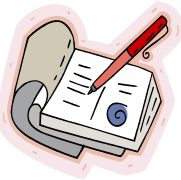




*Sharing is caring with TEEA*

Kathy Farrow, Family and Community Health Agent

June 2021



## Mark Your Calendar

County Extension Education  
Association meeting  
Monday, June 7, 2021  
10:00am  
Marsha Wellman  
1869 South Saunders  
Aransas Pass, Texas

*2021 Friend to Friend "Pink" Event  
was a great success!  
A special thanks to the  
San Patricio County Extension Club  
members and Jan Whitehead.*



San Patricio County  
Family & Community  
Health & Ag/Natural  
Resources



In observance of  
**Independence Day**  
the San Patricio County  
Extension Office will be  
**closed Monday, July 5, 2021.**



## SAVE THE DATE

### 2021 State Conference Information

93rd State Conference  
September 13-15, 2021  
Temple, Texas

Mayborne Conference Center

"Happy Days are Here Again" with Roaring 20's  
Fashion Show during the Banquet.

Host Districts are District 3  
Wanda Lacey, Director and  
District 8-July Hutchinson, Director

Rooms will be available Sept. 13-15, 2021.

The first hotel is currently closed.

The second hotel is Candlewood Suites and address  
is 1850 Scott Blvd, Temple.

Rooms are \$85.00 and **NO** breakfast is included in  
the price. Hotel phone number is 254-773-8342

The third hotel is Fairfield Inn and Suites and address  
is 1402 Southwest HK Dodgen Loop and **NO**  
breakfast is included in price. Rooms  
are \$91+tax with **NO** breakfast included.  
254-771-3030

# Green Beans Basics

## Shop and Save



- Choose fresh greens with a bright green color and firm texture; they should snap easily when bent.
- Beans should be mostly smooth on the surface. Large bumps may mean that the bean is less tender to eat.
- Fresh green beans may cost less when in season locally. In Oregon, this is usually July through September.
- Frozen and canned green beans can save you money and time for most recipes.
- Look at unit price tags on the grocery store shelf to compare the cost of different brands and package sizes of green beans.

Green beans are a good source of vitamin K and vitamin C.



**1 pound fresh green beans =  
about 3 cups when cut or  
2 cups cooked**

## Types of Canned Frozen Green Beans

### Whole



### Cut - Beans sliced crosswise.



### Julienned or French Cut - Beans sliced lengthwise.



For color variety, try yellow wax beans. Use them just like green beans.



## Store Well Waste Less



- Refrigerate fresh green beans in an open or perforated bag. Rinse under running water just before using.
- Freeze fresh green beans for longer storage. For best color and flavor, blanch first. Package in airtight containers, label and use within 8 to 12 months.
- Canned beans are safe to eat up to 2 to 5 years after the 'best by' date as long as the can shows no dents, rust or swelling. After opening, refrigerate for up to 3 to 4 days.

*Green beans  
are also known  
as string beans  
or snap beans*

# Enjoy Green Beans

## Creamed Green Beans and Potatoes

### Ingredients:

- 2 Tablespoons vegetable oil
- 2 Tablespoons flour
- ¼ teaspoon basil
- ¼ teaspoon rosemary
- ¼ teaspoon salt
- pepper to taste
- 1 cup nonfat or 1% milk
- 2 cups frozen green beans
- 2 cups cooked new potatoes
- ½ cup sliced mushrooms



### Directions:

1. Heat oil in a small saucepan; blend in flour.
2. Slowly add basil, rosemary, salt, pepper, and milk.
3. Cook and stir constantly until thickened.
4. Add beans, potatoes, and mushrooms and heat through.
5. Refrigerate leftovers within 2 hours.

### Notes

- Try adding other seasonings with the milk, such as oregano and garlic.
- Try using other vegetables, such as frozen peas or asparagus cuts.

**Makes:** 4 cups

**Prep time:** 10 minutes

**Cooking time:** 15 minutes

## Creamed Green Beans and Potatoes

### Ingredients:

- 1 pound fresh green beans
- ¼ cup finely chopped onion
- ¼ cup chopped ham
- 1 Tablespoon olive oil or butter
- salt and black pepper to taste



### Directions:

1. Snap the ends off the green beans and rinse the beans in water.
2. Place the green beans in a pan of boiling water over medium high heat. Cover and cook beans for 6 to 8 minutes. Drain off the water.
3. Heat the oil in a large skillet. Add the onions and ham. Stir and cook for 2 to 3 minutes.
4. Add the cooked green beans and 1/4 cup water to the skillet. Stir and cook for 4 to 5 minutes.
5. Refrigerate leftovers within 2 hours.

**Makes:** 3 cups

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

## Cook Fresh Green Beans

Leave whole or cut to any size. Snap or cut off the stems and ends, if desired. Use any of these cooking methods to reach the tenderness you like

- ✿ **Boil** - Add beans to boiling water, cover and cook 3 to 8 minutes.
- ✿ **Microwave** - Place beans in a covered dish with 2 Tablespoons water. Microwave on high for 2 minutes and test for doneness. Add 30 seconds more and test again. Continue until done.
- ✿ **Steam** - Add beans to a steamer basket over boiling water. Cover and cook for 3 to 7 minutes.
- ✿ **Sauté or Stir-fry** - Heat beans in a small amount of vegetable oil over medium-high heat. Stir occasionally for 5 to 10 minutes.

Green Bean Topping Ideas	<i>Dried cranberries or chopped nuts</i>
	<i>Chopped ham or crumbled bacon</i>
	<i>Lowfat Italian salad dressing</i>

# TEXAS A&M AGRI LIFE EXTENSION

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

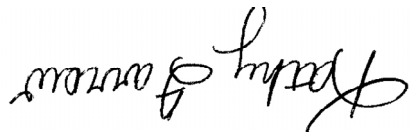
*Return Service Requested*

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, Allrecipes.com, Eatright.org, Food and Health Communications, University of New Jersey, and Foodhero.org.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

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:



# Congratulations!

2021

## San Patricio Extension Education Association Scholarship Winners



**Jenna Howard** is an Gregory-Portland 4-H Club member and plans to attend Texas A&M University in College Station and major in Allied Health. Jenna's parents are Jeff and Kristen.



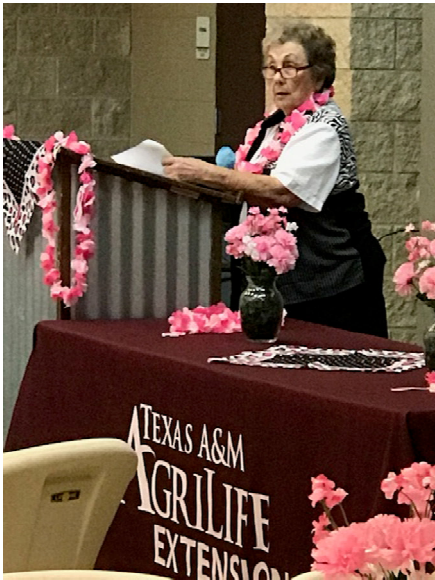
**Emily Mutchler** is a Sinton FFA member and plans to attend Texas A&M University in College Station and major in Animal Science. Emily's parents are Layne and Elizabeth.



**Trinity O'Brien** is a Clover T 4-H Club member and plans to attend Texas A&M University in College Station and major in Agribusiness. Taylor's parents are John and Shannon O'Brien.



# 2021 Friend to Friend "Pink" Event



L'Ella Andrews  
Mistress of Ceremony



Virginia Lopez  
Cancer Survivor Speaker



L'Ella Andrews, MC and  
Cynthia Gonzales, Keynote Speaker



Cynthia Gonzales, Keynote Speaker



San Patricio EEA members



San Patricio EEA members



Felicia Espinoza, BLT Nutrition Associate  
Pink Event exhibitor