



San Patricio Extension Education Association News

December 2022

Sharing is caring with TEEA



Mark Your Calendar

December 13, 2022

**Diabetes Support Group
Holiday Workshop**

December 23 & 26, 2022

**Extension Office closed
Christmas Holiday**



January 2, 2023

**Extension Office closed
New Year Holiday**



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
<https://sanpatricio.agrilife.org>

TEXAS A&M
AGRI LIFE
EXTENSION



Walking: A Gift to Yourself

December is the time of year when we think about giving gifts to family, friends and special people in our lives. During the holiday season, especially, there seems to be a lack of time. Sometimes, with all the stress of making holidays special for other people, we forget to take time for ourselves and make sure we have given ourselves a gift.

This year, give yourself the gift of good health. Do some walking every day. Research has shown that walking at a moderate pace at least 150 minutes a week can help you:

- Reduce the risk of heart disease stroke and diabetes
- Improve blood pressure and blood sugar levels
- Prevent weight gain
- Reduce the risk of osteoporosis and some cancers
- Enhance mental health
- Increase concentrations of norepinephrine, a chemical that can moderate the brain's response to stress

Exercise in general also releases endorphins, which create feelings of happiness and euphoria. Regular physical activity boosts memory and ability to learn new things. Getting sweaty increases production of cells in the hippocampus that are responsible for memory and learning.

Another gift to yourself might be to find a friend that can walk with you. The thought of being alone can be enough to keep some people from walking. The best way to solve this is by finding a friend to walk with. You can plan walking paths that are convenient for both of you, or map out routes that take you places you've never been before. It's a great way to exercise, spend time with friends, and stay accountable to your new healthy habit!

Finally, give yourself the gift of clothing and shoes that will help make walking easier in all kinds of weather. Good shoes and clothes that are comfortable, yet protect you from the elements will help you realize that you can walk in most weather and still be warm and dry.

Focus on Fats

Choose meals and snacks with less saturated fat to help lower your risk for heart disease.

Everyday aerobic activities – such as walking or dancing – can also help you manage or prevent heart disease.

The fat in food helps your body absorb vitamins A, D, E and K, which are important for healthy aging.

The unsaturated fats in fish include heart-healthy omega-3s. Eat 4 ounces of fish twice a week.

Examples of lean meats are pork loin, beef round and 90% lean ground beef, pork and turkey.

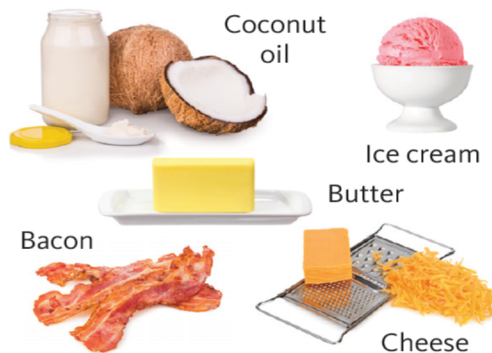
Enjoy a variety of foods from all groups and make them a part of your everyday routine.

Instead of saturated fat

choose unsaturated fat

Saturated fat

is found in animal foods such as high-fat meats and full-fat dairy products. It is also in coconut, coconut oil, palm and palm kernel oil.



Unsaturated fat

is found in plant foods such as nuts, seeds, avocado, tofu, mayonnaise and liquid vegetable oils. It is also in fish, such as tuna, salmon, mackerel and sardines.



Tips for eating less saturated fat:

- ▶ Check the Nutrition Facts label on packaged foods. Aim for less than 20 grams of saturated fat each day.
- ▶ Choose lean proteins more often, such as beans and peas, tofu, poultry, fish and lean meats.
- ▶ Go light with cheese on pizza and sandwiches.
- ▶ Choose sweets like ice cream and brownies less often.
- ▶ Try a spread of nut butter, mayonnaise or avocado instead of butter or cream cheese.

Nutrition Facts	
1 servings per container	
Serving size	1 sandwich (128g)
Amount per Serving	
Calories	400
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 610mg	27%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 13g	



SAN PATRICIO COUNTY DIABETES SUPPORT GROUP

Tuesday, December 13, 2022

10:00am to 11:00am

Texas A&M AgriLife Extension Service

San Patricio County

219 N. Vineyard, Sinton, TX 78387

Join us in-person (limited seating available), or

Join Zoom Meeting:

[https://us02web.zoom.us/j/85281772529?](https://us02web.zoom.us/j/85281772529?pwd=dTdxMWO2czA2QUttNU0ySlZRE1vZz09)

pwd=dTdxMWO2czA2QUttNU0ySlZRE1vZz09

Meeting ID: 852 8177 2529 Passcode: 593103

SPEAKERS:

Kathy Farrow, Family and Community Health Agent, and
Felecia Espinoza, Nutrition Education Associate

TOPIC:

“Get Holiday Ready-In a Snap: Quick and
Easy Healthy Holiday Recipes”

TO RSVP FOR IN-PERSON, OR FOR MORE INFORMATION, PLEASE CONTACT:

Kathy Farrow, M.S., CFCS, Family and Community Health
Agent at 361-587-3400 or Virginia Lopez, Community-Based
Program Manager at 361- 587-3541

Use liquid oil or soft margarine instead of butter or stick margarine when preparing foods.

Vegetable oils made of mostly unsaturated fat include canola, corn, sesame, soybean and olive.

Eggs are a healthy protein food. They are budget-friendly and easy to cook.

Remove skin from chicken or turkey and trim extra fat from meat.

Choose low-fat milk and yogurt and part-skim cheese such as mozzarella and cotija.

Lentil Taco Filling

Lentils provide protein and fiber and are easy to cook.

Enjoy in tacos, wraps or salads.

Makes 2 cups Prep time: 30 minutes

Cook time: 30 minutes

Ingredients

- 2 teaspoons vegetable oil
- ½ cup chopped onion
- ½ cup chopped bell pepper (any color)
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- ½ cup dried lentils, rinsed
- 4 ½ teaspoons chili powder
- 1 teaspoon cumin
- ½ teaspoon oregano (optional)
- 1 ¼ cups low-sodium broth (any flavor)
- ½ teaspoon salt (optional)

Directions:

1. Wash hands with soap and water.
2. In a large skillet, heat oil on medium. Add the onion, bell pepper and garlic. Sauté until tender, about 3 minutes.
3. Add the lentils, chili powder, cumin and oregano, if desired. Cook and stir for 1 minute.
4. Add broth and bring to a boil. Reduce heat, cover and simmer until the lentils are tender, about 20 to 30 minutes. Add water, if needed, to keep the lentils just covered with liquid.
5. Uncover the skillet and cook until the mixture thickens and most of the water is gone, about 5 to 10 minutes. Add salt, if desired.
6. Refrigerate or freeze leftovers within 2 hours.



Vegetable Snowman

Yield: 2 servings

Ingredients:

- ¼ cup low-fat ranch dressing
- 1 cucumber, scrubbed with clean vegetable brush under running water
- 1 Tablespoon sliced olives
- 2 carrot sticks, scrubbed with clean vegetable brush under running water, peeled
- 3 cherry tomatoes, gently rubbed under cold running water
- ½ bell pepper, gently rubbed under cold running water



Directions:

1. Wash hands with soap and water.
2. Place ranch dressing in a small cup for the snowman's head.
3. Assemble vegetables in the shape of a snowman using cucumber slices for the body, carrots for arms and nose, cherry tomatoes for buttons, bell peppers for hat and scarf, and olives for the eyes.
4. Be creative and feel free to use any vegetables you have on hand. A "Vegetable Snowman" is a great item to bring to holiday parties and family events.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Adapted from:

<https://food.unl.edu/recipe>

Hot Chocolate

Yield: 3 cups of mix

Ingredients:

- 1 ½ cups unsweetened cocoa powder
- 1 cup mini semi-sweet chocolate chips
- ¾ cup sugar



Directions:

1. Wash hands with soap and water
2. Add all the ingredients to a blender. Blend until the ingredients are well-mixed and the chips are broken into small chunks.
3. Store in an airtight container at room temperature for up to 4 months. Makes about 3 cups of mix.
4. For one cup of cocoa: In a small saucepan, whisk ¼ cup of the cocoa mix with ¾ cup milk while bringing the milk barely to a simmer over medium-low heat.

Notes:

This recipe uses less sugar and cocoa powder than many cocoa mixes. Also, it omits adding non-dairy creamer. The mini semi-sweet chocolate chips add an extra chocolaty flavor, sweetness, and a slight creaminess from the fat content of the chips. Adding the cocoa to heated milk rather than using non-fat dry milk powder makes the taste more similar to cocoa made from scratch.

Adapted from:

<https://food.unl.edu/recipe>

2023 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 23 - Cultural Arts Check-in:

4:00 - 6:00 p.m.

1. _____

2. _____

Tuesday, January 24 - Foods Check-in:

11:00 a.m. - noon

1. _____

2. _____

Judging Assistants & Display Set-up:

Tuesday, January 24 - Cultural Arts Division

1. _____

2. _____

A&H Show Homemaking Division Room Monitors Thursday, January 26, 2023

I need at least **9 volunteers**. Please let me know **by Friday, January 13, 2023** who your club volunteers will be.

8:45 - 11:00 am

1. _____

2. _____

3. _____

11:00am - 2:00pm

1. _____

2. _____

3. _____

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, 2023 from 4:00 to 6:00 p.m.
Check in for foods – Tuesday, January 25, 2023 from 11:00 a.m. to 12:00 noon.
Check out for ALL items – Saturday, January 29, 2023 from 4:00 to 5:00 p.m.
3. No Premium Money awarded, exhibitors will compete for ribbons and rosettes.
4. BEST IN SHOW SWEEPSTAKES 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 30 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 presence of the person entering will check for seal qualification.
19. No alcohol, drugs, tobacco, nudity, gambling or unsuitable representation in any division

ADULT 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

ADULT CULTURAL ARTS

- Class 16 Afghans, Tablecloths, Bedspreads, Blankets, and Throws – knitted, crocheted, weaving, and tatting.
- 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, doorstops, 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 Hand stitchery - needlepoint, crewel, embroidery, candle wicking, smocking and counted cross-stitch
- Class 24 Machine Embroidery
- Class 25 Holiday Decoration – any holiday, any medium
- Class 26 Jewelry – may include beads, clay, paper, shells, stones, watercolor, and wood.
- Class 27 Painting and Drawing – watercolor, oils, pastels, and charcoal
- 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 40B Wall Hanging - quilted
- Class 41 Miscellaneous (items that do not fit any previous category)

**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 _____

**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**

Exhibitor Number: _____

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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 _____

**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 _____

SCHEDULE OF EVENTS 2023
SAN PATRICIO-ARANSAS COUNTIES A&H SHOW

Subject to Changes as needed!

9-19-2022

SATURDAY, JANUARY 14

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

THURSDAY, JANUARY 19

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

SATURDAY, JANUARY 21

8:00 -10:00 a.m. Pen of Two Heifer, Judging
10:00 a.m. to 12:00 Noon Pen of Two Heifer, Interviews
12:00 noon Pen of Two Heifer, Awards
1:00 p.m. Pen of Two Heifer, Auction

SUNDAY, JANUARY 22

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

MONDAY, JANUARY 23

5:00 p.m. to 7:00 p.m. Homemaking Youth: Check in Food, Textile, Clothing, Handicraft, Fine Art and
Photography for Judging
4:00 to 6:00 p.m. Homemaking Adult: Check in Cultural Arts

TUESDAY, JANUARY 24

8:00a.m. to 9:00a.m. Homemaking Youth: Check in Food entries not entered on Monday
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
3:00 to 5:00 p.m. Check In Poultry
3:00 to 6:00 p.m. Check in Rabbits
6:00 p.m. Judging of Poultry

WEDNESDAY, JANUARY 25

8:30 a.m. Special Show
8:00 to noon Check in of Market Hogs, Steers, Breeding Beef, Lambs, Goats
1:00 to 6:00 p.m. Judging of Rabbits
(after special show)
1:00 to 3:00 p.m. Weigh in and Sift Market Goats
3:00 p.m. Classify Market Hogs
3:00 to 5:00 p.m. Weigh in and Classify Market Lambs
3:00 to 5:00 p.m. Weigh in and Classify Market Steers and Breeding Beef
5:00 to 7:00 p.m. Check in Ag Mech Projects

THURSDAY, JANUARY 26

5:00 p.m. Judging of Market Lambs Division I - Dorper
Division II - Predominately Southdown or Shropshire Division III - Fine Wool
Division IV - Fine Wool Cross Division V - Medium Wool

SELECTION OF GRAND AND RESERVE CHAMPION

FRIDAY JANUARY 27

8:00 a.m. Judging of Ag Mech Projects
8:00 to 10:00 a.m. Check out Hogs and lambs, must be with division superintendent supervision
9:00 a.m. to 6:00 p.m. Homemaking Building open to Public
9:00 a.m. Judging of Meat Goats

SELECTION OF GRAND AND RESERVE CHAMPION

11:00 a.m. Judging of Market Steers Division I – American Division II - British Division III – Exotic
SELECTION OF GRAND AND RESERVE CHAMPIONS

Following Steers Judging of Breeding Beef
Following Breeding Beef “All Around” Senior Showmanship Contest
1:00 to 3 p.m. Check out Goats, must be with division superintendent supervision
4:00 p.m. Ag Mech Awards
5:00 to 7:00 p.m. Check out Rabbit and Poultry must be with division superintendent supervision
Check out Beef Animals after Beef Animal show with division superintendent supervision

SATURDAY JANUARY 28

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

1:00 p.m. Auction Sale
4:00 to 5:00 p.m. Homemaking Adult Division check out
5:00 to 6:00 p.m. Homemaking Youth Division Check Out by 4-H Club Managers, FCCLA or FFA teachers.
6:00 p.m. Ag Mech Silent Auction Ends
6:00 to 8:00 p.m. Ag Mech Projects Move Out

Dated 9-19-2022

PLEASE NOTE:

- * Animals stay until check out times
- * Must check out with division superintendent
- * Only champions stay past check outs for the auction.

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, cdc.gov, Learning Zone University of Nebraska-Lincoln Extension, fruitsandvegetablesmorematter.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.



Kathy Farrow
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