

The EEA Connection

Texas A&M AgriLife Extension Service

Austin County

6/8/2020

Commissioners' Luncheon

During the month of February, the Extension Education Association of Austin County sponsored a soup, sandwich, and dessert meal in honor of the Austin County Commissioners



Court and many of its community partners. The theme for this year's event was "TEEA – Springs into Action". This is an annually sponsored event which recognizes the hard work and efforts of many of our community partnerships. The event was coordinated by the Expansion Committee, which was co-chaired by Mary Smentek and Jessie Kokemor of North Austin County EEA. Committee members include Annette Balke, Marie George, Eugenia Kulhanek and JoAnn Reichle. This awesome opportunity gave EEA members the chance to visit one on one with the Court in order to share organizational highlights and the benefits of Extension Education in Austin County. In addition, the group recognized collaborative efforts and the long-standing relationship between EEA and the Austin County Fair Association.

TEXAS A&M AGRI LIFE EXTENSION

Inside this issue

Commissioners' Luncheon	Pg 1
County Cultural Arts Contest	Pg 2-3
Goals Committee Meeting	Pg 3
Cultural Arts Workshop	Page 3
Council Meeting	Pg 4
Progressive Dinner	Pg 4
Eating Better on a Budget	Pg 4-5
Slow Cooker Cooking	Pg 5
Recipe Corner	Pg 6
Hydration Tips	Pg 7
Quotable Quotes	Pg 8



County Cultural Arts Contest



A host of EEA members participated in the 2020 Cultural Arts Contest. The event was coordinated by the Cultural Arts Committee, which was co-chaired by Joan Buenger of Bleiblerville EEA and Gaye Farr of West End EEA. Committee members include – Malinda Schramm, Karen Landrum, Debra Kollman and Gloria Havemann. The Cultural Arts Contest gives members an opportunity to exhibit knowledge and skills which express individualism and creativity. Members placing 1st and 2nd in their division are listed below:

Category 1- Afghans, Tablecloths, Blankets, Bedspreads, and Throws

1. Barney Zimmerman

Category 3 - Craft Painting

1. Joan Buenger
2. Jessie Kokemor

Category 4 - Decorated Garments

1. Barney Zimmerman

Category 5 - Fabric Creations

1. Doris Glenewinkel
2. Bonnie Schulz

Category 6 - Fiber Arts

1. Pat Byas
2. Barney Zimmerman

Category 7 - Garments and Accessories - Handmade

1. Bonnie Schulz

2. Cindy Slator

Category 8 - Hand-Stitchery

1. Bonnie Schulz
Barbara Vohs

Category 10 - Holiday Decorations

1. Bonnie Schulz
2. Barney Zimmerman

Category 11 - Jewelry

1. Barney Zimmerman

Category 12 - Painting and Drawing

1. Bonnie Schulz

Category 13 - Paper

1. Barney Zimmerman
2. Bonnie Schulz

Category 14 - Traditional Scrapbook

1. Joan Buenger

Category 15 - Digitally Produced Scrapbooks

1. Joan Buenger

Category 16 - Photo Black/White & color

1. Bonnie Schulz
2. Doris Glenewinkel

Category 17 - Photography – Photo Paper – color

1. Carolyn Balke
2. Doris Glenewinkel

Category 18 - Photography- Any Other Medium

1. Joan Buenger
2. Bonnie Schulz

Category 19 - Quilts smaller than 50x70 –hand quilted

Category 21 - Quilts smaller than 50x70 –machine quilted

1. Bonnie Schulz

Category 22 - Quilts larger than 50x70 –machine quilted

1. Bonnie Schulz

Category 23 - Quilts Twin size or larger– hand or machine quilted

1. Bonnie Schulz

Category 24 - Recycled Items

1. Bonnie Schulz
2. Barney Zimmerman

Category 25 - Wall Hangings

1. Pat Byas
2. Doris Glenewinkel

Category 26 - Misc.

1. Barney Zimmerman
2. JoAnn Reichle

UPCOMING EVENTS:

Next Goals Committee Meeting

The 2020-21 Goals Committee Meeting is scheduled for Thursday, June 25th at 10:00 a.m. at the Extension Office. Committee chairs, please inform your members of this very important meeting. Your participation will make it 100% successful and effective. Please contact Knellen Quinteros if you have any additional questions.

Cultural Arts Workshop

Mark your calendar! The summer Cultural Arts Workshop is scheduled for Thursday, July 16th at the Sens Center in Bellville. There will be two time slots for participation (10:00-11:30 am and 1:00-2:30pm). Unfortunately, we will have to limit the number of people that can participate each session due to Covid 19 restrictions. At the present time, we are still at the 50% mark regarding participation in events at the county level. We will have 10 slots available for each session. If the sessions fill up, you will be placed on a waiting list. Our hope is for the county to be at 75% by the time it gets closer. With all that being said, know that the committee has a beautiful project in store for you this summer. The pictures do not do them justice. The cost will be \$10.00 for all three items produced that day. Activities will include making mesh poinsettias as well as English paper piecing and etching. We apologize that there are no pictures available for the other opportunities that will be available that day. The deadline to call in to register is Wednesday, July 8th. Please call if you have any questions.



