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# The EEA Connection

## Annual Extension Education Awards Ceremony

On **Sunday, August 15th**, EEA (Texas Extension Education Association) will have the privilege of recognizing several of its outstanding members at the **Annual Awards Ceremony**. The event will be held once again in **conjunction with the Progressive Dinner** and will be hosted by the West End EE Club. The event will be held at the **Industry City Building**. The awards program will **start at 4:30 p.m. with the dinner following** immediately. Club food assignments will be discussed at the July Council Meeting. This year, we are extremely elated to recognize the following members:

<u>Joined</u>	<u>Last Name</u>	<u>First Name</u>	<u>2021</u>
1986	Schubert	Vernell (Lois)	35
1991	Minks	Rosalee	30
1991	Schulz	Bonnie	30
2001	Balke	Marian	20
2006	Schulz	Judy	15
2006	Semmler	Tracy	15
2011	Schramm	Cheryl	10
2016	Muras	Sheryl	5
2016	Woods	Sharon	5

## 2020 - 2021 Club Highlights

Club Presidents, please send Knellen Quinteros a review of all activities/ highlights conducted by your club for the 2020-2021 Club year. We want to make sure that your efforts in the community are recognized in an excellent manner. This information is needed for upcoming interpretation events and program promotion. Please submit the information to her by September 23, 2021.

## EEA- Planning and Preparing Opportunities for YOU



Get ready, set and go! EEA is hard at work making plans for educational opportunities in Austin County for 2021-2022. EEA members believe whole heartedly in the sanctity of their homes and communities! They strive to make a difference in the communities they serve and believe education is power!

As they prepare for 2022, be prepared to come out and participate in the many wonderful educational endeavors they are planning for you!

## On the Road Again!

This spring, EEA ventured out on another road trip. If you were not able to go, be sure to catch the next one! The group of members and friends traveled to College Station to visit the Bush Family Gravesite on the grounds of the George H.W. Bush Presidential Center.



After their visit, the group enjoyed the enchanting sites of Martha's Bloomers in Navasota. One thing is for sure, there is always room for others in this great association. Ask a friend to join today!

## Insta Pot Program



15 EEA members attended the Insta Pot Cooking Demonstration at the Extension Office during the month of June. Agent Sally Garrett assisted as a co-teacher for the educational opportunity. The training gave the participants the chance to learn how to utilize their personal pressure cookers and the benefits that come with ownership. At the end of training, all were able to enjoy a variety of dishes prepared for the occasion.



## Come and Get It!

On July 8th, Austin County EEA fixed 528 barbecue plates to raise funds to support their work and projects in their communities. The fundraiser was coordinated by Judy Schulz and Doris Glenewinkel of Bleiberville EEA. EEA raises funds to support local non-profit charities, as well as educational programs, which bring awareness in the field of Family and Consumer Sciences. EEA works hand in hand with Texas A&M AgriLife Extension Service to strengthen and enrich families through educational programs, leadership, development, and community. Keep up the good work!



## Operation Christmas Child

Operation Christmas Child 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. As 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 979-885-2477. All boxes must be turned in by November 1st to Gladys Frank. Boxes can also be dropped off at the Extension Office.



## Cultural Arts are in the Air!



On July 15th many EEA members converged to participate in the summer Cultural Arts workshop held at the County Extension Office. The members had a host of crafts to create which were led by Knellen Quinteros, Malinda Schramm and Barney Zimmerman. If you were unable to attend, be sure not to miss the next one! Cultural Arts events are often held multiple times throughout the year. These ladies will definitely be ready for the Austin County Fair in October. Hat's off to the planning committee for holding such a creative event!

