



# San Patricio Extension Education Association News

March 2023

Sharing is caring with TEEA



## Mark Your Calendar

**NO March Extension Education Association Meeting**

**March 20, 2023**

D11 Spring Conference Registration Deadline

**April 11, 2023**

D11 Spring Conference Hallettsville

**April 20, 2023**

Friend to Friend "Pink" Event

**April 24, 2023**

Extension Education Association Meeting and Scholarship Judging

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<https://sanpatricio.agrilife.org>

TEXAS A&M  
**AGRILIFE**  
EXTENSION

## Peas Basics

**\$**hop and **\$**ave

- Choose fresh peas with pods that are shiny, firm, and bright green. Avoid bruised, yellow or wilted peas.
- Find fresh local peas at farmers markets or larger supermarkets.
- Frozen and canned peas are available year round.
  - ⇒ Use the unit pricing tag on store shelves to find the best value.
  - ⇒ Use the Nutrition Facts label on packages to find peas that are low in sodium. Drain and rinse canned peas to reduce sodium even more.

Peas contain many nutrients, including fiber and vitamins A and C.



Peas are fun to grow. Go to [FoodHero.org](http://FoodHero.org) for gardening tips.



### Types of Peas

**Green peas** are also known as garden or shelling peas. The peas grow in a rounded pod but are "shelled" or removed from the pod before eating raw or cooked.



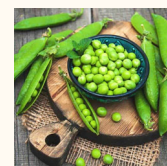
**Snow peas** have pods that are flat with tiny peas inside. The whole pod is eaten raw or cooked. There may be tough "strings" along the edges that can be removed before eating.



**Snap peas** are also known as sugar snap peas. The pod is plump and rounded with small peas inside. The whole pod is eaten raw or cooked. Strings on the edges can be removed before eating, if desired.



## Store Well Waste Less



- Refrigerate fresh peas soon after buying or picking. For best quality, plan to use them within a day or two.
- Store in an open bag or container for air flow.
- Rinse under cool running water just before using.
- Freeze fresh peas for longer storage. For best color and flavor, blanch first and package in labeled airtight containers. Plan to use within 8 months.
- Canned peas are safe to eat for up to 5 years past the 'best buy' date if the can shows no dents, rust or swelling.

# Enjoy Peas

## Green Pea Soup

Makes 4 cups  
Prep time: 5 minutes  
Cook time: 15 times

### Ingredients:

- 2 cans (15 ounces each) peas (undrained)
- 1 cup nonfat or 1% milk
- 1 teaspoon chicken or vegetable bouillon
- 1 tablespoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon pepper (optional)



### Directions:

1. In a medium saucepan, heat peas with liquid over medium heat. As the peas warm, mash them with a fork or potato masher to the thickness you want.
2. Stir in milk, bouillon, onion powder, garlic powder and pepper, if desired. Simmer for 15 minutes. Serve warm.
3. Refrigerate leftovers within 2 hours.

### Notes:

- ◆ For a smoother soup, combine peas with liquid and milk in a blender or food processor. Blend until smooth, then add to saucepan.
- ◆ Try fresh onion for extra flavor! Heat 1 teaspoon vegetable oil in the saucepan over medium heat. Add ¾ cup chopped fresh onion. Cook until onion is soft then add peas with liquid.

## Pasta Salad

Makes 6 cups  
Prep time: 10 minutes

### Ingredients:

- 3 cups cooked pasta
- 2 Tablespoons chopped sweet onion
- ¼ cup chopped celery
- ¼ cup chopped carrots
- ¼ cup frozen peas, thawed
- 2 Tablespoons chopped red or green bell pepper
- 1 ½ cups chopped ham
- ½ cup cubed cheddar cheese (optional)
- ¼ cup fat free or low fat Italian dressing



### Directions:

1. Combine all ingredients in a large bowl and mix well. Cover and refrigerate until ready to serve.
2. Refrigerate leftovers within 2 hours.

### Notes:

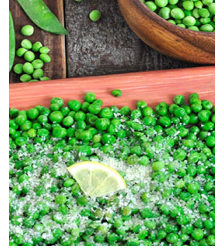
- ◆ Try substituting different vegetables.
- ◆ Ham can be substituted with any meat of choice.

## Parmesan Peas

Makes 4 cups  
Prep time: 5 minutes  
Cook time: 15 minutes

### Ingredients:

- 1½ teaspoons margarine or butter
- 3½ cups peas (fresh, frozen, or canned, drained rinsed)
- 1½ teaspoons lemon juice
- ¼ teaspoon pepper
- ⅓ cup grated parmesan cheese



### Directions:

1. Heat margarine or butter in a medium skillet over medium heat (325 degrees F in an electric skillet). Add peas and cook until heated. Allow 2 to 3 minutes for canned peas. Fresh and frozen peas will take about 7 or 8 minutes.
2. Stir in lemon juice and pepper and mix well. Sprinkle with parmesan cheese before serving.
3. Refrigerate leftovers within 2 hours.

### Notes:

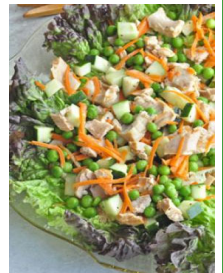
- ◆ Try other types of cheese or a blend!
- ◆ Freeze extra lemon juice to use later

## Tuna Salad with Cucumbers

Makes 5 cups  
Prep time: 15 minutes

### Ingredients:

- 3 cans (5 ounces each) tuna in water, drained
- 1 cup carrot, peeled and coarsely grated (about 2 medium carrots)
- 2 cups diced cucumber
- 1 ½ cups peas, canned and drained or thawed from frozen
- ¾ cup low-fat Italian salad dressing



### Directions:

1. Place drained tuna in a medium bowl. Use a fork to break apart chunks of tuna.
2. Add carrot, cucumber, peas and salad dressing. Mix well.
3. Serve immediately or make ahead, cover and refrigerate until ready to serve.
4. Refrigerate leftovers within 2 hours.

### Notes:

Serve on lettuce leaves or make sandwiches with whole wheat or pocket (pita) bread.

All recipes adapted from: [foodhero.org](http://foodhero.org)

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



## Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.

The following tips can help you get started on your way to eating right.

### **Make half your plate fruits and vegetables.**

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.



### **Make at least half your grains whole.**

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

### **Switch to fat-free or low-fat milk, yogurt and cheese.**

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

### **Vary your protein choices.**

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you are at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

### **Limit sodium, saturated fat and added sugars.**

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

### **Stay well-hydrated**

Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

### **Enjoy your food but be mindful of portion sizes.**

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

### **Cook more often at home, where you are in control of what's in your food.**

When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

**Consult a registered dietitian nutritionist** if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.



# 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.

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San Patricio County  
Family & Community  
Health & Ag/Natural  
Resources



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For additional information contact:



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**District 11 TEEA Spring Conference**  
**April 11, 2023**  
**St. Peter Lutheran Church Fellowship Hall**  
**101 N Market**  
**Hallettsville, Texas**

**Registration fees: \$20.00**  
**Entry Deadline: Monday, March 20, 2023**

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**Registration Form**

<b>TEEA MEMBERS</b>		
Name	Club	Amount Paid
1.		
2.		
3.		
4.		

**Conference Registration: 9:15-9:55am**

**Cultural Arts Registration: 9:15-9:45am**

**Meeting: 10:00am**

**Each County needs to bring (2) door prizes worth \$10.00-15.00.**

**County Duties**

Austin - Cultural Arts Registration & Contest  
Calhoun - Drawing & Door Prizes  
Fayette - Courtesy Resolution  
Lavaca - Host County Registration & Taking of Door Prizes  
Matagorda - Invitation to Leader Training, Fall of 2023

**San Patricio - Credential Report**  
Victoria - Collect Coins for Friendship  
Washington - Lead the American & Texas Pledges  
Wharton - Lead the TEEA Creed & Prayer

**Registration is transferable, but not refundable!**

**Make checks payable to the San Patricio Extension Education Association**

**Return form to:**

San Patricio County Extension Office  
Attn: Kathy Farrow, CEA-FCH Agent  
219 N. Vineyard  
Sinton, Texas 78387