Next Council Meeting

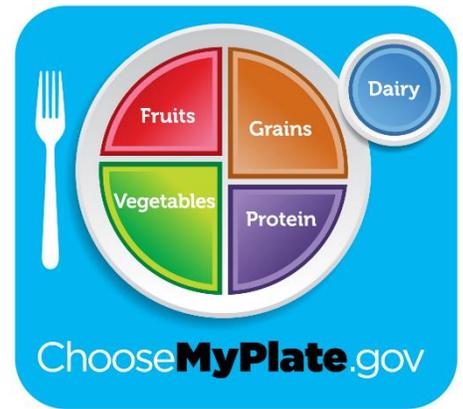
The next Council Meeting is scheduled for Thursday, July 23rd at 2:00 p.m. at the Extension Office. Each club member is welcome to attend, and each club is entitled to one vote.

Progressive Dinner

Save the date! The Progressive Dinner will be held on August 23rd in the Bleiblerville area. More details will be shared soon. Mark your calendar!

10 Tips: Eating Better on a Budget

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.



1. **Plan, plan, plan!**

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2. **Get the best price**

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood — often the most expensive items on your list.

3. **Compare and contrast**

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4. **Buy in bulk**

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5. **Buy in season**

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6. **Convenience costs... go back to the basics**

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own — and save!

7. **Easy on your wallet**

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.

8. **Cook once... eat all week!**

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9. **Get your creative juices flowing**

Spice up your leftovers — use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

10. **Eating out**

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals. Stick to water instead of ordering other beverages, which add to the bill.

Source: MyPlate - USDA

Slow Cooker Cooking

Slow cooker cooking is a delicious and healthy way to cook a meal for yourself or your family. At times, cooking in the kitchen can be time consuming but using appliances, such as a slow cooker, can help you reduce your time spent in the kitchen. A truly scrumptious recipe has been shared for your enjoyment on the following page.



Recipe Corner

Savory Onion and Mushroom Pork Roast

Course: Main Dish

Servings: 12

Ingredients:

- 20 [fresh baby carrots](#)
- 3 pound [lean pork loin](#) trimmed
- 1 cup [button mushrooms](#) chopped
- 1 cup [baby portabella mushrooms](#) chopped
- 1 large [onion](#) chopped
- 1/2 teaspoon [Worcestershire sauce](#)
- 1/4 teaspoon [dried rosemary](#)
- 1/2 teaspoon [dried thyme](#)
- 1/2 teaspoon [black pepper](#)
- 1 (10 3/4 ounce) can [reduced sodium cream of mushroom soup](#) undiluted
- 3/4 cup [chicken broth](#) reduced-fat, unsalted
- Optional: [1 tablespoon cornstarch](#), [2 tablespoons cold water](#)

Instructions:

1. Add carrots to the bottom of a 5-quart slow cooker.
2. Add roast to slow cooker. In a large bowl, combine mushrooms, onions, Worcestershire sauce, rosemary, thyme, pepper, soup, and broth; pour over pork. Cover and cook on low for 8-10 hours or until meat is tender.
3. In a small saucepan, bring 1 /12-2 cups of liquid from slow cooker to a boil.
4. In a small cup, combine cornstarch and water until smooth and add to saucepan. Stir together until thickened.
5. Serve pork and vegetables with gravy. If desired, sprinkle french-fried onions on top.



Nutrition Facts

12 servings per container	
Serving size	(196g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 130mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 1mcg	6%
Calcium 29mg	2%
Iron 1mg	6%
Potassium 617mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Infused Water Basic Mixology



The diagram illustrates the components of infused water. At the top right, a glass pitcher is shown with water splashing out, containing slices of lemons, raspberries, and cucumber. Below this, the word 'WATER' is written above an illustration of a blue pitcher and a matching cup. A large white plus sign is positioned to the right of the water. To the right of the plus sign are three categories of produce: 'FRUIT' with a raspberry, 'VEGGIE' with two cucumber slices, and 'HERB' with a sprig of dill.

WATER

FRUIT

VEGGIE

HERB

GET CREATIVE!
MIX WHAT YOU LIKE BY
ADDING ALL OR JUST ONE
PRODUCE ELEMENT.
(Infusion takes up to 2 hours)

DINNER TONIGHT
TEXAS A&M AGRILIFE EXTENSION

Summer is Here!!!

Use these tips to be creative when hydrating! Since its going to be hot outside, you might as well stay good and cool!!!

HOW YOUR BODY USES
Water

- helps to regulate your body temperature
- helps your body digest food and absorb nutrients
- helps flush out waste
- moistens oxygen for breathing
- lubricates your joints
- water makes up 75% of your brain, 75% of your muscles, 22% of your bones, and 83% of your blood



A woman in a purple hoodie is shown in profile, drinking from a clear plastic water bottle. The background is a bright, outdoor setting.

DINNER TONIGHT **TEXAS A&M AGRILIFE EXTENSION**

**Texas A&M AgriLife
Extension
Service of Austin County**

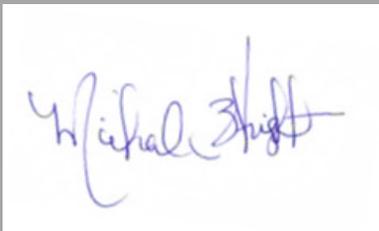
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Michelle Wright, M.S.

County Extension Agent -
Family & Community Health

Quotable Quotes



Source : CentralofSucces

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