



San Patricio Extension Education Association News

May 2023

Sharing is caring with TEEA



January

Nancy Redmond - 15th

February

Jill Flores - 11th
Dorothy Glenn - 12th

May

Barbara Kain - 12th

June

Cathy Hanna - 28th

July

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

August

Susan Dromgoole - 21st

September

Cindy Corbin - 3rd
Kathy Farrow - 3rd
Bobbie Shultz - 5th
Pam Minton - 21st
Nancy Henderson - 29th

October

Alice Luedke - 11th
L'Ella Andrews - 18th

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>

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2023 Extension Education Association

Scholarship Winners

Blake Koether is a Sinton FFA Chapter member and plans to attend Texas State University in College Station and major in Agricultural Economics. Blake is the son of Chad and Yvonne Koether.



Mercedes Leal is a Mathis FFA Chapter member and plans to attend Texas A&M University in Corpus Christi and major in Business Administration. Mercedes is the daughter of Brenda and Tomas Leal.



Each recipient will receive a \$500.00 scholarship.



In honor of Memorial Day, the
San Patricio County Extension Office
will be closed
Monday, May 29, 2023



A very special thanks to all who served
and helped with our
2023 Friend to Friend "Pink" Event.

It was a great success!



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.

Enclosed is the label that needs to be attached to each item.



Spring Into Fitness

Being physically active with your family is a great way to stay healthy and make exercise fun. As the weather starts to get warm, get outside and enjoy the sunshine but be prepared for cooler days as well. If you are thinking about springing in some activity, how much do you actually need?

Adults need at least 150 minutes of moderate-intensity aerobic activity and at least 2 days of muscle-strengthening activity each week.

- Or get the same benefits in half the time. If you step it up to vigorous-intensity aerobic activity, aim for at least 75 minutes a week.
- If that is more than you can do right now, do what you can. Even 5 minutes of physical activity has real health benefits.

Kids and teens ages 6 to 17 need at least 60 minutes every day. Most of it can be moderate-intensity aerobic activity. Anything that gets their heart beating faster counts.

- At least 3 days a week, encourage your kids to step it up to vigorous-intensity aerobic activity.
- As part of their 60 minutes, kids and teens also need 3 days a week of muscle-strengthening activity such as climbing or swinging on the monkey bars.
- They also need 3 days a week of bone-strengthening activity such as running and jumping.

Fun springtime activities might include flying a kite, playing soccer, going on a nature hike, taking a bike ride or having a picnic in the park. For something new, try gardening, playing pickleball or kayaking.



Wrap Up a Healthy Spring



Whole grains are important sources of many nutrients, including fiber, B vitamins (thiamin, riboflavin, niacin and folate) and minerals (iron, magnesium and selenium). Products made from whole grains contain the entire edible part of the grain, including the outer layer called the bran. The bran contains large amounts of B vitamins, fiber and other trace minerals.

Children as well as adults need to make half of their grains whole grains. Some common whole grains include oatmeal, brown rice, whole wheat flour, and popcorn. An easy way to add a whole grain into your day is to use a whole grain tortilla to make a delicious wrap!

Wraps are a terrific way to use up small amounts of meat, cheese, vegetables, fruits, etc. that you might have in your refrigerator. Be creative!

Whole Grain Wraps

A whole grain tortilla can make a variety of wraps that are quick and healthy meals or snacks such as:

Crunchy Vegetable – Combine ½ tsp. dry ranch seasoning with 4 Tbsp. cream cheese. Spread on 2 whole grain tortillas and top with chopped veggies – zucchini, broccoli, carrots, etc. Roll and serve.

Peanut Butter and Apple – Spread peanut butter over a whole grain tortilla. Sprinkle with granola and thinly sliced apple pieces. Roll and serve. This recipe could use other apples - Golden Delicious, Granny Smith or Fuji; however, Red Delicious apples are the crispiest and their flavor balances the savory taste of the peanut butter. The combination of fruit, granola, and peanut butter makes this snack packed with protein, iron, fiber, and calcium; the whole wheat tortilla and reduced-fat peanut butter keep it lower in fat.

Home Run Hummus – Spread hummus on a whole grain tortilla. Top with sliced red bell pepper, grated carrots and baby spinach leaves. Roll and serve.

Serve hummus with fresh raw vegetables, on a piece of pita bread or flour tortilla, on any cracker, or as a sandwich filling on toasted bread.

Recipes attached

Whole Grain Wraps

Cool as a Cucumber Whole Grain Wrap

Makes 8 servings

This wrapped sandwich is easy way to include whole grains, vegetables and lean protein into portable lunch.

Ingredients:

- 4 whole-wheat or whole-grain tortillas (8")
- ¼ cup low-fat ranch dressing, pesto or hummus
- 2 cups lettuce or leafy greens, washed and patted dry
- ½ pound sliced low-sodium turkey breast
- 1 small cucumber, washed and thinly sliced
- 1 red bell pepper or tomato, washed and thinly sliced



Directions:

1. Wash hands with soap and water. Spread ranch dressing, pesto or hummus onto flour tortilla, staying one inch from edge.
2. Layer with turkey and vegetables. Roll tortilla tightly.
3. With a sharp knife, slice in half and serve.

Peanut Butter and Apple Wraps

Makes 4½ cups

Ingredients:

- 1 whole wheat tortilla (8 inch)
- ¼ cup peanut butter, reduced-fat
- 2 tablespoons granola cereal
- ½ apple, sliced (suggest Red Delicious apple)



Directions:

1. Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides
2. Sprinkle 2 Tablespoons granola over peanut butter.
3. Cut apple slices into small chunks and place them on top of the granola.
4. Fold over the edges of the tortilla and roll up "burrito style"

Crunchy Vegetable Wraps

Serving Size: 1/2 tortilla each

This wrap is great with soup or salad or served as a cool summer appetizer

Ingredients:

- 4 tablespoons cream cheese, low-fat
- 2 flour tortillas
- 1/6 tablespoon Ranch seasoning mix (1/2 teaspoon)
- ¼ cup broccoli (washed and chopped)
- ¼ cup carrot (peeled and grated)
- ¼ cup zucchini (washed and cut into small strips)
- ¼ cup summer squash (yellow, washed and cut into small strips)
- ½ tomato (diced)
- ⅓ cup green bell pepper (seeded and diced)
- 2 tablespoons chives (chopped fine)



Directions:

1. In a small bowl, stir ranch seasoning into cream cheese; chill.
2. Wash and chop vegetables.
3. Steam broccoli in microwave for 1 minute with 1 tablespoon of water.
4. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
5. Chill for 1 to 2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

Notes:

- Be creative. Try different vegetables, herbs, and spices. For examples, try green beans, lettuce, radishes, corn; dill, oregano, basil, mint, curry, or chili powder.
- You can substitute pre-made flavored cream cheeses, such as chive, herb, or vegetable.
- Try a sweet cream cheese and add fruit to your wrap for a different twist.!

Hummus

Serving Size: 1/6 of recipe

Ingredients:

- 2 cups garbanzo beans, cooked (chickpeas)
- 2 cloves garlic (minced)
- ¼ cup lemon juice
- 1 tablespoon sesame tahini ([sesame paste] or substitute peanut butter for a sweet taste)
- 2 tablespoons olive oil



Directions:

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).
2. Add the garlic, lemon juice, tahini and oil. Mix well.

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. 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.



For additional information contact:

Kathy Farrow

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County Extension Agent
Family and Community Health
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361-587-3400 ★ 361/364-6234-fax
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