



November 2023

News

Sharing is caring with TEEA

Upcoming Events

November 8, 2023

Aransas Pass Extension Education Club meeting

November 10, 2023

Extension Office closed



November 23-24, 2023

Extension Office closed



November 27, 2023

Association meeting

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>



Caladium Bulb Fundraiser



Every member is encouraged to sell as many caladium bulbs as possible to assist with the 2023-2024 Association budget.

All forms must be submitted to your Club President at your November Club meeting.

Please sell, sell for Scholarship Dollars and State Meeting Expenses!

San Patricio Extension Education hosted District 11 TEEA Fall Training

Many thanks to all San Patricio Extension Education members that helped at the District 11 TEEA Fall Training on Tuesday, October 24, 2023 in Aransas Pass. Over thirty EEA members from 9 different counties were in attendance. See photos attached.



SAVE THE DATE



SAN PATRICIO COUNTY DIABETES SUPPORT GROUP HOLIDAY PROGRAM

Tuesday, December 5, 2023
10:00am to 11:00am

Texas A&M AgriLife Extension Service
San Patricio County
219 N. Vineyard, Sinton, Texas

SPEAKERS:

Kathy Farrow
Family and Community Health Agent, and



FREE DIABETES SELF MANAGEMENT EDUCATION CLASS

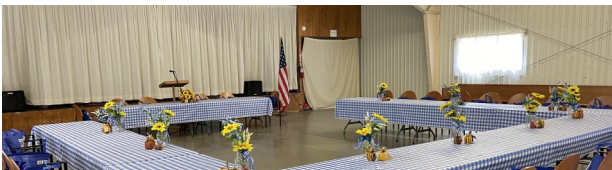
Thursday, December 7, 2023
9:00am to 3:00pm

Texas A&M AgriLife Extension Service
San Patricio County
219 N. Vineyard, Sinton, Texas

Participant will also receive a FREE health screenings for A1c, Cholesterol, Weight, BMI, and Body composition.



2023 District TEEA Fall Training



Shop and Save

- ❁ Choose turnips that are smooth, firm and heavy for their size. Avoid turnips with cuts or soft spots.
- ❁ If the leafy greens are attached, they should look fresh. Avoid greens that are yellow or wilted.
- ❁ For the best flavor and texture, choose baby turnips that are about 1 inch across or young turnips that are 2 to 3 inches across.
- ❁ Fresh turnips are available year round.
- ❁ Canned and frozen turnips and greens are found in some stores.



Purple top



Baby



Scarlet



Golden

About Turnips

- ❁ Turnips are root vegetables with leafy greens that you can eat. They can be different colors, shapes and sizes.
- ❁ Turnips belong to the mustard family with Brussels sprouts, cabbage, kale and broccoli.
- ❁ The flavor of turnips and their greens is mild with a little sweetness and peppery spice.

Turnip Math

1 pound =
2 to 3 medium turnips = 3
cups diced or mashed
6 to 7 cups raw greens = 1
cup cooked

Store Well Waste Less



- ❁ If greens are attached, cut them off and refrigerate in an airtight container. Use within a few days. Rinse just before using.
- ❁ Refrigerate turnips in a container with airflow. For best flavor, use within 1 week.
- ❁ Scrub turnips with a brush or hands under running water just before using. Trim off the stem and root ends. use a vegetable peeler to re-

Quick Fix

- ❁ Slice turnips for a salad or refrigerator pickles.
- ❁ Serve small turnips whole with your favorite dip.
- ❁ Roast, bake or boil and season many ways.
- ❁ Mix with white or sweet potatoes or other root vegetables.
- ❁ Chop and sauté with carrots, celery and onion to season soups, stews and beans.

Prep time: 30 minutes
Cooking time: 45 minutes

Ingredients:

Pancakes

- 1 cup all-purpose flour
- ½ teaspoon pepper
- 1 egg
- 2 cloves garlic, minced
- 1 Tablespoon low-sodium soy sauce
- ¾ cup water
- 2 cups grated turnip
- 1 cup grated carrot
- ½ cup thinly sliced green onion
- 2 Tablespoons vegetable oil (for cooking)



Sauce

- 2 Tablespoons low-sodium soy sauce
- 2 Tablespoons rice vinegar
- 2 teaspoons packed brown sugar
- 2 Tablespoons thinly sliced green onion

Directions:

1. In a large bowl, mix flour, pepper, egg, garlic, soy sauce and water in a bowl until smooth.
2. Stir in the turnip, carrot and green onion.
3. Heat half of the oil in a large skillet over medium heat (350 degrees F in an electric skillet). Pour about 1/4 cup of batter for each pancake into skillet. Flatten with a fork into a 3-inch circle.
4. Cook until edges look dry and bottom is golden, about 3 to 4 minutes. Turn over once. Cook until bottom is golden and crispy. Repeat with remaining batter, adding remaining oil as needed. Pancakes will be moist in the center.
5. Combine dipping sauce ingredients in a small bowl. Serve with warm pancakes.
6. Refrigerate leftovers within 2 hours.

Notes

- No rice vinegar? Try apple cider vinegar instead.

Cook time: 20 minutes
Makes: 3 cups

Ingredients:

- ½ pound turnips, peeled and diced
- 1 pound potatoes, peeled and cubed
- ¼ cup light sour cream or buttermilk (see Notes)
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon garlic powder



Directions:

1. Boil turnips and potatoes in enough water to cover until tender, 15 to 20 minutes.
2. Drain vegetables and mash.
3. Stir in sour cream, salt, pepper and garlic powder. Serve hot.
4. Refrigerate leftovers within 2 hours.

