



# San Patricio Extension Education Association News

June 2023

Sharing is caring with TEEA



## Summer Beauties

### July

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

### August

Susan Dromgoole - 21st

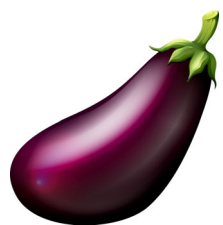
## Upcoming Events

### July 4

Extension Office closed

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  
**AGRILIFE**  
EXTENSION



## Eggplant Basics

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



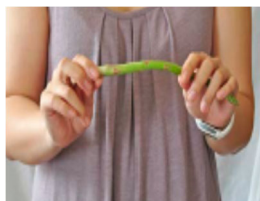
### \$hop and \$ave

- ✿ 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 usually July through October.

### Types of Eggplant

a The oblong purple eggplant found in most stores is often called a globe eggplant.  
a 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.  
a Enjoy all types grilled, roasted, sautéed or stir-fried. Eggplant goes well with many flavors.

## Store Well Waste Less



- Refrigerate fresh asparagus for up to four days.
- Stand stalks in 1 inch of water like a flower bouquet and cover with a plastic bag.  
**OR**
- Wrap cut ends in a damp paper towel and cover the towel with plastic.
- Rinse under cool running water just before using. To remove tough ends: Hold an end of a stalk in one hand and the middle of the stalk in the other hand. Gently bend to snap.  
**OR**
- Cut off the bottom inch of the stalks, then peel tougher base ends if needed.

---

**In honor of Juneteenth, the San Patricio County Extension Office will be closed  
Tuesday, July 4, 2023**

---

# Asparagus & Summer Recipes

## Roasted Asparagus

Makes 2 cups

### Ingredients:

- 3 pounds asparagus, trimmed
- 1 tablespoon vegetable oil
- 1 dash each salt and pepper



### Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Wash asparagus spears and trim off tough ends. Leave whole or cut into shorter lengths.
4. In a large bowl, toss spears with the oil, salt and pepper.
5. Place spears in a single layer on a large baking sheet.
6. Roast for 12 to 15 minutes or until the asparagus pieces are lightly browned. Thick spears will take a longer baking time.
7. Refrigerate leftovers within 2 hours.

### Notes:

- Try adding more seasonings such as lemon zest or garlic powder.

**Prep time:** 10 minutes      **Cooking time:** about 15 minutes

## Asparagus Mushroom

Makes 8 muffin halves

### Ingredients:

- 4 English muffins
- 1½ teaspoons vegetable oil
- ¼ cup finely minced onion (any type)
- 1 cup chopped mushrooms
- ½ pound asparagus, trimmed and sliced crosswise into ½-inch rounds
- ¾ teaspoon dried thyme, oregano or basil 1 ½ teaspoons vinegar or lemon juice
- 1 dash each salt and pepper
- 3 ounces (¾ cup) shredded mozzarella cheese



### Directions:

1. Wash hands with soap and water.
2. Toast muffin halves and place on a baking sheet in a single layer.
3. Heat oil in a large skillet over medium-high heat. Cook onions and mushrooms, stirring often, until just beginning to brown.
4. Add asparagus, thyme and vinegar. Stir often until asparagus is barely tender, about 3 to 4 minutes. Add salt and pepper.
5. Turn on oven to Broil setting.
6. Divide vegetable mixture onto the muffin halves. Top each muffin with shredded cheese.
7. Broil muffins for about 30 seconds, or until the cheese melts. Watch carefully to avoid burning.
8. Refrigerate leftovers within 2 hours.

### Notes:

- To trim asparagus, remove the tough bottom 1 to 1 ½ inch of the stalk.
- No English muffins? Serve over a whole grain such as brown rice or bulgur

**Prep time:** 15 minutes      **Cooking time:** about 15 minutes

## Simply Summer Fruit Salad

Serving Size: 1 cup

### Ingredients:

- 1 cup watermelon, scrubbed with clean vegetable brush under running water
- 1 cup blueberries, gently rubbed under cold running water
- 1 cup diced kiwi, gently rubbed under cold running water
- 1 cup canned mandarin oranges, drained
- 1 cup pineapple chunks, fresh, frozen or canned



### Directions:

1. Wash hands with soap and water.
2. Stir fruit together in a medium sized bowl.
3. Serve immediately or cover and store in the refrigerator.

