MyPlate to receive a personalized plan.



TIP #2 - Build a Healthy Plate by Following the MyPlate Guidelines:

- Find your healthy eating style and maintain it for a lifetime.
- Make half of your plate fruits and vegetables.
- Move to low-fat or fat-free milk or yogurt.
- Make at least half your grains whole grains.
- Vary your protein routine.
- Make small changes.



TIP #3 - Choose an Eating Style Low in Saturated Fat, Sodium, and Added Sugars: Consuming foods high in solid fats, added sugars, and salt may increase the risk of certain chronic diseases. Drink water instead of sugary drinks and select fruit for dessert. Add spices or herbs to season food instead of adding salt and compare sodium in foods like soup, bread, and frozen meals. Eat cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs in moderation.



TIP #4 - Be Physically Active Your Way: It is important to be physically active your way. Start by doing what you can and picking activities you like. To gain the most health benefits, adults should aim for at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity each week and youth should do 60 minutes (1 hour) or more of physical activity daily.



TEXAS A&M AGRI LIFE EXTENSION

San Patricio County
219 N. Vineyard
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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.

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