

# San Patricio Extension Education Association News



October 2023

Sharing is caring with TEEA



**October 11**

Alice Luedke

**October 18**

L'Ella Andrews

## Upcoming Events

**October 12**

County Health Fair

October 22, 2023  
Walk Across Texas  
begins

**October 24**

District 11 TEEA Fall  
Training

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EXTENSION



## 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.

An order form is enclosed. If you need additional order forms please call the San Patricio County Extension office

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

### San Patricio County Health Fair

October 12, 2023

7:30am - 1:00pm

San Patricio County

Fairgrounds Civic Center

219 West 5th Street, Sinton

- Over 50 Vendors
- Flu Vaccine Clinic
- Health Screenings
- Door Prizes



### San Patricio County Walk Across Texas Program begins on October 22, 2023



Through a modest increase in daily activity, most Americans can improve their health. Walk Across Texas is a program that persuades and motivates people of all ages to make that most important change...to get started.

#### How does it work?

1. Form team - 1 captain and 7 members.
2. Each team member's favorite physical activities are logged as 'miles walked' in our online challenge tracker and contribute toward the team's mileage total.

Team captains can pick up a Walk Across Texas Registration Packet at the San Patricio County Extension office or Personnel office on Monday, October 16, 2023.

Captains must complete team registration form and return to the Extension office on or before Monday, October 23, 2023.

**Team Captain's deadline to registered your team online at  
Howdy Health.org is Monday, October 30, 2023.**

If you have any questions please call the  
San Patricio County Extension office at 361-587-3400.



# Kale Basics

Kale is rich in vitamins, minerals and fiber for a healthy body.

## Shop and Save

- You can buy fresh kale year round in bunches and in bags.
- Look for fresh kale with bright-colored and firm leaves. Avoid leaves that are dull, yellowing or wilted.
- Different types of kale range in color from light to dark green and blue-green. There are also types with red and purple leaves and stems. The leaves can be curly, or flat and bumpy. Baby kale is any type harvested when the leaves and stems are small and tender.
- Frozen kale may be less expensive and save you time. Cook according to package directions.



Kale is a member of the Brassica family, which includes cabbage, collards, broccoli and Brussels sprouts. It is easy and fun to grow in the ground or in containers.

Massage raw kale to soften the leaves and reduce bitterness. Squeeze it with your hands in a bowl or bag.

## Store Well Waste Less

- Refrigerate dry kale in an airtight container for up to a week. Storing it wet increases spoilage.
- Rinse kale just before using. Remove dirt or grit from leaves with several rinses in a bowl of cool water.
- Save kale ribs and stems. Cut or tear them from leaves, then chop and cook for recipes such as soups and grain bowls.
- Freeze extra kale for longer storage. For the best quality, blanch leaves for 2 minutes. Cool in ice water for 1 minute, then drain and package. Use within 1 year.







## Selling Chart

.90 each

5 bulbs = \$4.50

10 bulbs = \$9.00

15 bulbs = \$13.50

20 bulbs = \$18.00

25 bulbs = \$22.50

30 bulbs = \$27.00

35 bulbs = \$31.50

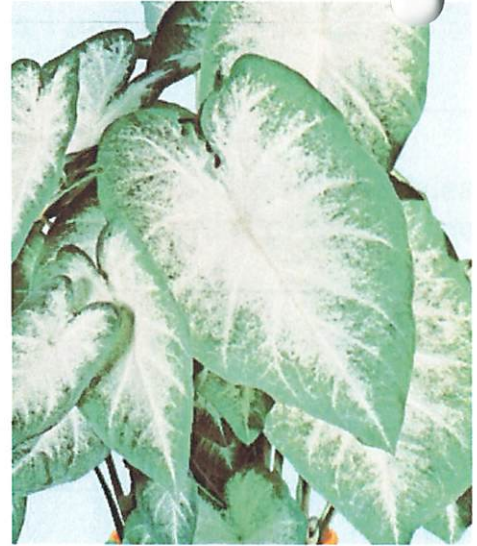
40 bulbs = \$36.00

45 bulbs = \$40.50

50 bulbs = \$45.00



**White Christmas**



**Aaron**



**Carolyn Whorton**



**Freida Hemple**



**Florida Elise**



# Enjoy Kale

## Quick Fix

- Substitute kale for spinach in raw or cooked recipes.
- Add to stir-fry recipes, pastas, sautéed vegetables, soups or smoothies.
- Use kale raw in salads or on sandwiches.
- Bake in the oven for crispy kale chips.

## Kale Dips

Makes 1½ cups  
Prep time: 5 minutes

### Ingredients:

- 1 ½ teaspoons vegetable oil
- 3 cups thinly sliced or chopped kale
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- ⅛ teaspoon salt
- 1 cup low-fat cottage cheese
- ½ teaspoon red pepper flakes or ¼ teaspoon cayenne pepper
- 1 Tablespoon lemon juice



### Directions:

1. Wash hands with soap and water.
2. Heat oil in a large skillet over medium heat. Add kale, garlic and salt. Stir and cook until the kale is tender, about 3 to 4 minutes. Turn off the heat and let the kale cool.
3. Transfer kale to a blender. Add cottage cheese and puree until smooth.
4. Season with red pepper flakes and lemon juice. Serve right away or chill before serving.
5. Refrigerate leftovers within 2 hours.

### Notes:

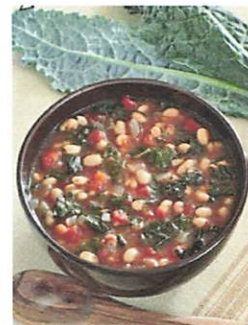
- 1 bunch fresh kale makes about 8 cups chopped kale
- No blender? Make a chunky version! Finely chop kale and garlic before cooking. Mash dip with a fork.
- Try adding onion powder, dill weed or curry powder for more flavor.
- Can be made ahead and refrigerated for up to 3 days.
- Serve with fresh vegetables or Food Hero Baked Tortilla Chips.
- Freeze extra lemon juice to use later

## Kale and White Beans

Makes 5 cups  
Prep time: 15 minutes  
Cooking time: 15 minutes

### Ingredients:

- 1 cup chopped onion
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 Tablespoon margarine or butter
- 2 cups low-sodium broth (any type)
- 1 can (15 ounces) white beans, drained and rinsed
- 1 ¾ cups diced tomato or 1 can (14.5 ounces) diced tomatoes with juice
- 1 Tablespoon Italian seasoning
- 3 cups chopped fresh kale or 1 cup frozen chopped kale



### Directions:

1. Wash hands with soap and water.
2. Heat oil in a saucepan over medium-high heat. Add onion and cook until it begins to soften, about 3 minutes. Add garlic and cook for one minute.
3. Stir in broth, white beans and tomatoes. Bring to a boil.
4. Stir and reduce heat. Cover the pan and simmer for about 5 minutes.
5. Add kale and Italian seasoning. Simmer until kale has softened, about 3 to 5 minutes. Serve warm.
6. Refrigerate leftovers within 2 hours.

### Notes:

- 1 bunch fresh kale (about 8 cups, chopped)
- Cook your own dry beans. One can (15 ounces) is about 1 ½ to 1 ¾ cups drained beans.



**October is National Breast Cancer Awareness Month**

**Wear**

**PINK**

**every Friday in October to support Breast Cancer!**

Recipes and articles adapted from: <https://foodhero.org/>  
unless otherwise stated

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For additional information contact:

*Kathy Farrow*

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



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, fruitsandveggiesmorematter.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

*Return Service Requested*

San Patricio County  
219 N. Vineyard  
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