

San Patricio Extension Education Association News Flash



Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

June 2017

TEEA State Meeting September 12-13, 2017 Horseshoe Bay, Texas

Registration fees:
TEEA member - \$65.00
TEEA non-member - \$80.00
Late registration (7/15/17 add \$50.00)

Registration form and payment
must be received at the
San Patricio County Extension Office
by Tuesday, June 20, 2017.

You may mail or bring your form
with payment to the
San Patricio County Extension Office

See attached registration form.

2017-2018 Association Officers

Chair - Evelyn Sinast
Vice-Chair - Debbie Olson
Secretary - L'Ella Andrews
Treasurer - Barbara Kain

Congratulations Ladies!

Thanks to the
2016-2017
Association Officers... you did a

GREAT JOB!



Tristan Frerich
2017 Extension Education Association
Scholarship Winner



Fundraising June & July Update

Please complete your orders and submit
to your Club President by July 14th. Club
Presidents will then submit all orders to
the County Extension office by July 19. Please contact your
Club President for additional details.

Good Luck!

Strawberry Basics

\$hop and \$ave

- * Choose shiny, firm strawberries with a bright red color. Berries at room temperature should smell like strawberries. Attached green caps help berries stay fresh longer.
- * Choose local berries when possible. They may be riper and more flavorful. Peak season is May June and July. Smaller amounts are also available through September.
- * Avoid dull, shriveled, mushy or moldy berries.
- * Size of the berry doesn't matter. Small berries can have great flavor.
- * Frozen berries may be a good choice for best flavor when strawberries are not in season. Look for those with no sugar added.

Strawberries are an excellent source of Vitamin C, that helps our bodies heal.

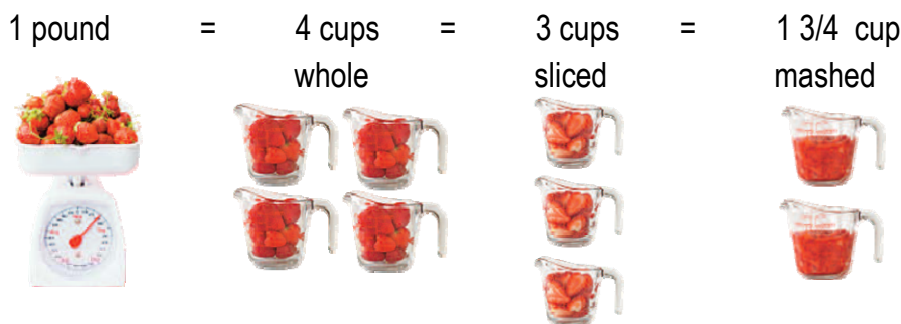


store Well Waste Less



- For best flavor and texture, plan to eat or freeze strawberries very soon after picking.
- To store for 1 to 3 days, refrigerate without washing or removing the green cap. Keeping the berries dry helps delay spoilage.
- Wash strawberries under cool running water just before serving. Drain. Remove caps by twisting or cutting them off.
- For longer storage, freeze cleaned, whole berries on a baking sheet. When firm, transfer to a freezer bag or container. Label and date. Use within a year for best quality.

Strawberry Math



Strawberry Swirl

Ingredients

- 1 cup frozen strawberries, thawed
- 1 cup (8 ounces) apple juice

Directions

1. Combine ingredients in blender and process until smooth.
2. Serve, or freeze for 1 to 2 hours to make a slushy.
3. Refrigerate leftovers within 2 hours.

Notes

If you don't have a blender, mash strawberries with a fork. Add juice and beat with an egg beater until fairly smooth.

Makes: 2 cups
Prep time: 5 minutes



Cooking with Strawberries

Frozen Strawberry Yogurt

Ingredients:

- 4 cups frozen strawberries (unsweetened)
- 1 cup nonfat plain yogurt
- 3 Tablespoons sugar



Directions:

1. Combine frozen strawberries, yogurt and sugar in a blender or food processor. Blend until creamy, about 2 to 4 minutes.
2. Serve immediately or freeze in an air-tight container or frozen treat molds for up to 1 month. Frozen leftovers will be very firm. Scrape into serving bowls with a spoon.

Makes 4 cups

Prep time: 5 to 10 minutes

Strawberry Salsa

Ingredients:

- 1½ cups fresh strawberries, chopped small (about ½ pound)
- ½ jalapeno pepper minced
- ¼ cup onion, minced
- 2 Tablespoons cilantro, finely chopped
- 1½ teaspoons lime juice



Directions:

1. Mix all ingredients together in a bowl. Flavor will blend if refrigerated for 30 minutes or more before serving.
2. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 20 minutes

Banana Berry Smoothie

Ingredients:

- 1 cup sliced banana (1 medium banana)
- 1 cup frozen strawberries (unsweetened)
- 1 cup nonfat or low-fat (1%) milk
- 1 cup orange juice



Directions:

1. Place all ingredients in a blender.
2. Blend until smooth. If too thick, add a small amount of cold water and blend again.
3. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 5 to 10 minutes

Watermelon and Fruit Salad

Ingredients

- 1 cup watermelon, diced
- 2 cups strawberries, sliced
- 1 cup blueberries (fresh or frozen/thawed)
- 1/2 cup apple, banana or pear, diced
- 2 teaspoons lime juice
- 2 teaspoons honey or brown sugar



Directions

1. Place watermelon, strawberries and blueberries in a serving bowl.
2. Add your choice of diced apple, banana or pear. Gently mix well.
3. In a small bowl combine lime juice and honey. Pour over fruit and toss to coat.
4. Refrigerate leftovers within 2 hours.

Makes: 4 cups

Prep time: 20 minutes

2017 San Patricio EEA Luncheon



**TEXAS EXTENSION EDUCATION ASSOCIATION
2017 STATE CONFERENCE REGISTRATION FORM**

1. Please complete this form and mail to the Extension Office by **Tuesday, June 20, 2017.**
2. Make check payable to San Patricio Extension Education Association.
3. NO ON-SITE REGISTRATION

EEA Member _____

Non-Member/Guest: _____

Club: _____

Mailing Address: _____

REGISTRATION TYPES	FEES
TEEA Member full registration - \$65.00	
Extension Staff - full registration - \$65.00	
Visitor/Non Member - full registration - \$80.00	
Late Fee (after July 15, 2017 - add \$50.00 plus registration fee)	
September 13, 2017 - Alumni Dinner (Past and Present Board members) - \$20.00	
September 14, 2017 - Banquet - \$27.00	
TOTAL DUE	

**NO REFUNDS
TRANSFERS ALLOWED ONLY
IF MADE IN ADVANCE!**

DISTRICT 11 EXTENSION EDUCATION ASSOCIATION
DISTRICT 9 & 11 PARTY AT CONFERENCE

1. Please complete this form and mail to the Extension Office by **Tuesday, June 20, 2017.**
2. Make check payable to San Patricio Extension Education Association.

Menu: Baked Potato Bar Buffet: Baked potato, cheddar cheese, chives, whipped butter, sour cream, smoked bacon and salad with cucumbers, carrots, croutons, tomatoes with Ranch and Balsamic dressings. Tea and assorted cookies

EEA Member: _____

Club: _____

Mailing Address: _____

Phone: _____

REGISTRATION TYPES	FEES
District 9 & 11 Party registration fee - \$25.00	
TOTAL DUE	



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

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

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.

Kathy Farrow, County Extension Agent
Family and Consumer Sciences
San Patricio County
219 N. Vineyard, Sinton, Texas 78387
361/364-6234 ★ 361/364-6234-fax
k-farrow@tamuedu

For additional information contact: