

# San Patricio Extension **Education Association News Flash**



219 N. Vineyard, Sinton, TX 78387 361/587-3400 • 361/364-6237-fax k-farrow@tamu.edu http://sanpatricio.agrilife.org

Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

May 2017







Happy Mother's Day

Thank you for all that you do!



# **Congratulations 2017 State Conference Delegates**

Debbie Olson & Evelyn Sinast Alternate - Patricia Brandh

They will represent San Patricio County at the State meeting



The San Patricio County **Extension Office will be** closed Monday, May 29, 2017 in observance of



# **Asparagus Basics**

# \$hop and \$ave

- Look for stalks that are firm with tightly closed tips. Color can be bright green, creamy white or even purple.
- Stalks with the same thickness will cook in the same amount of time.
- Fresh asparagus may be best quality and lowest price when harvested locally, usually April and May.
- Asparagus is also available canned and frozen.

# Fix Asparagus Many Ways.

Asparagus cooks quickly. Cook it until just barely tender. Thicker stalks take longer to cook. Overcooked or reheated cooked asparagus may become bitter and stringy or mushy.

- Boil or blanch in enough water to cover the stalks.
- \* Stream over boiling water.
- Saute or stir-fry in a small amount of oil or fat.
- Roast or grill until lightly browned

Asparagus is an excellent source of Vitamin K, which helps build strong bones.



### Asparagus Math:

One pound = 12 to 15 spears, 9 to 10 inches long and 1/2 to 3/4 inches thick

- = 3 cups trimmed
- = 2 1/2 cups cooked



# Types of Asparagus

Generally, thinner spears are more delicate and tender; thicker spears have stronger flavor and hearty texture. Thicker spears can be sliced on the diagonal into smaller pieces to cook more quickly.

- \* Green the most common type.
- White covered with soil as it grows to keep green pigments from developing. Considered a delicacy and may cost more than green.
- Purple has more sugar and less fiber than green. The skin is burgundy or purple but the flesh is pale green to creamy white. Cooking may cause more green to show. Less commonly available and may cost more than green.

# Store Well Waste Less

- Refrigerate fresh asparagus for up to 5 days.
  - Stand stalks in 1 inch of water like a flower bouquet and cover with a plastic bag.

### ΛR

 Wrap cut ends in a damp paper towel and cover the towel with plastic.



- Wash under cool running water just before using. Remove tough ends:
  - Hold an end of the stalk in each hand and gently bend

### OR

 Less waste: cut off and discard the bottom inch of the stalks, then peel tougher base ends.

# **Cooking with Asparagus**

### **Roasted Asparagus**

### <u>Ingredients</u>

- 1 pound fresh asparagus spears
- 1 teaspoon oil
- dash of salt and pepper

### **Directions**

- 1. Preheat oven to 400 degrees F.
- 2. Leave stalks whole or cut into shorter lengths.
- 3. Toss asparagus with oil, salt, and pepper. Place in a single layer on a large baking sheet.
- 4. Roast for 12 to 15 minutes or until the pieces ar lightly browned.
- 5. Refrigerate leftovers within 2 hours.

Makes: 2½ cups
Prep time: 10 minutes
Cooking time: 15 minutes

### San Patricio County Diabetes Support Group Workshop

Tuesday, June 6, 2017
10:00 to 11:30 a.m.
San Patricio County Fairgrounds Civic Center
Meeting Room A&B
219 West 5th Street, Sinton

### "Exercise for Life"

Belinda Flores, RN, BS
Director, South Coastal Area Health Education Center
University of Texas Health Science Center San Antonio
(come dressed for activity)

# Refreshments will be served and Door Prizes will be given.

Your presence is appreciated and you are welcome to bring a guest with you.

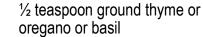
We look forward to seeing you there.

For additional information contact.
San Patricio County IHC Program at 361-587-3518
or
Kathy Farrow, CEA-FCS at 361-587-3400

### **Asparagus Mushroom Melt**

### <u>Ingredients</u>

- 4 English muffins
- 1/4 cup onion, finely minced
- 1 cup mushrooms, chopped
- 1½ teaspoons oil
- ½ pound asparagus, trimmed and sliced crosswise into ½ inch rounds



- 1½ teaspoons vinegar
- dash of salt and pepper
- 3/4 cup mozzarella cheese, shredded (3 ounces)

### **Directions**

- 1. Toast muffin halves and place on a baking sheet in a single layer.
- 2. In a large skillet over medium-high heat, sauté onions and mushrooms in oil, stirring often, until just beginning to brown.
- Add asparagus, seasoning and vinegar. Sauté, stirring often, until asparagus is barely tender. Season lightly with salt and pepper.
- 4. Divide the vegetable mixture equally onto the muffin halves. Top each muffin with shredded cheese.
- 5. Broil muffins until the cheese melts. Watch carefully to avoid burning.
- 6. Refrigerate leftovers within 2 hours.

Makes: 8 muffin halves Prep time: 15 minutes Cooking time: 15 minutes



to the following club members for volunteering their time to judge at the Refugio and Dewitt County Homemaking Shows.

**Lucy Ortiz and Evelyn Sinast** 





# 2017 San Patricio EEA Spring Tour Rockport Center for the Arts and Aquarium at Rockport Harbor

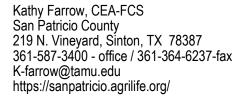
















# DINNER TONIGHT

TEXAS A&M AGRILIFE EXTENSION

San PatricioAransas
County Healthy
Cooking
School
6-8pm
Thursday,
Aug. 3, 2017
Aransas Pass
Civic Center,
700 W. Wheeler
Ave.

# Cost: \$15 per person.

To register, please make checks out to:

SAN PATRICIO EXTENSION EDUCATION

ASSOCIATION and send to:

Dinner Tonight Healthy Cooking School,
c/o Texas A&M AgriLife Extension Service,
219 N.Vineyard,
Sinton, TX 78387.

For more information call
361-587-3400 or 361-790-0103.

Individuals with disabilities who require an auxiliary aid, service, or accommodation in order to participate in any Extension event should contact us at 361-587-3400 or 361-790-0103 at least one week in advance of the program in order for proper arrangements to be made.



### **HEALTHY SOUTH TEXAS**

# Featuring:

- Cooking demos by Chef
  Jeremy Lee (Redfish Willie's
  Waterfront Grill) and food
  blogger Vianney Rodriguez
  (sweetlifebake.com)!
- Food tastings!
- Gift bags for each attendee!
- Great door prizes!
- Vendors!
- Healthy handouts!



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 AgniLife Extension Service is implied.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national originity, age, 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 confact 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-fax k-farrow@tamu.edu

For additional information contact: