



San Patricio Extension Education Association News

January 2023

Sharing is caring with TEEA



Mark Your Calendar

January 14, 2023

A&H Show Queens Contest

January 16, 2023

Extension Office Closed
Martin Luther King Jr. Day

January 23-28, 2023

A&H Show

January 23, 2023

Cultural Arts Check-In

January 24, 2023

Foods Check-in

January 25, 2023

4-H Extra Special Livestock Show

February 7, 2023

Diabetes Support Group 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



The San Patricio County Extension Office
will be closed
Monday, January 16, 2023.



PLASTIC COVERS FOR SALE

The Extension Office has covers for the A&H Show
Homemaking Foods Division.

All containers are \$2 each.



Covers available are round cake cover and an 8x8 square container
The covers are being offered on a first come-basis.

Checks can be made payable to the San Patricio 4-H Council.

Vinegar Basics

Many Uses for Vinegar:

- dressings and marinades
- a salsas and pickles
- a dipping sauces
- a sprinkled on roasted vegetables and sauteed greens a added to cooked soups, sauces and beans
- a drizzled on sandwiches and pizza

Vinegar brightens and balances flavors without added salt, sugar or fat.



Store Well Waste Less

- Store vinegar in a cool, dark cupboard with its lid on tight.
- a Vinegar is safe to use for many years after it is opened, even if there are color, flavor or texture changes.

➔ Humans have been enjoying vinegar for at least 7,000 years. It is made by fermenting a fruit or grain, such as grapes or rice. Its flavors are as varied as the ingredients vinegar is made from.

Vinegar breaks down protein fibers in meat, fish and poultry to make them tender.



Enjoy Vinegar

Red Wine Vinaigrette

Makes ½ cup
Prep time: 10 minutes

Ingredients:

- ¼ cup vegetable oil
- ¼ cup red wine vinegar
- 2 cloves garlic, minced or ½ teaspoon garlic powder
- 1 teaspoon Dijon mustard
- 1 teaspoon fresh oregano or ¼ teaspoon dried
- 1 teaspoon fresh thyme or teaspoon dried
- ¼ teaspoon salt
- ¼ teaspoon pepper



Directions:

1. Wash hands with soap and water.
2. In a small bowl or jar with a tight-fitting lid, mix or shake together all the ingredients.
3. Refrigerate leftovers within 2 hours.

Notes:

- Use as a dressing or marinade.
- Try making with different oils, vinegars, mustards and herbs.
- Add a little sweetness with a teaspoon of honey or agave. (Honey is not recommended for children under 1 year old.)

Adapted from: foodhero.org

Pickled Cabbage Slaw

Makes 6 cups
Prep time: 30 minutes / Chill time: 1 hours

Ingredients:

- 4 cups water
- ½ green cabbage, shredded (about 6 cups)
- 1 medium carrot, shredded or sliced thin (about ½ cup)
- ¼ medium red onion, sliced thin (about ½ cup)
- 1 jalapeño pepper or other hot pepper, minced (optional)
- ½ cup vinegar (try apple cider or distilled white)
- ½ teaspoon oregano
- ½ teaspoon salt

Directions:

1. Wash hands with soap and water.
2. Bring water to a boil on high heat.
3. Put cabbage in a colander. Slowly pour water over the cabbage. Rinse with cold water and drain well.
4. In a large bowl, stir together cabbage and remaining ingredients.
5. Chill for at least 1 hour before serving.
6. Refrigerate leftovers within 2 hours.

Notes:

- Enjoy as a topping for pupusas, tacos, quesadillas or grilled fish.
- No fresh hot pepper? Use ½ to 1 teaspoon dried red pepper flakes.

Adapted from: <https://foodhero.org>

The best substitute for vinegar is lemon or lime juice.

Varieties of Vinegar



Distilled white

Sharp and sour
Pickling, marinades, sauces, salad dressings, baking



White wine

Sweet and mild
Salad dressings, marinades, pickling



Rice

Sweet and light
Dipping sauces, stir-fries



Apple cider

Tart and fruity
Salad dressings, marinades, cooked beans, soups, stir-fries



Sherry

Nutty and mild
Salad dressings, marinades, sauces, soups, roasted vegetables



Red wine

Crisp and sweet
Salad dressings, marinades, fruit desserts



Malt

Toasty and sweet
Marinades, cooked beans, roasted vegetables



Balsamic

Sweet and mellow
Salad dressings, roasted vegetables, sauces, fruit desserts

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)

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. Extra Special Livestock 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

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

For additional information contact:



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

**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 _____

**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 _____

**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 _____