

San Patricio Extension Education Association News Flash



Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

August 2017



Mark Your Calendar

County Extension Education
Association Meeting
Monday, September 25, 2017
San Patricio County Extension Office

9:00 a.m. - Refreshments
Hostess → Mathis EE Club
9:30 - Business meeting

Club reports will need to be turned in at this meeting.



**WALK
ACROSS TEXAS!**

San Patricio County
Walk Across Texas Begins
Monday, September 4, 2017
Let's Get Walking!

What you need to Start

- ★ Form a team of 8 members, which includes 1 captain and 7 members
- ★ Pick up your Walk Across Texas Registration Packet at the San Patricio County Extension office.
- ★ Packets will be available August 11, 2017
- ★ All Team members must complete Individual Registration forms and return to captain.
- ★ Captain must complete team registration form and return to the Extension Office along with all individual registration forms by Friday, Sept. 1.
- ★ Don't have a team, call the Extension office as an individual walker.

Yearbook Committee

A very special thanks to
Roxanna Hall, Debbie Olson
L'Ella Andrews & Patricia Branch
for working on the
2017-2018 yearbook.

Yearbooks will be distributed at your
September club meeting



The San Patricio County
Extension Office will be closed
on Monday, September 4, 2017
in observance of

LABOR DAY



San Patricio County
Health Fair
October 12, 2017
8:00am - Noon
San Patricio County
Fairgrounds Civic Center
219 West Fifth Street, Sinton

Exhibits

Health Screenings

Door Prizes

Watermelon Basics

\$hop and \$ave

- * Choose a watermelon that is uniform in shape and heavy for its size. The dark green skin might have lighter green stripes.
- * Look for a creamy yellow spot on the underside. It becomes more yellow as the melon ripens.
- * Avoid melons with soft spots, dents or cracks.
- * Flesh of cut watermelon should look juicy and smooth. Melons cut into halves or quarters or containers of ready-to-eat cubed melon may be available. These generally cost a little more than whole melons.
- * Watch for locally grown watermelon from July to September. They might be cheaper, taste better and last longer.

Watermelon contains lycopene, which gives it its red color and is a powerful antioxidant that helps keep you healthy!



About 3/4 of a whole watermelon is edible flesh.
One pound = about 3 1/4 cups.

Types of Watermelon

There are several hundred varieties of watermelon.

- * Seeded watermelon are round to oblong and weigh from 15 to 45 pounds. The flesh is generally red with black seeds.



- * Seedless watermelon have become the most common type available. They weigh 10 to 25 pounds. The flesh is generally red but yellow, orange and white are available. They may have soft, edible white seed coats but rarely contain seeds.



- * Mini or personal watermelon are usually seedless and weigh 1 to 7 pounds. They may have more flesh and less rind than larger watermelons.



store Well Waste Less



- Whole melons can be kept at room temperature for 7 to 10 days. They ripen only slightly after picking and begin to lose flavor and texture with longer storage. Refrigerate just before eating if desired.
- Wash under cool running water before cutting.
- Cut watermelon can be kept in the refrigerator for 3 or 4 days. Use a covered container or cover the cut surface with plastic wrap.

Enjoy Watermelon

Watermelon Salsa

Ingredients:

- 2 cups watermelon, small cubes, seeds removed
- $\frac{1}{4}$ cup sliced green onions
- $\frac{1}{4}$ cup onion, finely chopped (try red or sweet onion)
- 1 Tablespoon vinegar
- 1 Tablespoon chopped cilantro
- $\frac{1}{4}$ teaspoon ground cumin



Directions:

1. In a medium bowl, mix all of the ingredients.
2. Refrigerate leftovers within 2 hours.

Notes: Serve with burritos, tacos, fish, grilled meat, fresh vegetables or baked tortilla chips.

Try lemon or lime juice instead of vinegar. Try adding corn, chili peppers, or chopped avocado.

Makes 2 cups

Prep time: 15 minutes

Watermelon with Lime and Chili Powder

Ingredients:

- 2 cups cubed watermelon, seeds removed
- $\frac{1}{2}$ lime
- $\frac{1}{4}$ teaspoon chili powder (or more to taste)
- $\frac{1}{4}$ teaspoon salt (optional)



Directions:

1. In a serving bowl, squeeze lime juice over watermelon cubes.
2. Sprinkle with chili powder and salt if using. Enjoy!
3. Refrigerate leftovers within 2 hours.

Note: Try with a mix of fruit and veggies such as other melons, pineapple, cucumber, mango and more.

Spice mixes are available that combine lime and chili powder.

Makes 2 cups

Prep time: 5 to 10 minutes

Watermelon Cooler

Ingredients:

- 3 cups cubed watermelon, seeds removed
- $\frac{1}{2}$ cup orange juice



Directions

1. Place watermelon and juice in blender; blend until smooth. Serve immediately.
2. Refrigerate or freeze leftovers within 2 hours.

Makes 3 cups

Prep time: 5 minutes



Quick Fix

- ✿ Watermelon is a classic summer treat. Just slice into triangles and eat.
- ✿ Cut into bite-size pieces and add to fruit salads.
- ✿ Freeze chunks of watermelon to use as edible ice cubes in water, lemonade or iced tea.



San Patricio County
219 N. Vineyard
Sinton, Texas 78387-2613

Return Service Requested

References to commercial products or trade names are made with the understanding that no discrimination is intended and no endorsement by the Texas A&M AgriLife Extension Service is implied. Recipes adapted from Foodhero.org

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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.

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