



# San Patricio Extension Education Association News

November 2022

*Sharing is caring with TEEA*



## Mark Your Calendar

**November 9**

Aransas Pass Extension Education Club meeting

**November 11, 2022**

Extension Office closed

**VETERANS DAY**



**November 24-25, 2022**

Extension Office closed

HAPPY THANKSGIVING DAY!



**November 28, 2022**

Association meeting

**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



## Caladium Bulb Fundraiser

Every member is encouraged to sell as many caladium bulbs as possible to assist with the 2022-2023 Association budget.

Please submit orders at your November Club meeting.

**Please sell, sell for Scholarship Dollars and State Meeting Expenses!**



## Apple Filled Squash

Yield: 4 servings

### Ingredients:

- 1 acorn squash (about 1 pound)
- 1 apple
- 2 teaspoons melted butter or margarine
- 2 teaspoons brown sugar
- 1/8 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- Dash ground cloves



### Directions:

1. Wash hands with soap and water. Heat oven to 350°F. Coat a 1-quart baking dish with cooking spray.
2. Scrub squash with a clean vegetable brush under running water. Halve squash and remove seeds. Place halves, skin side up, in dish and cover; bake 30 minutes.
3. Gently rub apple under cold running water. Peel, core and chop apple. In medium bowl, combine apple, butter, brown sugar, cinnamon, nutmeg, and cloves.
4. Turn cut sides of acorn squash up; top with apple mixture. Cover and bake 30 minutes longer or until apples are tender.

Recipe adapted from <https://food.unl.edu/recipe/apple-filled-squash>



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

<https://www.facebook.com/San-Patricio-County-Family-Community-Health-AgNatural-Resources-104250842348602>



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

- ★ Upcoming events
- ★ Exercise ideas
- ★ Fun activities
- ★ Healthy recipes
- ★ Texas Commodity facts

# Cranberry Basics

## Shop and Save



- Choose fresh cranberries that are plump, firm and glossy. Most are light to dark red in color, but you may see a few that are white to light yellow.
- Avoid berries that are shriveled, soft or have brown spots.
- Fresh cranberries are available from October through early January.
- Frozen cranberries may be available year round.
- Dried cranberries are often found in bulk food sections. They may cost less and you can buy small amounts.

Cranberries are a good source of Vitamin C.



## Types of Cranberries



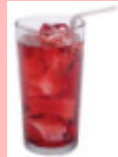
**Red cranberries** - have a tart and tangy flavor. They are most often added to recipes or made into other products rather than eaten alone.

**White cranberries** – are ripe berries that are harvested before turning red. Their flavor is mild and they are used for juice rather than sold fresh.



**Cranberry products** – include cranberry juice

and juice blends, canned cranberry sauce and dried cranberries. Because cranberries are tart, most products have added sugar. Look at Nutrition Facts labels to learn about each one.



12-ounce bag of fresh cranberries = about 3 cups



*Cranberries have been an important food for Native Indigenous People for over 12,000 years. In Oregon, commercial cranberry Farming began in 1885.*

## Store Well Waste Less



- Refrigerate fresh cranberries in an airtight container for up to 2 months. Remove any brown, soft or shriveled berries to help them store longer.
- Rinse fresh cranberries just before using.



- Freeze fresh cranberries to enjoy year round. For best quality, put them in a freezer-safe container and use within 12 months. They do not need to be thawed before using.



# Enjoy Cranberries

## Couscous Salad

Makes 5 cups

Prep time: 15 minutes

### Ingredients:

- $\frac{3}{4}$  cup dry couscous
- $\frac{1}{3}$  cup dried cranberries
- 1 cup boiling water
- $\frac{1}{2}$  cup low-fat Italian Salad Dressing
- 1 cucumber, peeled, seeded and diced (about 1 cup)
- 2 green onions, sliced
- $\frac{3}{4}$  cup frozen peas, thawed
- $\frac{1}{4}$  cup chopped toasted pecans (or other nuts)



### Directions:

1. Wash hands with soap and water. Put the couscous and cranberries in a large bowl. Pour boiling water over the mixture. Cover and let stand until just warm, about 10 minutes. Fluff with a fork to separate.
2. Add dressing and mix lightly. Add the rest of the ingredients and toss lightly to mix.
3. Refrigerate leftovers within 2 hours.