Notes:

- Try with parsnips instead of turnips.
- No buttermilk? Place 1 Tablespoon of lemon juice or vinegar in a measuring cup and fill to the 1 cup line with milk. Stir and let set to thicken slightly.
- Try adding chopped and sautéed turnip greens in step 3.

Maple Glazed Turnips

Makes: 4 Cups
Prep time: 15 minutes
Cooking time: 45 minutes

Ingredients

- 1 Tablespoon margarine or butter, melted
- 3 Tablespoons maple syrup
- ½ teaspoon cinnamon
- 2 teaspoons lemon juice
- 3 cups diced turnip
- 2 cups cubed sweet potato



Directions:

1. Preheat oven to 400 degrees F.
2. In a small bowl, mix together margarine or butter, maple syrup, cinnamon and lemon juice.
3. Mix turnip and sweet potato pieces in a medium casserole dish. Add syrup mixture and stir to coat evenly.
4. Cover and bake for 15 to 20 minutes. Uncover and bake until browned, 20 to 30 minutes. Serve hot.
5. Refrigerate leftovers within 2 hours.





A healthy eating routine is important at every age and stage of life.
 Make every bite count with foods that are full of nutrients.



Protein



Dairy



Vegetables

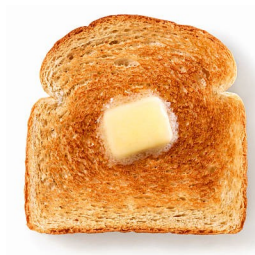


Fruits



Grains

Choose from options in each food group to create meals and snacks.



Whole-wheat Toast
(Grains)



Coffee or
Tea



Broccoli Cheddar Soup
(Protein, Dairy,
Vegetables)



Water



Whole-wheat
Roll
(Grains)

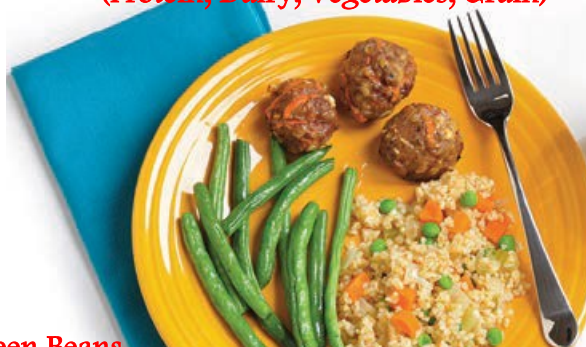


Veggie Omelet in a Mug
(Protein, Vegetables)



Yogurt with
Berries
(Dairy, Fruit)

Baked Meatballs
(Protein, Dairy, Vegetables, Grain)



Green Beans



Milk
(Dairy)

Microwave
Applesauce
(Fruit)



Strong

Focus on nutrients of importance to older adults, including protein, potassium, calcium, vitamins D and B12, and fiber.

When possible, choose foods with little to no added sugar, saturated

You may not always feel thirsty when your body needs fluid, so drink beverages, like water or flavored water, throughout the day.



Nutrition Facts	
4 servings per container	
Serving size	1 cup (306g)
Amount per Serving	
Calories	180
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 200mg	9%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 1mcg	6%
Calcium 217mg	15%
Iron 1mg	6%
Potassium 481mg	10%
Vitamin A 367mcg	41%
Vitamin C 38mg	42%

*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.

Ingredients

- 1 cup chopped onion
- 1 cup shredded carrot
- 1½ teaspoons margarine or butter
- 2 cups low-sodium broth (any type)
- 2 cups chopped broccoli (fresh or frozen)
- 1 cup nonfat or 1% milk
- ¼ cup flour or 2 Tablespoons cornstarch
- ½ cup shredded cheddar cheese (2ounces)
- ⅛ teaspoon pepper

Directions

1. Wash hands with soap and water.
2. In a medium saucepan over medium-high heat, sauté onion and carrot in margarine or butter until onions begin to brown. Add broth and broccoli. Simmer until broccoli is tender, 5 to 7 minutes.
3. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until slightly thickened, 3 to 5 minutes.
4. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot.
5. Refrigerate leftovers within 2 hours

Notes

- No broccoli? Try other vegetables, such as asparagus, cauliflower or green beans.
- Try adding cooked or canned chicken for more protein.

Pair Physical Activity with your Healthy Plate

Regular physical activity can help you stay strong and independent. Find ways to be active that work for you.

- Aim for at least **150 minutes of moderate intensity activity** each week. Any activity that gets your heart beating faster counts.
- Aim to do **muscle-strengthening activities at least 2 days each week**. These are activities that make



TEXAS A&M AGRILIFE EXTENSION SERVICE- SAN PATRICIO COUNTY

FREE DIABETES SELF MANAGEMENT EDUCATION CLASS

What you'll learn:

Diabetes overview

Healthy Eating and Nutrition

Physical Activity

Goal Setting

Medication

Blood Glucose Monitoring

Foot Care

Mental Health

PLUS: You'll receive a FREE lunch, blood glucose meter and testing supplies, and 8 months of personal support with Registered Nurses, Dietitians, and Community Health Workers.

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9:00 AM - 3:00 PM

Texas A&M AgriLife Extension Service

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Participants will also receive a FREE health screenings for A1c, Cholesterol, Weight, BMI, and Body composition.

Pre-registration is required, please call 361-587-3400 to get scheduled

AGRICULTURE 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, fruitsandvegsgiesmoresmatter.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.

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



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

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