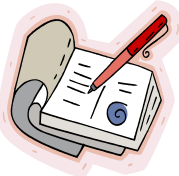




Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

March 2021



Mark Your Calendar

County Extension Education
Association meeting
Monday, March 29, 2021
10:00am
Aransas Pass
(call for directions)

SAVE THE DATE

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



San Patricio Diabetic Support Group Meeting Zoom or in-person meeting

Tuesday, April 6, 2021
10:00 to 11:30 a.m.

San Patricio County Dept. of Public Health
Training Room #101
313 N. Rachal Street,
Sinton TX 78387

"Blindness & Diabetes"

Presented by:
Monica Guerrero

VP of Programs and Community Outreach
Prevent Blindness Texas

To register, call or email Kathy Farrow at
361-587-3400 or k-farrow@tamu.edu



March National Nutrition Month



For National Nutrition Month®2021, the Academy of Nutrition and Dietetics recommends people adjust their eating habits to address the nutritional needs of their bodies during all stages of life.

- **30s to 40s** - Continue to eat a variety of nutritious foods, especially plenty of fruits and vegetables, whole grains and beans, peas and lentils for vitamins, minerals, antioxidants and dietary fiber.
- **40s to 50s** - Fine tune your healthful eating habits and continue to incorporate regular physical activity as your body changes due to fluctuating hormones and slowing metabolism. Also continue to focus on ways to limit foods and beverages with added sugars, salt and saturated fat.
- **60s and beyond** - Continue to include a variety of protein-rich foods to maintain bone strength and incorporate strength-building activities to maintain muscle. Good sources of protein include seafood, lean cuts of meat, eggs, beans, tofu and nuts. Animal-based protein foods also provide vitamin B12, which is a concern for some older adults. Foods also maybe fortified with vitamin B12 or a supplement maybe recommended by your health care provider.

Broccoli Basics

Shop and Save



- * Choose fresh broccoli with a firm stem and tightly packed, dark green heads.
- * Avoid broccoli that looks limp, has an odor or has buds opening to show yellow.
- * Fresh broccoli is available year round but may be freshest and cost less when in season. In Oregon, this is usually June through October.
- * Pre-cut and bagged fresh broccoli usually costs more than broccoli heads.
- * Frozen broccoli is often a good buy and can be used in many recipes.

Store broccoli in the refrigerator in a loose bag with airflow.

Broccoli stalks are nutritious, too! Cut them in even slices or strips so they cook quickly.

Broccoli is an excellent source of vitamins A, C and K



Some Types of Broccoli

Broccoli – most common type at the grocery store.



The heads and stems are full of nutrients and are good to eat.

Chinese broccoli

– found at some grocery stores and specialty markets.



Its large leaves, stems and small heads have a strong broccoli flavor.



Broccolini – a cross between broccoli and Chinese broccoli. Its small dark heads and long thin stalks are

sweet and tender.

Store Well Waste Less

- ◆ Refrigerate broccoli in a loose bag with airflow. For best quality, use within a week.
- ◆ Pre-cut broccoli (from the store or cut at home) loses freshness faster; use in 2 to 3 days.
- ◆ Rinse broccoli under running water just before using.



- ◆ Peel heavy or woody stems before cooking. Cut stalks in similar-sized pieces for even cooking.
- ◆ Freeze broccoli for longer storage. Blanch first for best color and flavor.

Broccoflower

– a cross between broccoli and cauliflower. Its bright, light green heads taste like cauliflower when eaten raw and more like broccoli when cooked.



Enjoy Broccoli

Fix Broccoli Many Ways

- ✿ Serve raw in a salad, on a veggie tray with hummus or low-fat dip or grate the stalk to use in slaw.
- ✿ Toss with a small amount of oil and roast at 400 to 450 degrees F.
- ✿ Steam in a steamer basket over boiling water in a covered saucepan.
- ✿ Microwave on high in a small amount of added water.
- ✿ Sauté in a small amount of oil.
- ✿ Boil in enough water to cover.

Cook only until tender. Overcooking may cause broccoli to turn an olive-green color and have an unpleasant sulfur odor.

Cooking time depends on size of pieces. Test by poking with a fork.

Broccoli & Everything

Ingredients:

- 3 cups chopped broccoli (fresh)
- 1 medium carrot, diced
- 2 stalks celery, thinly sliced
- ½ cup raisins
- ¼ cup chopped onion
- 1 cup diced cooked protein (ham, chicken, turkey or tofu)
- ¼ cup low-fat mayonnaise
- ½ cup nonfat or low-fat plain yogurt
- 1 Tablespoon sugar
- 1 teaspoon vinegar



Directions:

1. In a large bowl, mix together broccoli, carrot, celery, raisins, onion and protein.
2. In a separate bowl, mix together mayonnaise, yogurt, sugar and vinegar.
3. Add mayonnaise mixture to salad and mix well.
4. Refrigerate leftovers within 2 hours.

Notes:

- Try adding apples or jicama.
- You can use dried cranberries instead of raisins.
- This salad can be prepared the day before and stored in the refrigerator.

Makes: 5 cups

Prep time: 15 minutes

Sesame Noodles with Broccoli and Chicken

Ingredients:

- 8 ounces whole-wheat spaghetti noodles
- 1 Tablespoon sesame seeds
- 2 Tablespoons sugar
- 3 Tablespoons low-sodium soy sauce
- 2 Tablespoons vinegar (try rice or cider)
- ¼ cup vegetable oil
- 1 ½ cups bite-sized cut broccoli (fresh or frozen)
- 3 cloves minced garlic or ¾ teaspoon garlic powder
- 1 ½ cups diced cooked chicken



Directions:

1. Wash hands with soap and water.
2. Cook pasta according to package directions. Set aside.
3. While pasta is cooking, toast sesame seeds in a small skillet over medium heat. Stir often until they turn light brown.
4. In a small bowl, mix together sugar, soy sauce and vinegar. Set aside.
5. Heat oil in large skillet over medium heat (300 degrees F in an electric skillet). Add broccoli and cook for a few minutes. Add garlic and then cook until broccoli is done.
6. Add chicken and cook until heated through.
7. Add drained pasta and soy sauce mixture and mix well. Sprinkle sesame seeds on top.
8. Refrigerate leftovers within 2 hours.

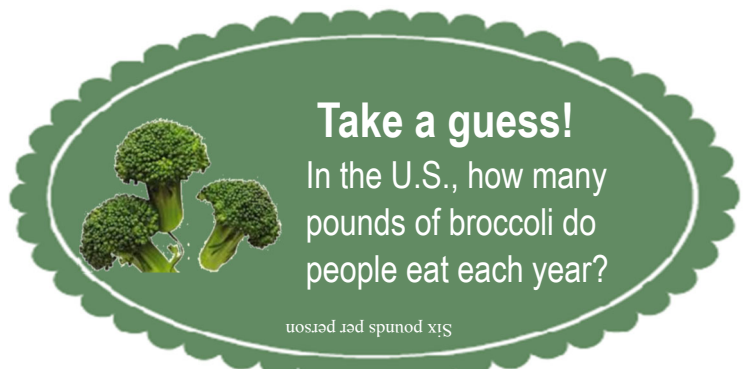
Notes:

- Substitute diced firm tofu or a can of drained and rinsed garbanzo beans for chicken. When using tofu, add to skillet in step 5.
- Try with other vegetables such as peas or green beans or a mixture of any you have on hand.
- Flavor boosters: red chili flakes, sliced green onions, and a teaspoon of sesame oil. Try any or all!

Makes: 8 cups

Prep time: 10 minutes

Cooking time: 30 minutes



TEXAS A&M AGRI LIFE EXTENSION

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

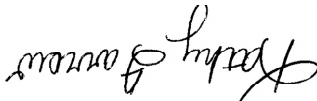
Return Service Requested

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.

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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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For additional information contact: