



San Patricio Extension Education Association News

February 2023

Sharing is caring with TEEA



Mark Your Calendar

February 7, 2023

Diabetes Support Group Meeting

February 14, 2023

Sweetheart Brunch Heart Health Conference

February 14, 2023

Happy Valentine's Day

February 27, 2023

Extension Education Association Meeting & Training

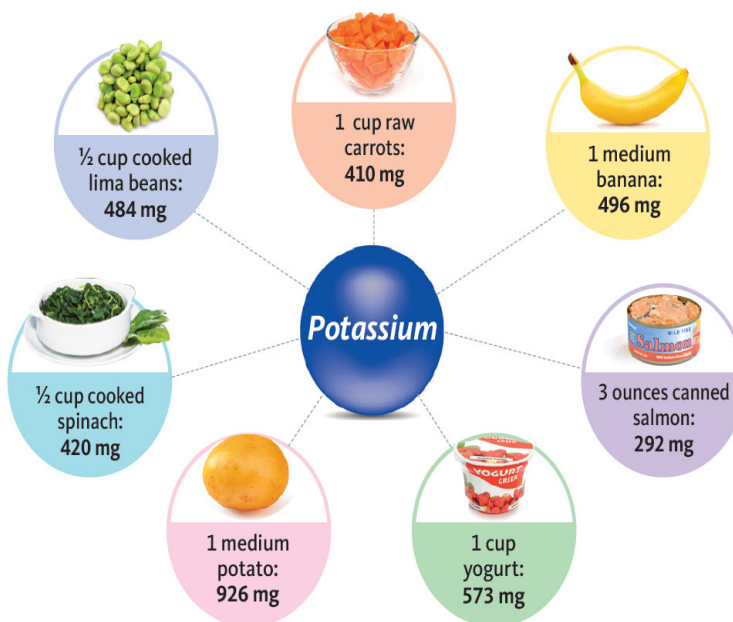
April 20, 2023

Friend to Friend "Pink" Event

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<https://sanpatricio.agrilife.org>

TEXAS A&M
AGRI LIFE
EXTENSION

Potassium is a mineral needed by all cells in your body. Here are some examples of potassium-rich foods.



Potassium helps regulate fluid balance, muscle contractions and nerve signals.



Potassium supports healthy blood pressure for reduced risk of stroke and heart disease.



Eating a variety of fruits and vegetables can help you get enough potassium.



Eating enough potassium may improve bone health and reduce risk for kidney stones.



Some people may need to limit potassium. A healthcare provider can help explain the right amount.

Peach Yogurt Smoothie

Makes 3 cups

Prep time: 10 minutes



Ingredients:

- 1 cup low-fat yogurt (plain or flavored)
- 1/2 cup nonfat dry milk
- 1/2 banana
- 3/4 cup orange juice
- 1/2 cup frozen peaches

Directions

1. Wash hands with soap and water.
2. Put all ingredients into a blender and blend until smooth.
3. Refrigerate leftovers within 2 hours.

Nutrition Facts	
3 servings per container	
Serving size 1 cup (200g)	
Amount per Serving	
Calories	160
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 1mcg	5%
Calcium 318mg	25%
Iron 0mg	0%
Potassium 638mg	15%
Vitamin A 102mcg	11%
Vitamin C 54mg	60%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

How much potassium do you need each day?

Aim for 2,600 mg each day for adult women or 3,400 mg each day for adult men.

Classics Stay Strong

Reducing the sodium in foods is another way to support healthy blood pressure.



Drain and rinse canned vegetables to reduce the sodium by 35% or more.



Check the Nutrition Facts labels on packaged foods for the amount of potassium in a serving.



Potassium-rich snack ideas:

- Banana and peanut butter
- Veggies with guacamole dip



Daily activities, such as walking and climbing stairs, are also good for heart health.
Aim for 150 minutes each week.



Southwestern Stuffed Potatoes

Makes 4 potato halves

Prep time: 5 minutes

Cook time: 10 minutes

Ingredients

- 2 medium potatoes (about 5 x 2½-inches each)
- 1 cup cooked beans (any type)
- ¾ cup salsa
- 1 cup corn (frozen or canned, drained and rinsed)
- ½ cup shredded cheese (try cheddar or pepper jack)

Directions

1. Wash hands with soap and water.
2. Scrub potatoes well. Poke each potato with a fork 2 or 3 times. Microwave on HIGH for 5 minutes, turn potatoes over, and microwave another 3 to 5 minutes, or until easily pierced with a fork. Set aside.
3. In a microwave-safe bowl, combine beans, salsa and corn. Microwave for 2 to 3 minutes, stirring occasionally, until heated through.
4. Cut potatoes in half lengthwise and flatten with a fork. Divide bean mixture between the four halves. Sprinkle with cheese and serve warm.
5. Refrigerate or freeze leftovers within 2 hours.

Notes

- For 1 or 2 servings, cook one potato and use half the toppings.
- Topping ideas: avocado, green onion, cooked meat, poultry or tofu, low-fat plain yogurt.

Adapted from: foodhero.org

Nutrition Facts		
4 servings per container		
Serving size	1 potato half (250g)	
Amount per Serving		
Calories	240	
	% Daily Value*	
Total Fat 5g		6%
Saturated Fat 3g		15%
Trans Fat 0g		
Cholesterol 15mg		5%
Sodium 450mg		20%
Total Carbohydrate 40g		15%
Dietary Fiber 8g		29%
Total Sugars 4g		
Includes 0g Added Sugars		0%
Protein 10g		
Vitamin D 0mcg		0%
Calcium 125mg		10%
Iron 2mg		10%
Potassium 720mg		15%
Vitamin A 54mcg		6%
Vitamin C 24mg		26%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Easy Slow Cooker Beans

1. Rinse dry beans under running water and remove rocks or leaves. In a large bowl or pot, cover every 1 cup beans with about 4 cups water. Soak in the refrigerator for at least 6 hours.
2. Drain and rinse beans, then pour into a slow cooker. Add enough water or broth to cover them plus 2 inches. Cover and cook until beans are soft and tender, about 4 hours on high or 6 hours on low. Refrigerate until ready to use.
3. Use cooked beans in any recipe or refrigerate for up to 5 days. For longer storage, freeze recipe-sized portions in airtight containers marked with the date. For best quality, use within 6 months.



Note: 1 cup dry beans makes about 3 cups cooked beans.

Adapted from: foodhero.org

Food Division Sweepstakes Winner
Susan Dromgoole - Aransas Pass EE Club
Pound Cake

Cultural Arts Division Sweepstakes Winner
Jill Flores - Aransas Pass EE Club
Recycled Items



**Thanks to everyone who
 volunteered at the 2023
 A&H Show Homemaking Division!**

Adult Division

Nancy Henderson
 Irene Irey
 Barbara Kain

Mamie Mauch
 Evelyn Sinast
 Marsha Wellman

Youth Division

Susan Dromgoole
 Dorothy Glenn

Jill Flores

**2023 A&H Show Homemaking Adult Food Division
 Extension Education Member Results**

Quick Bread

Evelyn Sinast
 2nd place

Iced Multi Layer Cake

Susan Dromgoole
 2nd place

Cookies Other

Evelyn Sinast
 1st place

Yeast Bread

Susan Dromgoole
 2nd place

Cookies Drop

Nancy Henderson
 2nd place

Marsha Wellman
 3rd place

Pound Cake

Susan Dromgoole
 1st place

Susan Dromgoole
 3rd place

Pickled Items

Evelyn Sinast
 1st place

**2023 A&H Show Homemaking Adult Cultural Arts Division
 Extension Education Member Results**

Craft Painting

Jill Flores
 1st place

Holiday Decorations

Susan Dromgoole
 1st place

Quilts—larger than 50x70-Machine

Quilted
 Barbara Kain
 1st place

Decorated Garments

Jill Flores
 1st place

Jill Flores
 2nd place

Recycled Items

Jill Flores
 1st place

Fabric Creations

Nancy Henderson
 1st place

Nancy Redmond
 Participation

Nancy Redmond
 2nd place

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.



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