

The EEA Connection

TEXAS A&M
AGRI LIFE
EXTENSION

August 13, 2013

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Annual Extension Education Awards and Officer Installation Banquet

The annual Extension Education Awards and Officer Installation Banquet is scheduled for Sunday, September 22nd at 4:00 p.m. at the St. James Lutheran Church, 10362 New Wehdem Rd, Brenham, Texas. Registration will begin at 4:00 p.m. with the program and awards ceremony following. A chicken-fried steak dinner with all the trimmings will be served immediately afterwards. Tickets are \$9.00 per member and checks can be made payable to EEA. The deadline for getting your ticket is September 16, 2013. Please come by the Extension to purchase your ticket or you may mail your money to Texas A&M AgriLife Extension Service, Courthouse, 1 East Main, Bellville, TX 77418.

State Meeting Attendees

Several Extension Education members from Austin County will be representing Austin County at the 2013 State TEEA meeting in San Marcos, Texas. Those attending will be Joan Buenger, Jessie Kokemor, Doris Glenewinkle, Knellen Quniteros, Gladys Frank, Barbara Vohs and Judy Schultz. We hope that you ladies will have fun and learn lots of new information!

Back to School Fair

The Back to School Fair was held on Friday, August 9 at Sealy High School. Various health related booths were available for the participants to visit and school supplies were given out. 805 people were attendance. Thank you to Joette Dickerson for her help at the fair.

Club Information Needed

Club Presidents, please check your files to verify if you have sent in your club's information pertaining to committees and officers for the 2013-14 EEA handbook. If you have sent in your information, we thank you.

NEXT EE COUNCIL MEETING

The next EE Council Meeting is scheduled for Thursday, September 26, 2013 at 2:30 pm in the Extension Office. Please note time change. Each club member is welcome to attend and each club is entitled to cast 3 votes on any issues requiring a vote or election.

Food Preservation in the 21st Century

25 people attended the Food Preservation program and workshop on Thursday, June 18th at Sealy High School in Sealy, Texas. A variety of food preservation concepts from canning to dehydration were covered in detail. Dr. Jenna Anding, Associate Department Head and Extension Program Leader for Nutrition and Food Sciences with Texas A&M AgriLife Extension Service in College Station conducted the training. Each participant received the "So Easy to Preserve" book, a class binder, recipes and preservation tips. The participants were able to take home a jar of homemade salsa and a jar of kiwi/strawberry jam which were made by their own hands. It truly was a fantastic class! We want to thank the clubs for sponsoring morning refreshments as well as JoAnne Reichle and Joan Buenger for assisting with set up on behalf of EEA.



Operation Christmas Child

Operation Christmas is just around the corner! This is not a mandatory community service project but we wanted to leave participation in the program up to each individual club. Most of you know, Operation Christmas Child delivers millions of gift filled shoe boxes around the world to boys and girls who are suffering because of war, natural disaster, poverty, illness, or neglect. If you or your club would like to show support once again, please contact Gladys Frank. You may reach her at 885-2477. All boxes must be turned in by November 1st to Gladys Frank. Boxes can also be dropped off at the Extension Office



Cream-Filled Neapolitan Cupcakes

1 box of strawberry cake mix
 1/2 cup strawberry applesauce
 5 large eggs, divided
 1 pkg. (18.3 oz.) fudge brownie mix
 1/2 cup vegetable oil
 1 pkg. (8 oz) cream cheese
 1 cup marshmallow cream
 1 pkg (8 oz) whipped topped
 Strawberries for garnish



Heat oven to 350°. Place liners in three 12 well cupcake pans. With mixer on low, beat cake mix, applesauce, 3 eggs, and 1 cup water for 30 seconds or until combined. Increase speed to medium; beat 2 minutes or until smooth.

In bowl, stir brownie mix, vegetable oil, 1/4 cup water and remaining eggs. Beat one minute or until smooth. Stir in 1 cup strawberry batter. Fill cupcake liner 1/3 of way the way with brownie mixture .

Bake 8 minutes. Remove pan from oven. Top with remaining strawberry batter. Bake 10 minutes more or until done. Let cupcakes cool completely.

Using mixer on medium speed, beat cream cheese and marshmallow cream two minutes or until smooth. Spoon into pastry bag fitted with small plain tip. Gently insert tip into center of each cupcake, pressing to pipe in filling. (about 2 tsp) each.)

Spoon whipped topping into pastry bag fitted with star tip. Pipe decorations swirl on top of each cupcake. Garnish with strawberries.

Austin County Fair Information

An orientation for ACF workers will be scheduled for Monday, Oct. 7, 2013 at 3:45 p.m. This will give us an opportunity to review the process, answer any last minutes questions and put out all last minute fires.

The Country Fair Auction will be held on Saturday, Oct. 12th, at 2:00 pm. If you have a Grand Champion baked item for the Auction, please have it at the fairgrounds on Saturday by 12:00 pm.

Photos for Extension Education Grand, Reserve and High Point winners will be taken on Sunday, Oct. 13th at 4:15 pm.

Prize money can be picked up in the General Exhibit Building on Sunday, Oct. 13th from 4:15-5:30 pm.

And check out time for items in the General Exhibit Building will be from 4:15 p.m. - 5:30 pm on Sunday, Oct. 13th.

EXHIBITOR NUMBERS

Bleiberville	1-25
North Austin County	26 - 45
Sealy Moonlighters	46 - 65
Wallis	66 - 80
West End	81-105



Do you want to learn how to eat better on a budget? See insert for 10 tips to do just that!!!

<http://www.choosemyplate.gov/tipsresources/tentips.html>



Steps to Save Money at a Drug Store

Whether you're scouting for toiletries, cosmetics, cleaning products or milk, here are some suggestions that will help to save at your local drug stores.

Step 1: Pick your program- Store loyalty programs

Focus on one store when you begin, because each chain has different rules, and it might be

hard to keep them all straight at first. Sign up before you shop, and be sure to research the rewards programs for CVS, Rite Aid and Walgreens to find out how each program works and how to redeem your rewards.

Step 2: Make a list - Make a shopping list.—List items you plan to buy at the store, even those you normally get at the supermarket, so you know what coupons to look for.

Step 3: Find frugal blogs- Find savings blogs—Look for websites that do the hard work of matching sales with loyalty programs and coupons for the best deal. To get started, bookmark some of our favorites in your browser. With their help, your preparation time should be 30 minutes or less a week.

Step 4: Design a game plan— Making a shopping plan to save more money. After checking the fliers and blogs, make a list of the coupons you plan to use and the transactions you want to make, combining as many different discounts as you can. It may sound cumbersome, but planning ahead saves a lot of time at the store.

Step 5: Organize your materials- coupon organizer—Gather your coupons, the scenarios you've written up and the store circular. Keep your things in order by storing them in a folder or binder that you can carry to the store.

Step 6: Shop sales- Shopping for the best bargains. Sometimes, this means buying what you don't need. It sounds counterintuitive, but you can make money with this strategy. Let's say you've got toothpaste at home but CVS has some on sale for \$3, and you get \$2 in Extra Bucks upon purchase. You clipped a manufacturer's coupon for \$1.50 off. Pay \$1.50 for the toothpaste and get \$2 in Extra Bucks. You come out 50 cents ahead and don't have to buy toothpaste for a while.

Step 7: Be prepared at the register- Have your coupons ready to go at the register. Submitting your coupons in the correct order saves you money. Here's how to do it: Rite Aid: If you have a coupon for money off your entire offer, present that to the cashier first, then hand over any other store and manufacturers' coupons for specific items.

Source: All You

Membership Forms

Members, please submit your 2013-2014 membership forms to your club president or the Extension Office as soon as possible. We want to make sure that no one is forgotten and that all members all accounted for during the next EEA year. Only those members who submit a form will have their membership paid. Thanks for your assistance in advance and for making Austin County EEA what it is!



14 “Who-Knew” Uses for Your Microwave

1. Disinfecting and Deodorizing Sponges—Don't throw out the kitchen sponge that smells like last night's salmon. Soak it in water spiked with white vinegar or lemon juice, then heat it on high for 1 minute. (Use an oven mitt to remove it.) This will also disinfect any sponges you used to wipe up the juices from a raw chicken.

2. Cooking an Entire Dinner in Under 10 Minutes—Not just the TV variety. We mean braised salmon with green beans and mashed potatoes. Use the

microwave for any recipe that calls for braising, poaching, or steaming. Just subtract about three-quarters of the cooking time. Remember to stir liquids often to redistribute the heat, and always take the food out a minute or two before it's completely done, since it will continue to cook.

3. Disinfecting Plastic Cutting Boards—Wash the board well, rub it with the cut side of a lemon, then heat for 1 minute.

4. Making Potatoes—While the microwave won't give you a baked potato with a crisp skin, it will cook the average russet in about 4 minutes. You can simultaneously cook as many as will fit. (The general rule for heating more food is to check for doneness every 30 seconds beyond the regular cooking time.) Prick the potatoes all over with a fork and cook for 2 minutes. Turn them over and cook for 2 to 3 minutes longer. For mashed potatoes, be sure to heat the milk in the microwave before adding it. (Cold milk makes for cold mashed potatoes.)

5. Softening Brown Sugar—Keep the sugar in its plastic packaging, add a few drops of water, and heat on medium for 10 to 20 seconds.

6. Warming Beauty Products—Warming up a hot-oil conditioning pack for your hair takes about 10 to 20 seconds and feels marvelous, as does briefly heating up a moisturizing facial mask. (Stir the mask and test the temperature with your finger before applying to your face.) And if hot wax hardens when you're only halfway up your calf, reheat it in the microwave. It's much less messy than using a double boiler.

7. Proofing Yeast Doughs—Yeast doughs that normally take an hour or more to rise at room temperature can be proofed in the microwave in about 15 minutes. Place the dough in a very large bowl and cover with plastic. Place an 8-ounce cup of water in the back of the microwave with the bowl of dough in the center, and set the power as low as possible (10 percent power). Heat for 3 minutes, then let the dough rest in the microwave for 3 minutes. Heat for 3 minutes longer, then let rest for 6 minutes. The dough will double in bulk.

8. Heating up Health Aids—You use a microwave to reheat your coffee, so why not use it to heat and reheat gel packs for headaches? (Don't do this with a metal-wrapped pack.)

9. Warming Beauty Products—Warming up a hot-oil conditioning pack for your hair takes about 10 to 20 seconds and feels marvelous, as does briefly heating up a moisturizing facial mask. (Stir the mask and test the temperature with your finger before applying to your face.) And if hot wax hardens when you're only halfway up your calf, reheat it in the microwave. It's much less messy than using a double boiler.

10. Roasting Garlic—It takes 45 minutes to roast garlic in the oven but less than 8 in the microwave. Slice off the top of the head to reveal all the cloves. Place the head in a small, deep dish, season with salt and pepper, and drizzle with 2 tablespoons of good olive oil. Spoon 2 tablespoons of water into the bottom of the dish, cover it with plastic wrap, and cook at medium power for 7 to 7½ minutes. Let stand for a few minutes before unwrapping.

11. Partially Cooking Foods for the Grill—To cut the grilling time of vegetables, cook them partway in the microwave before putting them on the barbecue. Heat new potatoes for 2 minutes (prick them first), and bell peppers for 1 minute. And why wait until your next campfire to make s'mores? Put the marshmallows in the microwave for 30 seconds.

12. Getting More Juice From Citrus Fruits—A lemon or lime taken straight from the refrigerator is harder to juice than one left at room temperature or warmed slightly. To get the most juice, microwave citrus fruits for 20 seconds before squeezing.

13. Toasting Nuts, Bread Crumbs, and Coconut—The microwave toasts them in a quarter of the time it takes in a conventional oven. Spread them out on a plate and heat on high for 2 to 3 minutes, stirring every minute. Keep in mind that they will continue to toast for about a minute after removal.

14. Cooking Vegetables—Still waiting for that cauldron of water to boil for your corn? All vegetables can be steamed in the microwave without adding water. Place them in one layer (if possible) on a dish, cover tightly with plastic, and cook on high. The timing will vary, but check tender items, such as spinach, mushrooms, and snow peas, after 30 seconds, and crunchy ones, like carrots, after 4 minutes.

Source: RealSimple.com



Department Chairman for 2013 Austin County Fair

Texas AgriLife Extension Service—Austin County

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Division	Club
Category A - Clothing Division	Bleiberville Mary Lou Craig and Annette Balke
Category B - Needlework	Sealy Moonlighters Gladys Frank & Barbara Vohs
Category C - Handicraft Division Category D - Woodwork	North Austin County Jessie Kokemor, Knellen Quinteros and De- lores Winkelmann
Category E - Baked Goods Division - Yeast Breads, Decorated Baked Foods, Candy, Quick Breads	West End Ida Mae Reddick, Jo Ann Reichle and Lois Schubert
Category F - Pies, Cakes, and Cookies	Sealy Moonlighters Ursula Kutra and Martha Simpson
Category G - Canned Foods - Preserves & Jellies, Misc.	Bleiberville Doris Glenewinkel and Judy Schulz
Category H - Canned Foods-Fruits, Vege- tables, Pickles and Relishes.	Wallis Evelyn Kieke, Gloria Havemann, and Evelyn Wilke
Category I - Photography Division	West End Pam O'Brien & Betty Thiel

WE'RE ON THE WEB!!

HTTP://
 AUSTIN.AGRILIFE.ORG

Upcoming Opportunities

Evelyn Kieke's

Care and Concern Corner

Members, please remember Evelyn when it comes to information pertaining to the members. Any news is welcomed. All news will be communicated to those on her committee. The following information has been reported at this time to her so please keep them in your prayers.....

Chesterlene Meloneck

Ursula Kutra

Evelyn Kieke

Irene Schramm

Joe Minks (Rosalee's Husband)

2013 State Program
 Date: *September 22, 2013*
 Place: *Awards Banquet*

State Program - Social Media
 Date: *November 21, 2013*
 Time: *1:00 p.m.*
 Place : *Extension Office*

Allergies Program
 Presenter: *Helen Burchfield*
 Date: *September 26, 2013*
 Time: *6:00 p.m.*
 Place: *Extension Office*

Save the Date

November 9, 2013
Evelyn Kieke's Birthday Party
Details at a later date

If you would like to join the gang for dinner prior to the Allergies program, meet at the Extension office by 4:50 p.m. We will leave from there. Thank you :)