## Watermelon Cooler

Makes 3 cups

### Ingredients:

- 3 cups cubed watermelon, seeds removed
- ½ cup orange juice

### Directions:

1. Wash hands with soap and water.
2. Place watermelon and juice in blender. Blend until smooth and serve right away.
3. Refrigerate leftovers within 2 hours.



### Notes:

Juice from 2 oranges (about 1/2 cup)

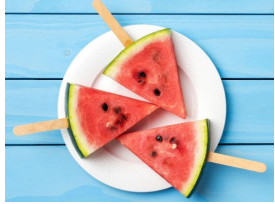
**Prep time:** 5 minutes



## 2023 State Convention

County store will be open on Tuesday morning so items need to be turned in on Monday. The suggestion was that each member donate \$10 worth of items. For example: (10) \$1.00 items, (2) \$5.00 items or (1) \$5.00 item.

Labels were enclosed in May newsletter.



### A Summertime Favorite - Watermelon

Watermelon is an American summertime favorite. Throughout the summer months, many cannot get enough of this sweet treat. There are more than 1,200 different varieties of watermelons. Watermelon provides a refreshing way to help us reach the MyPlate recommendation of 1-2 cups from the fruit group each day. One cup of watermelon is equal to 1 small slice (1 inch thick) or 1 cup diced. Watermelon is naturally low in fat, sodium and has no cholesterol. It provides a source of potassium, vitamin C, Vitamin A and folic acid. Some interesting facts about watermelon:

- ◆ A watermelon is 100% usable and compostable (70% flesh and 30% rind).
- ◆ Watermelon live up to their name as they are 92% water.
- ◆ The rind of a watermelon is edible and can be used in stir-fries or salads.
- ◆ Hollow out the watermelon to make a compostable bowl for your delicious treat such as a fruit salad or fruity dessert.

Selecting the perfect watermelon – Choose a firm, symmetrical, fruit that is free of cracks, bruises, soft spots or mold. A ripe watermelon will have a dull sheen, dried stem, and a buttery yellow underside where it has touched the ground. Thump your watermelon, as it should sound dull and hollow. Lift them as well, they should be heavy for their size.

Storing your watermelon – An uncut watermelon can be kept for up to 2 weeks at room temperature. When ready to use, scrub with a clean vegetable brush under running water. Dry with a clean towel or paper towel. Once cut, store watermelon in a covered container in the refrigerator for up to 3 days without a decrease in flavor or texture.

### Beat the Heat



Heat is one of the leading weather-related killers in the United States, resulting in hundreds of fatalities each year. North American summers are hot. East of the Rockies, summertime tends to combine both high temperatures and high humidity, making daily walks more difficult. High heat and humidity put extra stress on your body because sweat does not readily evaporate to cool your skin. In cooling yourself, your heart rate also increases.

Here are some tips to make your daily walk safe during these hot summer months:

- ★ Schedule your walk or activities for the coolest time of the day, either early morning or late evening. Take care if you are a child, older adult or anyone with health issues.
- ★ Drink plenty of fluids. Dehydration is a key factor in heat illness. Stay well-hydrated with water and don't wait until you're thirsty. Consider sports drinks to replace sodium, chloride and potassium if you exercise intensely.
- ★ Dress appropriately. Lightweight, light colored, loose fitting clothing allows sweat to evaporate and keeps you cooler.
- ★ Use sunscreen. Wear sunglasses. Wear a wide-brimmed light colored hat. A sunburn decreases your body's ability to cool itself and increases the risk for skin cancer.
- ★ Get acclimated. Gradually increase the length of time you are outside in the heat. This usually takes one to two weeks.
- ★ Watch for signs and symptoms of heat-related illness: muscle cramps, nausea or vomiting, weakness, fatigue, headache, dizziness, confusion, low blood pressure, increased heart rate, profuse sweating, or visual problems. These can worsen quickly and become a medical emergency.

**Be safe during your summer walking and activities - don't quit because of the heat!**

# 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, fruitsandvegsglossarymorematter.org, Produceforkids.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

*Kathy Farrow*

For additional information contact:

