



# San Patricio Extension Education Association News



*Sharing is caring with TEEA*

February 2022

## Mark Your Calendar

**February 10, 2022**

Sweet Heart Breakfast

**February 21, 2022**

Step Up and Scale Down

**February 28, 2022**

Extension Education Association meeting

**April 28, 2022**

Friend to Friend "Pink" Event



### Sweet Heart Breakfast

February 10, 2022

8:30am - 10:30am

First United Methodist Church

405 West Sinton Street

Sinton, Texas 78387



**Guest Speaker: Kimberly Beck, LCP /Behavioral Health Counselor**

Doors open at 8:00am / Lite Breakfast served at 8:30am

**Free Health Screenings - fasting preferred**



### Step Up and Scale Down

Every Monday for 12 weeks,  
beginning February 21, 2022

5:00pm

First United Methodist Church

405 West Sinton Street

Sinton, Texas 78387

**For additional information or questions, please contact:**

Kathy Farrow  
County Extension Agent  
Family and Community Health  
219 N. Vineyard  
Sinton, TX 78387  
361/587-3400 ▪ office  
361/364-6237 ▪ fax  
k-farrow@tamu.edu

or Megan Skrobarcek, BSN, RN  
Wesley Nurse  
361-424-4220  
MSKrobarcek@mhm.org

### San Patricio County Extension Education Association meeting

Monday, February 28, 2022

10:00am

Marsha Wellman's residence

1869 South Saunders

Aransas Pass, Texas

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

Kathy Farrow  
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# Radish Basics

## Shop and Save



- \* Radishes are root vegetables that come in many colors, shapes and sizes.
- \* Choose radishes that are smooth, firm and brightly colored. If the leafy greens are attached, they should look fresh – not yellow or wilted.
- \* Avoid radishes with cracks or cuts.
- \* Radishes are available year round, but may be freshest and cost less when in season.



## Growing Radishes

- \* Radishes are easy and fun to grow from seed. Many types are ready to eat in 30 days or less.
- \* You can grow radishes outdoors in the ground or in containers. Radishes can also be grown indoors.



Radish microgreens are easy to grow indoors any time of year!

Raw radishes are crisp and crunchy with a peppery taste.



Cooked radishes are tender, mild and sweet.

## Store Well Waste Less



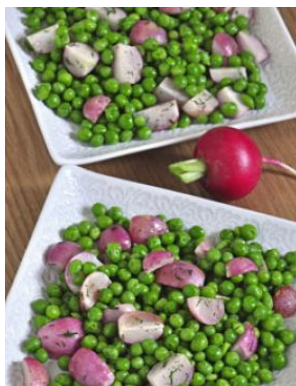
- If the greens are attached, cut them from the radishes before storing. Refrigerate greens in an airtight container to use within 3 days.
- Refrigerate radishes for up to two weeks in a closed container or in an open container covered by a moist towel.
- Rinse radish roots, greens and microgreens under running water just before using.
- Radishes do not freeze well.

# Enjoy Radishes

## Roasted Radishes with Peas

### Ingredients:

- 1 bunch radishes, (approximately 10 radishes) washed, trimmed and cut into quarters
- 2 teaspoons vegetable oil
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- 1 cup peas (fresh, thawed from frozen, or canned and then drained)
- 1 Tablespoon lemon juice
- 1 teaspoon dried dill (optional)



### Directions:

1. Wash hands with soap and water.
2. Preheat oven to 450 degrees F.
3. In a rimmed baking sheet, mix radishes with oil, salt and pepper. Roast in the oven for 10 minutes.
4. Sprinkle peas over the radish mixture and roast until peas are heated through.
5. Remove pan from the oven and sprinkle vegetables with lemon juice and dill, if desired.
6. Refrigerate leftovers within 2 hours.

### Notes:

Freeze extra lemon juice to use later.

**Makes:** 2 cups

**Prep time:** 10 minutes      **Cooking time:** 15 minutes

## Radish and Cucumber Salad

### Ingredients:

- $\frac{1}{4}$  cup nonfat plain yogurt
- $\frac{1}{4}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon each salt and pepper
- 1 bunch radishes (about 10), thinly sliced
- 1 cucumber, cut into thin rounds



### Directions:

1. Wash hands with soap and water.
2. In a large bowl, mix together yogurt, garlic, salt and pepper. Add radishes and cucumber and stir to combine.
3. Cover and refrigerate for at least 15 minutes before serving.
4. Refrigerate leftovers within 2 hours.

### Notes:

- Try adding more seasonings such as onion powder or dill.

**Makes:** 5 cups

**Prep time:** 10 minutes

**Chill time:** 15 minutes

## Braised Radishes

### Ingredients:

- $\frac{1}{2}$  cup water
- 2 Tablespoons sugar
- $\frac{1}{2}$  teaspoon salt
- 30 to 36 radishes, cut in halves or quarters (about 4 bunches)



### Directions:

1. Wash hands with soap and water.
2. In a medium saucepan or skillet, bring water, sugar and salt to a boil.
3. Add radishes and reduce heat to simmer. Cover and cook until radishes are tender and can be pierced with a fork, about 5 to 7 minutes.
4. Uncover and cook until liquid reduces to make a shiny glaze. Serve warm.
5. Refrigerate leftovers within 2 hours.

### Notes:

Radishes are also tasty in a stir-fry or green salad.

**Makes:** 3 cups

**Prep time:** 10 minutes

**Cooking time:** 15 minutes

## Quick Fix

- ✿ Add radishes and radish greens to a stir-fry.
- ✿ Top salads, sandwiches, tacos or stews with sliced radishes or radish microgreens for flavor and crunch.
- ✿ Add sliced or chopped radishes to vegetable or grain salads.
- ✿ Add finely chopped radishes to dips or salsa.





## See RED on Valentine's Day

See "Red" on Valentine's Day and throughout the year. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits and vegetables provide nutrients vital for health and maintenance of your body.

Red fruits and vegetables include tomatoes, red peppers, red onions, beets, red cabbage, kidney beans, red apples, pink and red grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries and pomegranates.

### Some "red" ideas for Valentine's Day (or any day!) include:

- ♥ Heart-shaped pizza: Shape pizza dough into a heart. Or use a heart-shaped cookie cutter to make individual hearts from pizza dough. Spread with your favorite tomato pizza sauce. Add your choice of toppings.
- ♥ Pasta with tomato sauce: For added fun, serve heart-shaped pasta — check with stores offering specialty pasta shapes or order some online.
- ♥ Add a few tiny red hot cinnamon heart candies to a popcorn snack.
- ♥ Tossed salad with such red additions as red bell peppers, cherry or grape tomatoes
- ♥ Make a polka-dotted open-faced peanut butter sandwich. Cut bread into a heart shape, spread with peanut butter and dot with dried cranberries. Or, make a smiley face with the dried cranberries. Another idea would be to purchase some heart-shaped crackers, if available at your local store, to substitute for the bread.
- ♥ Coleslaw made with red cabbage instead of green cabbage or add some red foods as red peppers, red onions or red apples to green coleslaw
- ♥ Oatmeal topped with a heart shape, made with dried cranberries or dried cherries
- ♥ Raspberry smoothie: Put  $\frac{3}{4}$  to 1 cup plain or vanilla-flavored yogurt in a blender. Add a few tablespoons of frozen raspberries at a time; blend until desired consistency.
- ♥ Pink/red grapefruit half topped with a sprinkle of brown sugar
- ♥ Red grapes as a side dish to your sandwich for noontime nibbling

### Sources:

- Fruits, MyPlate, United States Department of Agriculture
- Vegetables, MyPlate, United States Department of Agriculture (USDA)

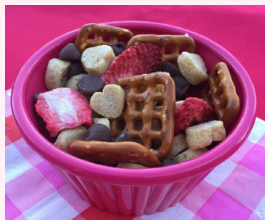
Article originally written by Alice Henneman.  
It was reviewed and updated in 2022.

## Valentine's Day Snack Mix

Yield: 11 servings

### Ingredients:

- ◆ 2 cups pretzels
- ◆ 2 cups heart-shaped cereal
- ◆ 1 cup freeze-dried strawberries
- ◆ 1/2 cup chocolate chips



### Directions:

1. Wash hands with soap and water.
2. Stir together all ingredients.
3. Store in an airtight container.

### Nutrition Information:

Serving Size: 1/2 cup Calories: 118

## A Smoothie for Your Sweetheart

### Ingredients:

- ◆ 1/4 cup low fat yogurt (vanilla or strawberry)
- ◆ 1/2 cup frozen strawberries
- ◆ 1/2 frozen banana
- ◆ 1/3 cup fat-free milk



### Directions:

1. Wash hands with soap and water.
2. Combine all ingredients in a blender.
3. Blend until smooth. Enjoy!

### Nutrition Information:

Serving Size: 1 Calories: 160

## Berry-flower

### Ingredients:

- ◆ 1/4 cup fresh berries\*, washed gently under cool running water
- ◆ 2 teaspoons low-fat cream cheese
- ◆ 1/2 of a whole-wheat mini bagel



### Directions:

1. Wash hands with soap and water.
2. Spread cream cheese on bagel.
3. Decorate with berries!

### Notes:

\*Cut berries in half to reduce choking hazard for young children.

### Nutrition Information:

Serving Size: 1 Calories 90

## Festive Fruit Bark

### Ingredients:

- ◆ 1 (32 oz.) container vanilla Greek yogurt
- ◆ 2 cups frozen strawberries, sliced
- ◆ 2 cups frozen blackberries or blueberries
- ◆ 4 tablespoons strawberry jelly
- ◆ 4 tablespoons blackberry jelly



### Directions:

1. Wash hands with soap and water.
2. Line a 10 x 15 x 1-inch cookie sheet with parchment paper. Spread the yogurt on top of the paper. Place strawberries and blackberries on the yogurt.
3. Drizzle with the strawberry and blackberry jellies. Tap on the counter slightly to help the fruit settle in the yogurt. Freeze for 4 hours. Take the bark out and cut or break into pieces.
4. Store this treat in a zip-close bag in the freezer. Pull it out to enjoy a healthy, frosty snack. You may want to let it thaw 5-10 minutes before eating.



## Strawberry Chocolate Bites

### Ingredients:

- ◆ 1/4 cup diced fresh strawberries, gently rubbed under cold running water
- ◆ 1/4 cup low-fat vanilla yogurt
- ◆ 2 chocolate graham cracker squares



### Directions:

1. Wash hands with soap and water.
2. Spread yogurt on graham crackers.
3. Top with chopped strawberries. Enjoy!

### Nutrition Information:

Serving Size (1 serving): Calories 130

# 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. 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.

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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Health & Ag/Natural  
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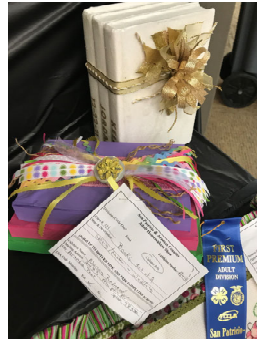
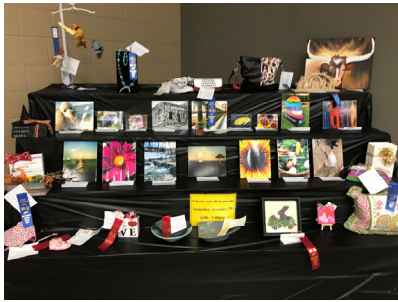
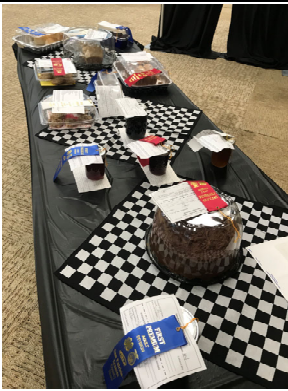
For additional information contact:

San Patricio County  
Family & Community  
Health & Ag/Natural  
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**Food Division Sweepstakes Winner  
Susan Dromgoole - Aransas Pass EE Club  
Iced Multi-Layer Cake**



**Thanks to everyone who  
volunteered at the 2022  
A&H Show Homemaking  
Adult Division!**

Cindy Corbin  
Susan Dromgoole  
Dorothy Glenn  
Nancy Henderson

Shelia Keeney  
Barbara Kain  
Evelyn Sinast  
Marsha Wellman

**2022 A&H Show Homemaking Adult Food Division  
Extension Education Member Results**

**Yeast Bread**

Susan Dromgoole  
Aransas Pass EE Club  
3rd place

**Iced Multi-Layer Cake**

Susan Dromgoole  
Aransas Pass EE Club  
1st place

**Jam, Jellies & Preserves**

Nancy Henderson  
Aransas Pass EE Club  
2nd place

**Cookies Drop**

Barbara Kain  
Aransas Pass EE Club  
3rd place

**Jam, Jellies & Preserves**

Nancy Henderson  
Aransas Pass EE Club  
1st place

Nancy Henderson  
Aransas Pass EE Club  
3rd place

**2022 A&H Show Homemaking Adult Cultural Arts Division  
Extension Education Member Results**

**Fabric Creations**

Nancy Henderson  
Aransas Pass EE Club  
2nd place

**Any Holiday or Seasonal Decorations**

Dorothy Glenn  
Aransas Pass EE Club  
2nd place

**Miscellaneous**

Dorothy Glenn  
Aransas Pass EE Club

**Needlework**

Barbara Kain  
Aransas Pass EE Club  
2nd place

**Recycled Items**

Nancy Redmond  
Aransas Pass EE Club  
1st place

Nancy Redmond  
Aransas Pass EE Club

Dorothy Glenn  
Aransas Pass EE Club  
3rd place