



San Patricio Extension Education Association News

July 2023

Sharing is caring with TEEA



Summer Beauties

July

Marsha Wellman - 12th
Evelyn Sinast - 16th
Sammie Carawan - 26th
Irene Irely - 31st

August

Susan Dromgoole - 21st

Upcoming Events

July 4

Extension Office closed

July 13, 2023

Mission of Mercy
Wellness Outreach

July 17, 2023

Yearbook Meeting

October 12

County Health Fair

Kathy Farrow

County Extension Agent
Family and Community Health
219 N. Vineyard
Sinton, TX 78387
361/587-3400 • office
361/364-6237 • fax

katherine.farrow@ag.tamu.edu
<https://sanpatricio.agrilife.org>

TEXAS A&M
AGRI LIFE
EXTENSION



Extension Education Association Yearbook Committee Meeting

Monday July 17, 2023

10:00am

San Patricio County Extension Office



Bring thoughts, roll call themes and household tips/hints

Club President

Association Officers

Club Members

ALL ARE WELCOME!



Mission of Mercy Wellness Outreach

Thursday, July 13, 2023

9:00am - 12:00pm

City of Gregory Community Center
310 Ayers Street, Gregory, Texas

- Blood Pressure Screenings
- Hemoglobin A1C Screenings
- Health Education Information & More



Public Health
Prevent. Promote. Protect.

San Patricio County Department Public Health Fair

October 12, 2023

7:30am - 1:00pm

San Patricio County Fairgrounds Civic Center
219 W. 5th Street, Sinton, Texas

- Over 50 vendors
- Flu Vaccine Clinic
- Health Screenings
- Door Prizes

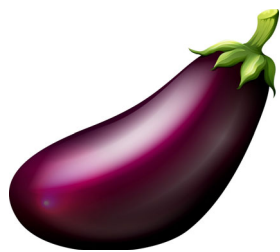


Public Health
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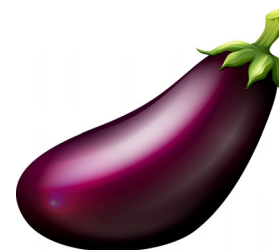


The San Patricio County
Extension Office
will be closed
Tuesday, July 4, 2023





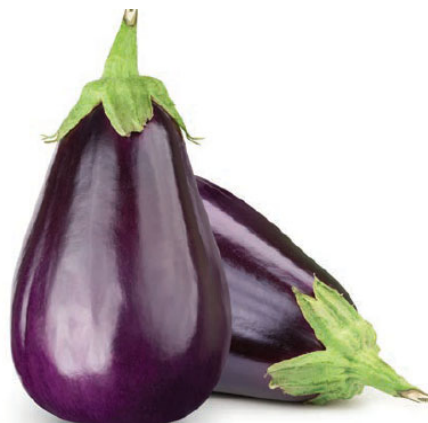
Eggplant Basics



Eggplant is a good source of fiber, which help with digestion and may lower your risk for heart disease.

\$hop and \$ave

- ✿ Choose eggplants that feel firm and heavy for their size, with skin that is shiny and smooth. Look for stems that are green and firm.
- ✿ Avoid eggplants with bruises, dull and wrinkled skin, or stems with mold or softness.
- ✿ Choose small- to medium-size eggplants. Large and mature eggplants are more likely to have thicker skin, larger seeds and a bitter flavor.
- ✿ Eggplant may be available in stores year round but will have the best flavor when in season. This is



Types of Eggplant

- ✿ The oblong purple eggplant found in most stores is often called a globe eggplant.
- ✿ Other varieties to grow or find at farmers markets can be oblong, long, thin or round. Colors vary from white and green to pink, purple or black. Some have stripes of color.
- ✿ Enjoy all types grilled, roasted, sautéed or stir-fried. Eggplant goes well with many flavors.

Store Well Waste Less



- ✿ For best quality, plan to use eggplant within a few days of buying or harvesting.
- ✿ Eggplant stores best in a cool place (50 degrees F) away from sunlight and in a container with airflow. It can be stored for 4 to 7 days in the front of the refrigerator to protect from overchilling.
- ✿ Overripe eggplant can taste bitter. To reduce the bitterness, peel the skin, cut as desired and remove large seeds. Salting before cooking, as is often recommended, is not necessary.
- ✿ Rinse under cool running water and cut just before using. Leave the peel on for more fiber and nutrients or remove with a vegetable peeler.
- ✿ Freeze eggplant in airtight containers for longer storage. Place cooked pieces on a baking sheet, freeze until firm before freezing. You can also mash cooked eggplant and then package. For best quality, use within 8 months.

Enjoy Eggplant

Eggplant Pizza Slice

Makes 8 slices

Prep time: 10 minutes

Cooking time: about 20 minutes

Ingredients:

- 1 globe eggplant (peel if desired)
- 1 cup tomato pasta sauce
- $\frac{3}{4}$ cup shredded mozzarella cheese
- 2 Tablespoons bread crumbs



Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F. Lightly grease a baking sheet.
3. Slice eggplant into rounds about $\frac{1}{2}$ -inch thick. Place slices on baking sheet.
4. Top each eggplant slice with a rounded Tablespoon of sauce. Sprinkle a Tablespoon of cheese on top of sauce and $\frac{1}{2}$ teaspoon bread crumbs on top of cheese.
5. Bake for 15 to 20 minutes until the cheese is melted and bread crumbs are golden brown.
6. Refrigerate leftovers within 2 hours.

Notes:

- Serve as a side dish or snack, or in a sandwich.

Grilled Eggplant

Servings: 6

Ingredients:

- 2 medium eggplants
- 2 Tablespoon olive oil
- $\frac{1}{2}$ teaspoon dried or fresh oregano



Directions:

1. Heat grill. Cut eggplant vertically ($\frac{1}{4}$ of an inch slices).
2. Brush both sides with olive oil. Grill 3-4 minutes on each side or until grill marks are present.
3. Transfer to serving plate and sprinkle with dried or fresh oregano.

Recipe adapted from: <https://dinnertonight.tamu.edu/>

Eggplant Dip

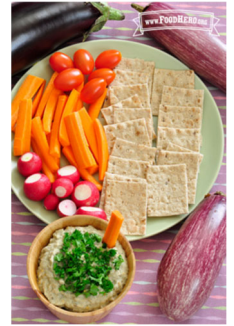
Makes $1\frac{1}{2}$ cups

Prep time: 10 minutes

Cooking time: about 45 minutes

Ingredients:

- 1 globe eggplant or 2 to 3 smaller eggplants
- $\frac{1}{4}$ cup tahini
- 3 to 4 Tablespoons lemon juice
- 2 to 3 cloves garlic, minced or $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon salt
- 2 Tablespoons chopped parsley or cilantro (optional)



Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F. Lightly grease a baking sheet or line sheet with aluminum foil.
3. Poke whole eggplant with a knife or fork in 8 to 10 places. Place on baking sheet and roast until the eggplant collapses and softens, about 45 minutes. Turn over after about 20 minutes. Smaller eggplants will take less time.
4. Cool eggplant for 10 to 15 minutes. Remove the stem and skin to throw away or compost. Place cooked eggplant in a medium bowl or blender. Add the rest of the ingredients and stir or blend until smooth.
5. Scoop mixture into a serving bowl and sprinkle with parsley, if desired.
6. Refrigerate leftovers within 2 hours.

Notes:

- Serve with raw vegetables, whole-grain pita, or crackers.
- Try adding 2 Tablespoons plain yogurt to other ingredients.
- No tahini? Try using 2 Tablespoons smooth peanut butter and 2 Tablespoons vegetable oil.

Recipes and articles adapted from: <https://foodhero.org/>
unless otherwise stated

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, fruitsandvegsglossary.com and Eatright.org. The content of this newsletter is not intended to provide medical advice; this should be obtained from a qualified health professional. 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.

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.

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
katherine.farrow@ag.tamu.edu

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For additional information contact:

