



# San Patricio Extension Education Association News

September 2023

*Sharing is caring with TEEA*



## Summer Beauties

**September 3**  
Cindy Corbin

**September 5**  
Bobbie Shultz

**September 29**  
Nancy Henderson

## Upcoming Events

**September 4, 2023**  
Extension Office closed

**October 12**  
County Health Fair

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**AGRILIFE**  
EXTENSION

# Mushroom Basics

Mushrooms are a good source of B vitamins, which help the body produce energy from food.

## Shop and Save

- Fresh mushrooms may be available in bulk or pre-packaged for about the same price per pound. Bulk lets you choose the size and amount you want.
- Choose fresh mushrooms that are dry and firm. Avoid mushrooms that look damp.
- Look for fresh and dried mushrooms and mushroom powders at grocery stores, farmers markets and specialty stores.
- Find canned and frozen mushrooms at most grocery stores.



Button (White)



Shiitake



Portabella



Cremini (brown, baby bella)



Oyster



Chanterelle



Morel



Porcini

## Store Well Waste Less



- Refrigerate fresh mushrooms in containers with airflow, such as paper bags. Avoid airtight containers that can collect moisture and cause the mushrooms to spoil faster.

- For best quality, use fresh mushrooms within a week. For longer storage, sauté and freeze in airtight containers for 10 to 12 months.
- Clean mushrooms just before using. Brush the surface with a soft brush or damp paper towel, or rinse under cool running water and pat dry.
- Store dried mushrooms and mushroom powders in airtight containers in a cool, dark and dry place for up to 2 years.

# Enjoy Mushrooms

## Using Mushrooms

- Mushrooms have a savory flavor called umami. Enjoy them cooked many ways, including sautéed, roasted, broiled and grilled.
- Substitute different mushrooms for each other in most cooked recipes.
- Slice or chop button, cremini, portabella and enoki mushrooms to eat raw in salads, grain bowls or with dips.
- Soak dried mushrooms in warm water and rinse before using. Strain and save soaking water for a flavorful broth.
- Add dried mushroom powder to flavor roasted vegetables, broths, soups and stews.

## Mushroom Math

1 pound fresh mushrooms =  
4 to 5 cups sliced =  
2 cups cooked =  
3 ounces dried and rehydrated

## Simple Sautéed Mushrooms

Makes 1½ cups  
Prep time: 7 minutes  
Cooking time: 10 to 15 minutes

### Ingredients:

- 1 Tablespoon vegetable oil
- 1½ cups chopped onion
- 2 cloves garlic, minced
- 3 cups sliced mushrooms
- ¼ teaspoon salt
- ¼ teaspoon pepper



### Directions:

1. Wash hands with soap and water.
2. Heat oil in a large skillet over medium-high heat. Add onion and cook until it begins to soften, about 3 minutes. Add garlic and cook another minute.
3. Add mushrooms, salt and pepper. Cook and stir occasionally until the liquid evaporates and mushrooms begin to brown.
4. Refrigerate leftovers within 2 hours.

## Mushroom Bulgur Pilaf

Makes 4 cups  
Prep time: 10 minutes  
Cooking time: 30 to 40 minutes

### Ingredients:

- 1 ½ teaspoons vegetable oil
- 1 cup onion, chopped (1 medium onion)
- 3 cups sliced or chopped mushrooms (about 12 medium button mushrooms)
- ¾ cup bulgur
- 1 ½ cups low-sodium broth (any type)
- ½ teaspoon garlic powder
- ¼ teaspoon pepper
- 2 cups packed fresh spinach, roughly chopped



### Directions:

1. Wash hands with soap and water.
2. Heat oil in a medium saucepan on medium heat. Add onion and cook until softened, about 3 to 4 minutes.
3. Add mushrooms. Cook and stir often until they begin to brown.
4. Add bulgur and stir until lightly browned.
5. Add broth, garlic powder and pepper. Cover pan with a lid or plate and reduce heat to low.
6. Cook for 15 to 20 minutes or until bulgur is tender and liquid is absorbed.
7. Remove from heat, stir in spinach and serve.
8. Refrigerate leftovers within 2 hours.

### Notes:

- Try adding other seasonings such as thyme or oregano.
- No fresh spinach? Use frozen and thawed chopped spinach or other greens such as kale or chard. Add with broth during step 4 of directions.



“September is different from all other months. It is more magical. I feel the strange chemical change in the earth which produces mushrooms is the cause, too, of the extra ‘life’ in the air – a resilience, a sparkle.”  
~ Katherine Mansfield ~

# A Guide to Healthy Aging



## What You Should Do

### Physical Exercise

It has been proven that exercise is the most powerful intervention in improving cognition in older adults. Staying physically fit helps improve cognitive function by improving the ability to shift quickly between tasks, plan an activity and ignore irrelevant information.

- **Endurance:** Exercises like brisk walking, dancing or hiking improve the health of your heart, lungs and circulatory system. They can make daily activities easier, such as climbing a flight of stairs.
- **Strength:** Strength training - like lifting weights or using resistance bands - can increase muscle strength and help with everyday activities like carrying groceries.
- **Balance:** Balance exercises, such as standing on one leg or doing tai chi, can make it easier to walk on uneven surfaces and help prevent falls.
- **Flexibility:** Stretching exercises can help your body stay flexible. They give you more freedom of movement for daily activities, such as bending to tie your shoes.

### How much exercise is healthy?

Exercising 30 minutes a day for 3 or 4 days a week is recommended in moderate or vigorous intensity.

- **Moderate intensity:** Activities such as brisk walking are moderate intensity activities. An increased heart beat and breathing harder than normal are signs of a moderate intensity activity. Individuals can talk, but not sing, during the activity.
- **Vigorous intensity:** Individuals will feel these as being much faster and harder than normal (example: jogging). They cannot say more than a few words without pausing for a breath.

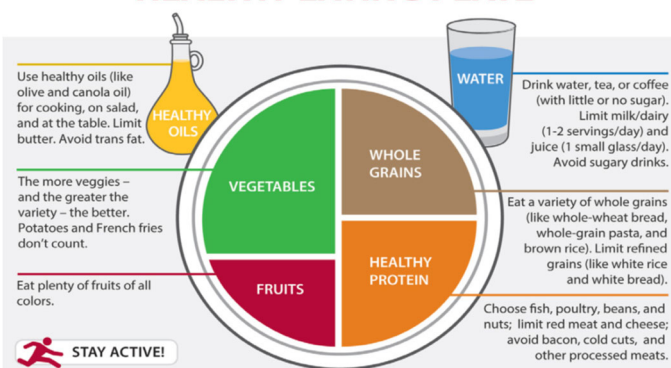


The combination of a Mediterranean diet and physical exercise with social engagement—and keeping mentally active—is more effective than any of these factors alone.

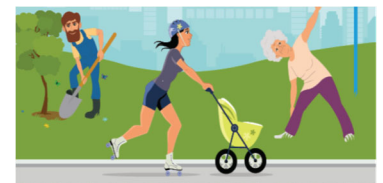
### Source:

Penn Memory Center - University of Pennsylvania Health System

### HEALTHY EATING PLATE



- As we age, an active lifestyle + Regular Exercise = Better Brain Function
- Sleep is vital to the aging brain, including cognitive function.



Get 7 to 8 hours of sleep in a 24-hour period





# 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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For additional information contact:

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