


San Patricio Extension Education Association News Flash



Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

May 2017




Association Luncheon Monday, June 5, 2017

Association Meeting
10:30-11:30 am

Luncheon
11:30am - 1:00pm

Each club is to bring (3) door
prizes - value \$10.00

Theme: Oriental



2017 Extension Education Association Scholarship Winner

Tristan Frerich is a San Patricio Blue Ribbon 4-H Club and Odem FFA member and plans to attend Texas A&M University in College Station and major in Poultry Sciences and Animal Sciences.



Congratulations 2017 State Conference Delegates

Debbie Olson & Evelyn Sinast
Alternate - Patricia Brandh

They will represent San Patricio County
at the State meeting



**Happy Mother's
Day**

Thank you for all
that you do!



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



Asparagus Basics

Shop and Save

- * 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.

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.

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.
- * Steam over boiling water.
- * Sauté or stir-fry in a small amount of oil or fat.
- * Roast or grill until lightly browned

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.

OR

- 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

Ingredients

- 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 are 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

Ingredients

- 4 English muffins
- ¼ cup onion, finely minced
- 1 cup mushrooms, chopped
- 1½ teaspoons oil
- ½ pound asparagus, trimmed and sliced crosswise into ½ inch rounds
- ½ teaspoon ground thyme or oregano or basil
- 1½ teaspoons vinegar
- dash of salt and pepper
- ¾ 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.
3. 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

THANKS

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



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TEXAS A&M
AGRILIFE
EXTENSION



DINNER TONIGHT

HEALTHY COOKING SCHOOL

TEXAS A&M AGRILIFE EXTENSION

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

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

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!**

TEXAS A&M AGRI LIFE EXTENSION

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

Return Service Requested

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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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For additional information contact: