



# San Patricio Extension Education Association News



*Sharing is caring with TEEA*

August 2022



## Mark Your Calendar

**August 2**

**San Patricio Diabetes Support Group**

**August 29**

**Extension Education Association meeting**

**September 5**

**Walk Across Texas begins**

**September 5**

**Extension Office closed'**

**October 13, 2022**

**Public Health Fair  
7:00am-2:00pm  
Portland Community Center Ballroom**



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

Tuesday, August 2, 2022  
10:00 to 10:45a.m.

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



### “Emergency Preparedness for Individuals with Diabetes”

**Presented by:**

Ruben Perez, Public Health Emergency Preparedness Planner  
San Patricio County Department of Public Health

\*Please RSVP to: Virginia Lopez (361) 587-3541, or  
vlopez@sanpatriciocountytexas.gov

**Zoom link:**

[https://us02web.zoom.us/j/85281772529?](https://us02web.zoom.us/j/85281772529?pwd=dTdXMW02czA2QUttNU0ySlZRE1vZz09)  
[pwd=dTdXMW02czA2QUttNU0ySlZRE1vZz09](https://us02web.zoom.us/j/85281772529?pwd=dTdXMW02czA2QUttNU0ySlZRE1vZz09)

**Meeting ID: 85281772529**

**Passcode: 593103**

## San Patricio County Extension Education Association meeting

Monday, August 29, 2022  
10:00am

San Patricio County Extension Office meeting room



## Walk Across Texas Program begins on Monday, September 5, 2022



Through a modest increase in daily activity, most Americans can improve their health. Walk Across Texas is a program that persuades and motivates people of all ages to make that most important change...to get started.

Form a team of 8 members that includes friends, family, or co-workers. Select a team captain. Team captains can pick up a Walk Across Texas Registration Packet at the San Patricio County Extension office or Personnel office on July 31, 2022.

Captains must complete team registration form and return to the Extension office on or before August 29, 2022. **See instructions in Walk Across Texas Registration Guide.**

If you have any questions please call the San Patricio County Extension office at 361-587-3400.

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# Peach Basics

## Shop and Save



Peaches are a good source of vitamin C and fiber.

- ❁ Choose peaches that are smooth and without bruises or green areas. The red blush on some varieties is not a sign of ripeness.
- ❁ Ripe peaches feel heavy for their size and the flesh will give to gentle pressure. Handle peaches carefully to avoid bruising them.
- ❁ Find fresh peaches grown in the U.S. from May through October.
- ❁ Frozen and canned peaches are available year round. To avoid added sugars in canned peaches, look for “Packed in 100% juice.”



yellow peach



white peach



*Peach skin provides fiber and other nutrients. If you don't like fuzzy peach skin, try a nectarine. Nectarines are a type of peach with smooth skin and no fuzz.*

## Types of Peaches

**Freestone** — the flesh pulls away from the pit. Good for eating fresh, baking and preserving.

**Clingstone** — the flesh clings to the pit. These are used mostly for commercially canned peaches but may be available at farmers markets. Best for eating fresh because the pit can be messy to remove.

**Yellow or White** — Peaches of both stone types can have yellow or white flesh. White peaches taste sweeter, even before they are fully ripe. White peaches should not be preserved by any canning method because they are too low in acid to kill harmful bacteria.

## Store Well Waste Less

- ❁ Store peaches at room temperature until ripe. To ripen faster, store in a closed paper bag. To speed ripening even more, add an apple or banana to the bag.
- ❁ Refrigerate ripe peaches in a container with airflow. Use within 3 to 5 days.
- ❁ Gently rub peaches under cool running water just before eating.
- ❁ To reduce browning, cut peaches just before serving. Dipping pieces into water with lemon juice also reduces browning. For each cup of water add 1 Tablespoon lemon juice.
- ❁ Freeze peaches for longer storage. Put pieces on a baking sheet and freeze until firm. Move pieces to labeled freezer containers and use within 8 to 12 months.



