



San Patricio Extension Education Association News

October 2022

Sharing is caring with TEEA



Mark Your Calendar

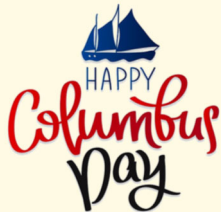
October 12

Aransas Pass Extension Education Club meeting

October 13, 2022

Public Health Fair
7:00am-2:00pm

Portland Community Center Ballroom



Kathy Farrow

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Caladium Bulb Fundraiser



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

Lake Placid Bulb Company, the company we always bought our bulbs from is closing their doors. We will now be using Hendry Caladiums, Inc. in Florida. They were recommended by Lake Placid Bulb Company. Please submit orders at your November Club meeting.

For your convenience, I have attached an order form.

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



**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

Celery Basics

Shop and Save



- ✿ Choose celery with straight, firm stalks and fresh-looking green leaves. Avoid woody, brown or limp stalks.
- ✿ Celery is available year round but may have the best flavor and cost less when in season.
- ✿ Celery seed can be found in the spice area of stores. It adds flavor to sauces, dressings and pickles.
- ✿ Celery salt is made with crushed celery seed and table salt. Look at the label for its sodium content.

Celery provides water and fiber, which are good for hydration and digestion.



Celery is a member of the parsley family, along with carrots, parsnips, dill and fennel.



You can re-grow celery

- ✿ Cut off the bottom 2 inches of the root end and peel off the outer 4 stalk pieces.
- ✿ Put in a bowl with about inch of water. Change the water every 3 days.
- ✿ After 5 or 6 days, you will see green leaves sprouting from the center.
- ✿ After 2 to 3 weeks, you will see small roots growing at the bottom. Plant into a one-gallon container of damp potting soil with the roots about 1 inch below the top of the soil.
- ✿ Place the container outdoors to grow in the cooler weather of spring or fall, or indoors any time of year.

Store Well Waste Less

- ✿ Refrigerate celery in a loose plastic bag for 1 to 2 weeks.
- ✿ Rinse celery under running water just before using.
- ✿ Cut off the bottom 2 inches of the root end and throw away, compost or re-grow it.
- ✿ Cut off leaf ends. Add to salads or save for broth.
- ✿ Remove the outer strings of celery with a vegetable peeler, if desired.
- ✿ Refresh wilted celery sticks. Trim one end and put in cold water for an hour.
- ✿ Freeze celery for longer storage. Cut into pieces and put in an airtight container. Use within 3 months in



Quick Fix

- ✿ Add a delicious crunch to any salad.
- ✿ Serve sticks raw with a dip.
- ✿ Add savory flavor to sauces, soups, stews and stuffings.
- ✿ Add to a stir-fry.
- ✿ Save pieces and leaves for making broth.
- ✿ Add to a smoothie.

Enjoy Celery

Cream of Celery Soup

Makes 4 cups

Prep time: 10 minutes / Cook time: 20 minutes

Ingredients:

- 1 Tablespoon margarine or butter
- 1 cup finely chopped onion
- 2 cups finely chopped celery
- 1 clove garlic, minced
- ¼ teaspoon salt
- ⅓ cup all-purpose flour
- 2 cups low-sodium broth (anytype)
- 1 cup low-fat milk (see Note)
- ⅛ teaspoon pepper

Directions:

1. Wash hands with soap and water.
2. Heat butter in a large saucepan on medium heat. Add onion, celery, garlic and salt. Cook until soft, about 5 minutes.
3. Turn heat to low. Stir in flour.
4. Add broth and stir until the mixture is smooth. Bring to a boil, then simmer on low for about 10 minutes. Stir in the milk and pepper.
5. For a smooth soup, puree in batches in a blender, using the manufacturer's directions for pureeing hot liquids.
6. Refrigerate leftovers within 2 hours.

Notes

- Instead of fluid milk, mix ⅓ cup dry milk with enough water to make 1 cup.

Sunflower Strawberry Salad

Makes 6 serves

Prep time: 10 min. + chilling

Ingredients:

- 2 cups sliced fresh strawberries
- 1 medium apple, diced
- 1 cup seedless green grapes, halved
- ½ cup thinly sliced celery
- ¼ cup raisins
- ½ cup strawberry yogurt
- 2 tablespoons sunflower kernels



Directions:

1. In a large bowl, combine strawberries, apple, grapes, celery and raisins. Stir in the yogurt.
2. Cover and refrigerate for at least 1 hour.
3. Add sunflower kernels and toss.

Recipe adapted from:
<https://www.tasteofhome.com/recipes/>

Pasta with Celery

Makes 4 servings

Prep time: 10 minutes / Bake time: 20 minutes

Ingredients:

- 1 pound spaghetti
- 4 cups celery sliced into ¼" matchsticks
- 4 cloves garlic, sliced
- 1 large lemon, zested
- 3 tablespoons lemon juice fresh, squeezed
- ¼ cup parsley, minced
- 1 teaspoon kosher salt plus more to taste
- ½ teaspoon crushed red pepper flakes optional, to taste
- ¼ cup olive oil
- ¼ cup extra virgin olive oil



Directions:

1. Julienne 4 cups worth of celery into 3" long matchsticks.
2. Meanwhile, cook spaghetti to al dente in salted (2 Tbsp kosher salt per gallon) water.
3. Sauté garlic in a ¼ cup of olive oil in large pan over medium-low heat for 2-3 minutes. After garlic is lightly golden add the celery and cook for 3 minutes more. Add 1 tsp kosher salt and ½ tsp crushed red pepper to season the celery.
4. Add 1 cup of pasta water and the lemon juice to the pan and cook for 1 minute more.
5. Add in the spaghetti and mix to thoroughly coat with the sauce. Cook for 1 minute, then remove pan from heat. Taste test and adjust salt and red pepper if necessary. Add the zest and fresh parsley. Also, drizzle a ¼ cup of extra virgin olive oil onto the spaghetti. Mix one more time and serve with more crushed red pepper flakes, extra virgin olive, lemon wedges and cheese.

Recipe adapted from:
<https://www.sipandfeast.com/>

Crunch on Celery

We often overlook celery.

But celery is a low calorie vegetable with only 12 calories in one cup - which is about 2 stalks of celery.

Want a crunchy snack?
Choose celery.

Crunch on celery instead of chips
and other high calorie snacks.

**Add more
flavor to meals.**
Chop celery
finely and add
to soups, stir fries
and salads.



Bring the raw vegetables
(celery, carrots, broccoli, pepper strips
cucumbers and zucchini) to your
next party. Serve with a low fat
ranch dressing, dill dip or peanut butter.

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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.

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Family & Community
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