### Notes

- To toast nuts, spread on a baking sheet or pan and heat in a 350 degree F oven for about 10 minutes, watch closely to avoid scorching.
- Salad may be refrigerated for up to a day after adding the dressing. When ready to serve, add the vegetables and nuts.
- Couscous is small pellets that are usually shaped from a wheat flour mixture, then pre-cooked and dried.

## Pear and Cranberry Crisp

Makes 4 cups

Prep time: 10 minutes / Cook time: 20 minutes

### Ingredients:

- $\frac{1}{2}$  cup old fashioned rolled oats
- 1 Tablespoon packed brown sugar
- 2 Tablespoons flour
- $\frac{1}{4}$  teaspoon cinnamon
- 2 Tablespoons applesauce
- 4 cups cubed pears (about 3 pears)
- 1 cup cranberries, fresh or frozen
- 1 Tablespoon cornstarch



### Directions:

1. In a medium bowl, combine oats, brown sugar, flour, cinnamon and applesauce.
2. Combine pears, cranberries and cornstarch in an 8x8-inch baking dish. Sprinkle with oat mixture.
3. Bake uncovered at 400 degrees F until juices are bubbling and topping is browned, about 20 minutes.
4. Refrigerate leftovers within 2 hours.

## Glazed Carrots and Cranberries

Makes 3 cups

Prep time: 10 minutes / Cook time: 15 minutes

### Ingredients:

- 1 pound carrots, cut diagonally into  $\frac{1}{4}$ -inch thick slices
- $\frac{1}{2}$  teaspoon salt
- 2 Tablespoons sugar, divided
- $\frac{1}{2}$  cup low-sodium chicken broth
- 1 Tablespoon margarine or butter
- $\frac{1}{2}$  cup dried cranberries
- 2 teaspoons lemon juice



### Directions:

1. In a large skillet over medium-high heat, add carrots, salt, 1 Tablespoon sugar and broth. Bring to a boil. Cover and reduce heat. Simmer, stirring occasionally, until carrots are almost tender, about 5 to 8 minutes.
2. Uncover and turn the heat to high. Stir a few times until the liquid is reduced to about 2 Tablespoons, about 1 to 2 minutes.
3. Stir in margarine or butter and remaining sugar. Add cranberries and stir often until the carrots are tender and glaze is golden, about 3 minutes.
4. Remove from heat and stir in lemon juice. Serve warm.
5. Refrigerate leftovers within 2 hours.

## Cranberry Applesauce

Makes 6 cups

Prep time: 10 to 15 minutes / Cook time: 30 minutes

### Ingredients:

- 8 medium apples, peeled, cored and chopped
- 1 cup water
- 1  $\frac{1}{2}$  cups cranberries (fresh or frozen)
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{3}$  cup packed brown sugar
- 2 Tablespoons lemon juice (optional)



### Directions:

1. Wash hands with soap and water.
2. In a large saucepan, combine all ingredients. Cover and reduce heat. Simmer for 20 to 30 minutes.
3. Remove from heat and cool slightly. Mash to a thickness you like with a potato masher or fork.. Serve warm or cold.
4. Refrigerate leftovers within 2 hours.

### Notes

- When frozen or fresh cranberries are not available, substitute canned cranberry sauce for the cranberries and brown sugar. Add 1 can (14 ounces) of cranberry sauce to the saucepan after the mixture has been simmering for about 15 minutes.
- For a smooth texture, puree in batches in a regular blender, using the manufacturer's directions for pureeing hot liquids.

# Physical Activity for Older Adults

Including regular physical activity is one of the most important things you can do for your health as an older adult (65 years and older). Less pain, better mood, lower risk of many diseases are some of the health benefits from being active. can make your daily life better, so it is easier to:

- Do everyday tasks, like chores and shopping
- Stay independent as you get older
- Keep up with the grandkids



do  
and  
it

## How Much Activity Do Older Adults Need?

Focus on moving more and sitting less throughout the day. Always remember some activity is better than none. Check with your doctor before starting a physical activity routine. If you are 65 years of age or older, are generally fit, and have no limiting health conditions, you can follow these recommendations:

- At least 150 minutes a week of moderate intensity activity such as brisk walking or anything that gets your heart beating faster counts
- At least 2 days a week of activities that strengthen muscles
- Mix in stretches and activities to improve balance such as standing on one foot

## Types of Activity for Older Adults



### Aerobic Activities

Anything that gets your heart beating faster counts. Some examples include:

- Walking or hiking
- Dancing
- Swimming
- Water aerobics
- Jogging or running
- Aerobic exercise classes
- Some forms of yoga
- Bicycle riding (stationary or outdoors)
- Some yard work, such as raking and pushing a lawn mower
- Sports like tennis or basketball
- Walking as part of golf



### Strength Activities

Do activities that make your muscles work harder than usual. Some examples include:

- Strengthening exercises using exercise bands, weight machines, or hand-held weights
- Body-weight exercises (push-ups, pull-ups, planks, squats, lunges)
- Digging, lifting, and carrying as part of gardening
- Carrying groceries
- Some yoga postures
- Some forms of tai chi



### Balance Activities

Incorporate activities to improve your balance. Some examples include:

- Walking backwards
- Standing on one leg
- Walking heel-to-toe
- Practicing standing from a sitting position
- Using a wobble board
- Strengthening muscles of the back, abdomen, and legs

## READY TO GET MORE ACTIVE?

Start gradually and increase the amount and intensity of physical activity over time. Evaluate your age, level of fitness and level of experience to help reduce injury risk when increasing physical activity. The best way to get started is to focus on a light-to moderate-intensity activity, such as walking 5–15 minutes per session, 2–3 times a week. Research has shown walking to be a low risk of injury and no known risk of severe cardiac events.

Adapted from: <https://food.unl.edu/article/physical-activity-older-adults>



**DISTRICT 11**

# TEEG Fall Training

Come prepared to gain knowledge and  
expertise related to your county  
TEEA officer positions.

**NOVEMBER 29, 2022**

**REGISTRATION - 9:30am**

**MEETING - 10:00 am**

**ST.PETERS LUTHERAN FELLOWSHIP HALL  
101 NORTH MARKET  
HALLETTSVILLE, TEXAS**

**REGISTRATION DEADLINE - November 10, 2022**

**REGISTRATION FEE - \$20.00 PER MEMBER**

If you have any questions, please contact  
Kathy Farrow, CEA-FCH at  
361-587-3400 or  
[k-farrow@tamu.edu](mailto:k-farrow@tamu.edu)



# Healthy Shopping List

## FRUITS



- apples
- pears
- bananas
- grapes
- oranges
- berries
- melon
- lemons
- raisins
- dried fruits
- frozen fruits
- 100% juice
- \_\_\_\_\_ (seasonal)

## VEGETABLES



- carrots
- lettuce, greens
- potatoes, yams
- tomatoes
- corn
- onions, garlic
- cabbage
- cucumbers
- broccoli
- squash
- mushrooms
- frozen veggies
- \_\_\_\_\_ (seasonal)

## GRAINS



- 100% whole grain cereal
- brown rice
- quinoa
- 100% whole grain bread
- oatmeal
- \_\_\_\_\_

## PROTEIN & DAIRY



- beans, lentils, legumes
- eggs
- nuts and nut butter
- fish and seafood
- lean meat & poultry
- skim or lowfat milk
- yogurt
- \_\_\_\_\_

Notes:

---

---

**District 11 TEEA Training**  
**November 29, 2022**  
**St. Peters Lutheran Fellowship Hall**  
**101 North Market, Hallettsville, Texas**  
**Registration: 9:30am**  
**Meeting: 10:00am**

**Registration Fee: \$20.00 per member**  
**Registration Date: November 10, 2022**

\_\_\_\_\_ Extension Education Club member attending

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Total number members x \$20.00 = \$\_\_\_\_\_

**Members need to make registration checks payable to  
San Patricio Extension Education Association**

**Payment need to be given to your Extension Education Club President  
at your November Extension Education Club meeting.**

**Extension Education Chairman will submit names and registration fee to  
San Patricio County Extension Office on or before Thursday, November 10, 2022.**

# 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, fruitsandvegsglesmorematter.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 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



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



Like us on  
Facebook

Kathy Farrow  
County Extension Agent  
Family and Community Health  
San Patricio County  
219 N. Vineyard, Sinton, Texas 78387  
361-587-3400 ★ 361/364-6234-fax  
k-farrow@tamu.edu





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



Like us on  
Facebook

For additional information contact: