



San Patricio Extension Education Association News



Sharing is caring with TEEA

January 2022

Mark Your Calendar

January 17, 2022

Extension office closed

January 24-29, 2022

A&H Show

January 24, 2022

Cultural Arts Check-In

January 25, 2022

Foods Check-in

January 25, 2022

4-H Extra Special Livestock Show

February 1, 2022

Diabetes Support Group Meeting

April 28, 2022

Friend to Friend "Pink" Event



The San Patricio County Extension Office will be closed Monday, January 17, 2022.



PLASTIC COVERS FOR SALE

The Extension Office has covers for the A&H Show Homemaking Foods Division.

All containers are \$1 each.

Covers available are round cake cover and an 8x8 square container. The covers are being offered on a first come-basis.

Checks can be made payable to the San Patricio 4-H Council.



San Patricio Diabetic Support Group Meeting Tuesday, February 1, 2022

10:00 to 11:30 a.m.

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



"Healthy Eating for Optimal Diabetes Management"

Presented by:

Shelby Cook-Peña, MS, RDN, LD
Community Registered Dietitian
Dietitian for Diabetes Hands On
Coastal Bend Food Bank

The following resources and information are available on our Facebook page.

- COVID-19 information
- Healthy recipes
- Disaster information
- Exercise ideas
- Texas Commodity facts



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



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<https://sanpatricio.agrilife.org>



How to Grow Microgreens

- 1** Microgreens are mini versions of full-grown plants – grow them in small spaces and harvest and eat them while they are still small.
- 2** Pre-soak large seeds (such as sunflower, peas) overnight for quick, even sprouting.
- 3** Moisten potting soil and place at least 1½ inches into a clean container (recycled berry, milk or mushroom containers work great).
- 4** Smooth the soil surface flat. Evenly sprinkle seeds closely together onto the soil. Gently press the seeds into the soil surface.
- 5** Mist the soil until it is just damp. Cover the container to block light out and hold in moisture. Aluminum foil or a dinner plate work well. Check and mist every 12 hours.
- 6** Once seeds have sprouted (around 3 to 4 days), remove the cover and place the container in a bright window or under a lamp.
- 7** Check moisture daily and mist if surface is dry. Rotate container to keep greens growing straight.



PLANTING SEASON AND LOCATION

- ✿ Year-round planting indoors is best with light from a window or table lamp.

INDOOR LIGHTING TIPS

- ✿ A lamp can be as close as 3 inches above the top of the plants and should be on during normal awake hours (15 hours a day is ideal).
- ✿ Dim light will cause the microgreens to lean towards the light, creating “leggy” but edible plants.

SEED TIPS

- ✿ Seeds from past growing seasons work great for growing microgreens!
- ✿ If you are unsure if old seeds will grow, test some of them out as microgreens. Plant extra seeds to help ensure some will grow.
- ✿ To avoid wasting seeds, measure out a small amount, such as 1 teaspoon. See how much grows. For your next batch, adjust the amount of seeds as needed.

KEY PESTS AND DISEASES

Microgreen seeds and/or seedlings can rot or get moldy if the soil is too wet and cold.



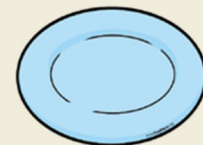
Seeds



Potting Soil



Light Lamp or window



A cover for your growing containers



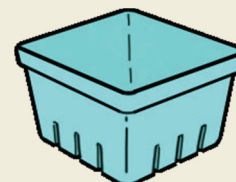
Cup to pre-soak large seeds



Spray bottle filled with water



Clean scissors



Flat, clean growing container 2 to 3 inches deep with drainage holes

SOME TYPES TO GROW

Mild: Broccoli, cabbage, cilantro*, chard, kale, peas, sunflower

Spicy: Arugula, mustard greens, radish

* Might take longer to harvest but worth the wait



When and How to Harvest

☀ Many microgreens are ready to eat in 10 to 14 days. Use clean scissors to cut off above the soil.

Storage and Cooking

☀ Best plan is to harvest, rinse, and use right away. To store, wrap in a paper towel and place in a plastic bag for 1 to 2 days in the refrigerator.

☀ Microgreens are packed with nutrients, even more than their full-grown plant, and they add a burst of flavor,

texture and color to meals.

☀ Microgreens grow super-fast and are easy for kids' hands to rinse and then sprinkle on meals to promote cooking and tasting!

☀ Try growing and tasting different types of microgreens to find which type or mixture you like best!



Cilantro Lime Tuna Wrap

Preparation Time: 15 minutes

Makes: 5 wraps

Ingredients:

- 3 Tablespoons **lime juice**
- 2 Tablespoons **mayonnaise**
- 2 cans (5 ounces each) **tuna** in water, drained
- $\frac{2}{3}$ cup **cilantro**, chopped and loosely packed
- 2 **green onions**, chopped or $\frac{1}{2}$ teaspoon onion powder
- 1 cup chopped red **bell pepper**
- 1 **jalapeno**, minced (ribs and seeds removed)
- 5 medium flour **tortillas**
- 1 cup, **microgreens**, or shredded **lettuce** or 5 small **lettuce leaves**

No peppers?

Use 1 cup diced **celery** and $\frac{1}{4}$ cup canned **green chiles**.

Directions:

1. Wash hands with soap and water.
2. Mix lime juice and mayonnaise together in a small bowl. Add tuna, cilantro, onions and pepper and mix until evenly coated.
3. Divide tuna mixture between 5 tortillas. Spread to edges.
4. Top with lettuce and/or microgreens and fold or roll into a wrap.
5. Refrigerate leftovers within 2 hours.



Articles and recipes from Foodhero.org, Learning Zone University of Nebraska-Lincoln Extension, Geniuskitchen.com, fruitsandveggiesmatter.org, Produceforkids.com and Eatright.org.

The content of this newsletter is not intended to provide medical advice; this should be obtained from a qualified health professional. References to commercial product or trade name are made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information or veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

2022 A&H Show Homemaking Division Volunteers Needed!

Please call Kathy or Vickie at 361-587-3400 to volunteer.

San Patricio County Fairgrounds Civic Center

Monday, January 24 - Cultural Arts Check-in:

4:00 - 6:00pm

1. _____

Tuesday, January 25 - Foods Check-in:

11:00am - noon

1. Barbara Kain

Judging Assistants & Display Set-up:

Tuesday, January 25 - Cultural Arts Division

1:00pm - ?

1. _____

2. _____

A&H Show Homemaking Division Room Monitors Thursday, January 27, 2022

I need at least 9 volunteers. Please let me know by Friday, January 14, 2022 who your club volunteers will be.

8:45 - 11:00 am

1. _____

2. _____

3. _____

11:00am - 2:00pm

1. Barbara Kain

2. Nancy Henderson

3. Irene Irey

2:00 - 5:15pm

1. _____

2. _____

3. _____

ADULT DIVISION (18 AND OVER)

GENERAL RULES

1. Entry Fee \$3.00 per item. No limit on number of entries per exhibitor.
2. Check in for cultural arts – Monday, January 24, 2022 from 4:00 to 6:00 p.m.
Check in for foods – Tuesday, January 25, 2022 from 11:00 a.m. to 12:00 noon
Check out for ALL items – Saturday, January 29, 2022 from 4:00 to 5:00 p.m.
3. No Premium Money awarded, exhibitors will compete for ribbons and rosettes.
4. A BEST IN SHOWSWEEPSTAKES rosette will be awarded in Food and Cultural Arts Divisions.
5. Entries must have been made by the exhibitor only, and that actual item may not have been entered in any previous Adult Division; however, a newly made item in the same class is acceptable. Entries must have been completed within the past year.
6. Refrigeration IS NOT available for food items.
7. Exhibitors to provide food containers, which contain a label naming the class, food item and exhibitor name and recipe.
8. Clothing will be judged on construction only, no modeling.
9. All entries will be assigned an exhibitor number by the Division Chairman; no exhibitor name will be shown until after judging.
10. Score sheets will be handed out at check-out.
11. All entry monies will be used to provide premium money to the San Patricio/Aransas Counties A&H Show Homemaking Division Youth Exhibitors.
12. All exhibitors will be under the control of the General Superintendent, but the organization will in no case be responsible for any loss or damage that may occur to entries or persons.
13. Awards – The decision of the judges will be final in all cases, except when mistakes or misrepresentation not discovered at the time of awards is proven. In such cases they may be referred to the Homemaking Superintendent, from whose decision there can be no appeal.
14. Protest- All protests must be made directly to the Homemaking Superintendent. The Homemaking Superintendent will be in a designated office or place at all times during the day of judging. Printed rules will be followed in all classes.
15. Removal of Exhibits – No article may be removed from grounds without a special form from the Homemaking Superintendent. Time for removal of exhibits will be Saturday, January 29, 2022 from 4:00 to 5:00 p.m.
16. Packaged mixes, ready to serve and ready to bake foods of any type are not eligible for food entries. Those will be disqualified if entered at the discretion of the superintendent except in class 11.
17. Recipes must be attached for all Food Division entries.
18. All canned items must be in a standard canning jar no smaller than a half pint - eight (8) ounces with a two-piece canning lid and must have an airtight seal.
 - a. Jars must be labeled with the name of the contents and the date canned.
 - b. For safety precautions, a committee member at check-in, in the present of the person entering will check for seal qualification.
19. No alcohol, drugs, tobacco, nudity, gambling or unsuitable representation in any division.

FOOD DIVISION

- Class 1 Quick Bread – 1 loaf
- Class 2 Yeast Bread – 1 loaf or 6 rolls
- Class 3 Fruit Pie (no refrigerator, cream or pumpkin)
- Class 4 Pound Cake
- Class 5 Iced Multi-Layer Cake
- Class 6 Cookies Bar – 6
- Class 7 Cookies Drop – 6
- Class 8 Cookies Other – 6
- Class 9 Brownies – 6
- Class 10 Candy – 6
- Class 11 Cake Mix Specialty Cake (must change appearance and/or flavor of cake mix)
- Class 12 Bundt Cake
- Class 13 Jams, Jellies & Preserves – 1 jar
- Class 14 Salsa & Sauces – 1 jar
- Class 15 Pickled Items – 1 jar

CULTURAL ARTS

- Class 16** Afghans, Tablecloths, Bedspreads, Blankets, and Throws – knitted, crocheted, and weaving.
- Class 17** Ceramics, China, Porcelain and Pottery
- Class 18** Craft Painting – tole and decorative, stenciling – may include wood, metal, glass, fabric, and gourds.
- Class 19** Decorated Garments – purchased or handmade – embellished or decorated with fabric, ribbons, trim, stones and/or lace (clothing and accessories)
- Class 20** Fabric Creations – (must be made of fabric) – may include dolls, animals, baskets, pillows, braided rugs, door stops, crochet rag rugs, etc.
- Class 21** Fiber Arts – crocheting, knitting, tatting, macramé and spinning – may include clothing, doilies, scarfs, and other small items.
- Class 22** Garments and Accessories Handmade – sewing
- Class 23** Needlework - needlepoint, crewel, embroidery, candlewicking, smocking and counted cross-stitch.
- Class 24** Machine Embroidery
- Class 25** Any Holiday or Seasonal Decoration – any holiday, any medium
- Class 26** Jewelry – may include beads, clay, paper, shells, stones, watercolor, and wood
- Class 27** **A-1** Painting – Oils
A-2 Painting – Watercolors
A-3 Painting – All Others
B-1 Drawing – Pencil
B-2 Drawing – Charcoal
B-3 Drawing – All Other
- Class 28** Paper – may include note cards and pages
- Class 29** Traditional Scrapbooks (handmade)
- Class 30** Digitally Produced Scrapbooks (Computer – Shutterfly, Creative Memories, etc.)
- Class 31** Photography – photo paper - black and white
- Class 32** Photography – photo paper - color
- Class 33** Photography – any other medium (canvas, glass, wood, and fiber) (no larger than 16x20)
- Class 34** Quilts – smaller than 50" x 70" – hand quilted
- Class 35** Quilts – larger than 50" x 70" – hand quilted
- Class 36** Quilts – smaller than 50" x 70" – machine quilted
- Class 37** Quilts – larger than 50" x 70" – machine quilted
- Class 38** Quilts Twin size or larger - hand or machine quilted – constructed and quilted by 2 or more members
- Class 39** Recycled Items – any medium
- Class 40A** Wall Hanging – not quilted
- Class 40 B** Wall Hanging - quilted
- Class 41** Miscellaneous (items that do not fit any previous category)

**For additional information on the San Patricio/A&H Show go to:
<https://spacahshow.com/>**

**SCHEDULE OF EVENTS 2022
SAN PATRICIO-ARANSAS COUNTIES A&H SHOW**

Subject to Changes as needed!

11-1-2021

SATURDAY, JANUARY 8

5:00 p.m. Queen's Contest, Sinton High School

THURSDAY, JANUARY 20

4:00 p.m. to 6:00 p.m. Pen of 2 Heifers, Check In

FRIDAY, JANUARY 21

Afternoon TBA Pen of Two Heifer Show, Judging

SATURDAY, JANUARY 22

8:00 a.m. Pen of Two Heifer, Interviews
12:00 noon Pen of Two Heifer, Awards
1:00 p.m. Pen of Two Heifer, Auction

SUNDAY, JANUARY 23

8:00 a.m. Check in Check in Horses
9:00 a.m. Horse Show

MONDAY, JANUARY 24

3:00: p.m. to 7:00 p.m. Check in Rabbits

5:00 p.m. to 7:00 p.m. Homemaking Youth: Check in Food, Textile, Clothing, Handicraft, Fine Art and Photography for Judging
Homemaking Adult: Check in Cultural Arts

TUESDAY, JANUARY 25

8:00 a.m. to 9:00 a.m. Homemaking Youth: Check in Food entries not entered on Monday

9:00 a.m. to 2:00 p.m. Check in Hogs

10:00 a.m. Judging of all Homemaking Division entries (closed to public)
11:00 to 12:00 Noon Homemaking Adult: Check in Food entries

8:00 a.m. to 12:00 Noon Special Show

8:00 a.m. to 10:00 a.m. Check in Poultry
12:00 Noon Judging of Poultry

Following Poultry Show Judging of Rabbits

3:00 p.m. to 7:00 p.m. Weigh in and Classify Market Hogs

WEDNESDAY, JANUARY 26

8:00 a.m. Judging of Market Hogs
Division I - Duroc
Division II - Hampshire
Division III - Crosses
Division IV - Yorkshire
Division V - Other Purebred Breeds

SELECTION OF GRAND AND RESERVE CHAMPIONS

THURSDAY, JANUARY 27

8:00 a.m. to 9:00 a.m. Weigh in and sift Meat Goats
 10:00 a.m. Judging Meat Goats
SELECTION OF GRAND AND RESERVE CHAMPION

THURSDAY, JANUARY 27

12:00 Noon Bring in Cattle

12:00 noon. to 2:00 p.m. Check in Ag Mech Projects

2:00 p.m. to 3:00 p.m. Weigh in and Classify Market Lambs
 4:00 p.m. Weigh in and Classify Market Steers and Breeding Beef
 5:00 p.m. Judging of Market Lambs
 Division I - Predominately Southdown or Shropshire
 Division II - Fine Wool
 Division III - Fine Wool Cross
 Division IV - Medium Wool
SELECTION OF GRAND AND RESERVE CHAMPION

FRIDAY JANUARY 28

8:00 a.m. Judging of Ag Mech Projects
 9:00 a.m. to 6:00 p.m. Homemaking Building open to Public

9:00 a.m. Judging of Breeding Beef
 Following Breeding Beef Judging of Market Steers
 Division I – American
 Division II - British
 Division III - Exotic
SELECTION OF GRAND AND RESERVE CHAMPIONS

1:00 p.m. “All Around” Senior Showmanship Contest

3:00 p.m. Ag Mech Awards

SATURDAY JANUARY 29

9:00 a.m. to 3:00 p.m. Homemaking Building open to Public

1:00 p.m. Auction Sale

**San Patricio & Aransas Counties
Adult Homemakers Show**

Exhibitor Number: _____

Division (Circle One) Food Cultural Arts

Class # _____

Item & Description: _____

(FOLD UP TO DOTTED LINE AND TAPE COMPLETED ACROSS)
////////////////////////////////////////////////////////////////////////////////////////////////////////////////////////////////

Exhibitor Name _____

Mailing Address _____

City _____ Zip Code: _____

EEA Club Member: Yes _____ No _____

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Adult Homemakers Show**

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Mailing Address _____

City _____ Zip Code: _____

EEA Club Member: Yes _____ No _____

TEXAS A&M AGRI LIFE EXTENSION

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

Return Service Requested

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information or veteran status. sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Articles and recipes from Foodhero.org, Learning Zone University of Nebraska-Lincoln Extension, Geniuskitchen.com, fruitsandveglessmorematter.org, Produceforkids.com and Eatright.org. References to commercial product or trade name are made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied. The content of this newsletter is not intended to provide medical advice; this should be obtained from a qualified health professional.

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:

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