



San Patricio Extension Education Association News

September 2022

Sharing is caring with TEEA



Mark Your Calendar

September 5

Extension Office closed

September 11

National Grandparents' Day

September 14

Aransas Pass EE Club mtg.

September 26

National Grandparents' Day

October 13, 2022

Public Health Fair

7:00am-2:00pm

Portland Community Center Ballroom

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TEXAS A&M
AGRILIFE
EXTENSION



San Patricio County Extension Education Association meeting

Monday, September 26, 2022

10:00am

San Patricio County Extension Office meeting room



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

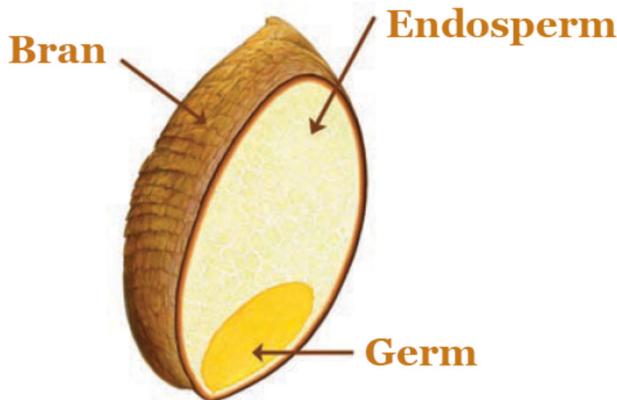
Whole-Wheat Flour Basics

\$hop and \$ave



Whole grains may reduce the risk of heart disease and support healthy digestion and body weight.

- Whole-wheat flour sold in bulk bins may cost less than packaged flour.
- The “best if used by” date on a package tells how long the manufacturer expects the flour to stay fresh. Proper storage can extend your flour’s shelf life.
- Fresh flour has very little smell. Spoiled flour will smell sour or bitter. Cooking with spoiled flour will not make you ill, but the taste is not pleasant.



Wheat Kernel

Whole-wheat flour is a whole grain because it contains all three parts of the wheat kernel - the bran, germ and endosperm. All-purpose white flour contains only the endosperm, which has less fiber and other nutrients.

Flour is a raw food. To avoid sickness from bacteria, do not eat or taste raw flour, dough or batters before cooking.

Store Well Waste Less

- Heat, light, air and moisture speed the spoilage of whole-wheat flour.
 - Place in an airtight container to keep out moisture and insects.

- Mark container with the date you bought the flour.
- Store in a cool, dry and dark place.

- When stored well, whole-wheat flour will stay fresh for:
 - 1 to 3 months at room temperature.
 - up to 6 months in the refrigerator.
 - up to 1 year in the freezer.

Measuring Whole-Wheat Flour

- Stir to loosen the flour.
- Spoon lightly into a dry measuring cup.
- Level with a straight-edged knife or spatula



Enjoy More Whole Grains

- Look for whole-wheat flour as one of the first ingredients on products such as breakfast cereals, pasta and breads.
- Substitute whole-wheat flour for up to half the all-purpose flour in a recipe. Try it for cookies, pancakes, pizza crust, muffins and breads.

Types of Whole-Wheat Flour

Whole-Wheat Flour - made from wheat with a red bran layer. It adds a hearty texture and nutty flavor to baked goods.

White Whole-Wheat Flour - made from wheat with a white bran layer. The wheat flavor is milder and the color is lighter than ordinary whole-wheat flour.

Whole-Wheat Bread Flour - made from wheat with a higher protein content, which is best for yeast breads.

Whole-Wheat Pastry Flour - made from wheat with a lower protein content. The texture of baked products will be lighter than if made with ordinary whole-wheat flour.

Cooking with Whole-Wheat Flour

Banana Pancakes

Makes: 16 pancakes

Prep time: 15 minutes / Cook time: 20 minutes per batch

Ingredients:

- 2 eggs
- 1 ½ cups nonfat or 1% milk
- 1 Tablespoon sugar
- 3 Tablespoons vegetable oil
- 2 bananas, mashed
- ¾ cup whole-wheat flour
- ¾ cup all-purpose flour
- 2 teaspoons baking powder



Directions:

1. Wash hands with soap and water.
2. In a medium bowl, mix together eggs, milk, sugar, oil and bananas.
3. In a separate bowl, stir together flours and baking powder. Add to liquids and mix until blended.
4. Heat a lightly greased skillet or griddle over medium-high heat (350 degrees F in an electric skillet).
5. Pour 1/4 cup batter onto the griddle for each pancake. Cook until tops are bubbly and pancakes are dry around the edges. Turn pancakes over and cook until golden brown on the bottom.
6. Serve warm topped with yogurt or any fruit or fruit sauce.
7. Refrigerate or freeze leftovers within 2 hours.

Notes

- To see if skillet is hot enough, sprinkle with a few drops of water. If drops skitter around, heat is just right.
- Top with yogurt or any fruit or fruit sauce.

Whole-Wheat Yogurt Rolls

Makes: 10 rolls

Prep time: 10 minutes / Cook time: 15 minutes

Ingredients:

- 1 ½ cups whole-wheat flour
- 1 ¾ teaspoons baking soda
- 1 teaspoon salt
- 1 ¼ cups low-fat plain yogurt



Directions:

1. Wash hands with soap and water.
2. Preheat oven to 450 degrees F.
3. In a large bowl, stir together flour, baking soda, and salt. Add yogurt to the center and stir until a dough forms.
4. Divide dough into 10 equal sized balls. Dust hands with flour and roll each ball lightly to smooth the surface.
5. Place balls on baking sheet and flatten each ball to ½ inch thick.
6. Bake for 10 to 15 minutes, until light golden brown. Serve warm with a soup or salad.

Whole-Wheat Zucchini Bread

Makes: 16 slices

Prep time: 15-20 minutes / Cook time: 45-60 minutes

Ingredients:

- 1 ½ cups whole-wheat flour or all-purpose flour (try a combination)
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ cup vegetable oil
- ½ cup brown sugar or honey (see Notes)
- 2 eggs
- 1 teaspoon vanilla
- 1½ cups grated zucchini (squeeze out some moisture after measuring)
- ½ cup chopped nuts or seeds, any type (optional)
- ½ cup raisins or dried cranberries (optional)



Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Lightly oil a 9x5-inch bread pan and set aside.
3. In a medium bowl, combine flour, baking powder, baking soda, salt, cinnamon and nutmeg.
4. In a separate bowl, combine oil, brown sugar, eggs, vanilla and zucchini. Mix until well combined.
5. Add the wet ingredients to the dry ingredients. Stir until the dry ingredients are moistened, without overmixing. Gently add nuts and raisins, if desired.
6. Pour batter into pan and spread into the corners.
7. Bake 45 to 60 minutes or until a wooden pick inserted into the center of the loaf comes out clean.
8. Remove pan from oven and let cool for 10 minutes.
9. Remove bread from pan and let cool completely on a rack. Slice to serve.
10. Wrap to store for several days or freeze for up to 1 month.

Notes:

- Honey is not recommended for children under 1 year old.
- You can substitute ¼ cup oil with ¼ to ½ cup mashed banana or unsweetened applesauce.
- You can use grated carrot or mashed banana with grated zucchini for a total of 1½ cups.
- Try other spices such as cloves, allspice or ginger. If you like spices, use more than the recipe suggests.



"The best way to cheer yourself up is to try to cheer somebody else up." — [Mark Twain](#)



"We don't stop playing because we grow old; we grow old because we stop playing." — [George Bernard Shaw](#)

TEXAS A&M AGRILIFE 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.

References to commercial products 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.

Articles and recipes from Foodhero.org, cdcgov, learning Zone University of Nebraska-Lincoln Extension, fruitsandveggiesmorematter.org, Produceforkids.com and Eatright.org.

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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Resources



For additional information contact:



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