# Enjoy Peaches

## Peach and Carrot Smoothie

Makes: 3 cups  
Prep time: 5 minutes

### Ingredients:

- 1 can (15 ounce) peaches, undrained or 1 ½ cups fresh or frozen peach slices and ½ to ¾ cups water or 100% fruit juice.
- 1 cup carrots (frozen, cooked from fresh, or canned and drained)
- 1 medium banana, peeled (fresh or frozen)



### Directions:

1. Wash hands with soap and water.
2. Combine all ingredients in a blender or food processor including the juice from the canned peaches.
3. Blend until smooth. Serve right away.
4. Refrigerate or freeze leftovers within 2 hours.

## Peach Sundae

Makes: 5 cups  
Prep time: 10 minutes  
Cook time: 5 minutes

### Ingredients:

- 1 Tablespoon margarine or butter
- 2 cups chopped or sliced peaches (frozen, canned and drained, or 3 to 4 medium fresh)
- 3 Tablespoons packed brown sugar
- ¼ teaspoon cinnamon
- 3 cups (24 ounces) low-fat yogurt (try peach, vanilla or raspberry)



### Directions:

1. Wash hands with soap and water.
2. Melt margarine in a medium skillet over medium heat (300 degrees F in an electric skillet).
3. Add peaches, brown sugar and cinnamon. Stir occasionally until peaches are hot. Remove from heat.
4. Spoon yogurt into five individual bowls. Top with warm peaches.
5. Refrigerate leftovers within 2 hours.

### Notes:

- For a little crunch, sprinkle with granola, graham cracker or gingersnap cookie crumbs.

## Peach Salsa

Makes: 2 cups  
Prep time: 15 minutes

### Ingredients:

- 1 cup chopped peaches, canned or fresh
- 1 large tomato, chopped
- 1 bell pepper, chopped
- ½ cup chopped onion
- ½ cup chopped cilantro
- 1 Tablespoon lime juice
- ¼ teaspoon each salt and pepper



### Directions:

1. Wash hands with soap and water.
2. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper and stir gently to mix.
3. Cover and refrigerate until ready to serve.
4. Refrigerate leftovers within 2 hours.

### Notes:

- For extra flavor, add cayenne pepper or diced jalapeno peppers.
- Serve with fresh vegetables, crackers or baked tortilla chips.
- Try with tacos, tostadas, fish, chicken, and more.
- Freeze extra lime juice for later.

One pound of peaches =  
About 3 to 4 medium peaches =  
2 cups sliced peaches

### Quick Fix:

- ✿ Add cut peaches to yogurt or any cold or hot cereal for sweetness and flavor.
- ✿ Peaches can be mixed into the batter of pancakes, waffles muffins or bread.
- ✿ Grill fresh peach halves for a simple

# TEXAS A&M AGRI LIFE EXTENSION

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

*Return Service Requested*

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.

Articles and recipes from Foodhero.org, cdc.gov, Learning Zone University of Nebraska-Lincoln Extension, fruitsandveglesmorematter.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.

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For additional information contact:



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# GET BACK ON TRACK

## Reintroduce Healthy Habits During the Pandemic



While COVID-19 isn't gone yet, the incidence of acute hospitalizations and deaths related to the pandemic is on the decline, while unhealthy habits and weight gain have been rising steadily. Now may be the perfect time to get back on the road to good health -- here's how.

### What You Eat



#### Eat Real Meals:

It's tempting to skip meals, but don't do it. People who successfully lose weight and keep it off typically eat three meals per day, including breakfast.



#### Think About Timing:

Meals should be spaced appropriately to allow for more balanced blood sugar. Spread meals out every 4 to 6 hours, at most. Avoid eating late at night.



#### Be Thoughtful:

Choose nutrient-dense foods, including moderate servings of whole grains, lean protein sources, low-fat dairy products, healthy fats, and more fruits and vegetables.

### What You Do



#### Start Moving:

There's no question that regular physical activity is not only good for your physical health but also your emotional well-being.



#### Find the Fun:

There is no "one size fits all" approach to exercise. Some people like to walk in solitude, while others prefer to go with a friend. Try new things: bike, hike, dance, swim, or play frisbee!



#### Remember to Rest:

Research shows that sleep is needed for the regulation of emotions as well as appetite control, a healthy immune system, normal metabolism, and weight management.

By Lisa Andrews, MEd, RD, LD for  
<https://foodandhealth.com/>

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