# BERRIES 5 WAYS

### WHAT YOU'LL NEED:

- + Frozen raspberries
- + Lowfat milk
- + Greek yogurt (lowfat)
- + Uncooked rolled oats
- + Honey
- + Vanilla extract
- + Cinnamon

## Oatmeal & Berries



## Broccoli Strawberry Orzo Salad



### WHAT YOU'LL NEED:

- + Orzo pasta
- + Broccoli
- + Strawberries
- + Sunflower seeds
- + Poppy seeds
- + Lemon juice
- + Apple cider vinegar
- + Olive oil
- + Sugar

## Fabulous Fruit Muffins



### WHAT YOU'LL NEED:

- + Flour
- + Sugar
- + Baking powder
- + Buttermilk (lowfat)
- + Margarine
- + Egg
- + Vanilla extract
- + Frozen strawberries

## Spicy Fruit Cup



### WHAT YOU'LL NEED:

- + Strawberries
- + Mandarin oranges
- + Pears
- + Orange juice
- + Pineapple chunks
- + Cinnamon
- + Nutmeg

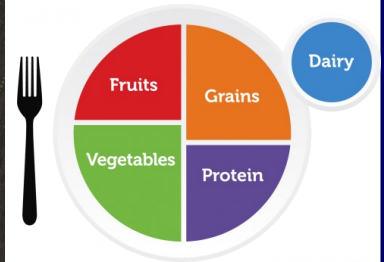
### WHAT YOU'LL NEED:

- + Frozen strawberries
- + Frozen raspberries
- + Banana
- + Milk (lowfat)
- + Ice

## Very Berry Smoothie



**MyPlate: Berries, Berries, Berries!! Source: MyPlate.gov**



Try these tasty recipes from MyPlate with Berries From Your Local farmers market!

Find these berry recipes here: <https://go.usa.gov/x59VS>  
For more recipes go to: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)



## Membership Forms

Members, if you have not turned in any remaining forms, please submit your 2020-2021 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 are 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!

## Dinner Tonight—Fruit Tacos

Let's twist-up this Taco Tuesday with some Fruit Tacos! An impressive taco to build, this recipe can be an appetizer, a snack, or a refreshing dessert.

### Fruit Tacos

#### 5 servings (2 tacos)

##### Ingredients:

- 1 large avocado sliced
- 1 pieces seedless cucumber cut into matchstick pieces
- 2 cups watermelon cut into matchstick pieces
- 10 jicama tortillas
- 2 Tablespoons lime juice
- 1 teaspoon honey
- 1/4 teaspoon chili powder
- 1/4 cup cilantro chopped

##### Instructions:

1. Wash your hands and preparation area.
2. Rinse all produce before slicing.
3. Prepare your avocado, cucumber, and watermelon by slicing into matchstick pieces, or julienne cut.
4. Evenly layer 2-3 pieces of avocado, cucumber, and watermelon in the middle of the jicama tortilla.
5. In a small bowl, mix freshly squeezed lime juice, honey, and chili powder until well blended.
6. Drizzle a small amount over each tortilla and sprinkle cilantro. Serve & enjoy!



## Nutrition Facts

5 servings per container  
Serving size 2 tacos (212g)

Amount per serving  
**Calories 110**

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 427mg	10%

\*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.

## State Meeting Attendees

Several Extension Education members from Austin County will be representing EEA at the 2021 State TEEA meeting in Temple, Texas (September 14-15). Those serving as delegates are Knellen Quinteros, Doris Glenewinkel and Jessie Kokemor. Enjoy your time and we look forward to your report.

## Austin County Fair Information

An orientation for ACF workers will be scheduled for Monday, **October 11, 2021 at 3:45 p.m.** for all new workers. The meeting will take place at the fairgrounds. 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, **October, 16th at 1:00 p.m.** If you have a Grand Champion baked item for the Auction, please have it at the fairgrounds on Saturday by 9:00 a.m.

**Photos for Extension Education Grand, Reserve and High Point winners will be taken on Sunday, October 17<sup>th</sup> beginning at 12:30 p.m.**

Prize money can be picked up in the General Exhibit Building on Sunday, **October 17th from 11:00 p.m.- 2:00 p.m.**

**Building setup is scheduled for Wednesday, October 6th. Building teardown is scheduled for Wednesday, October 20th at 8:30 a.m.** And check out time for items in the General Exhibit Building will be from **11:00 p.m. – 2:00 p.m.** on Sunday, **October 17th.**

## Exhibitor Numbers

Bleiberville  
1 -25

North Austin County  
26 - 45

Sealy Moonlighters  
46 - 65

Wallis  
66 - 80

West End  
81-105

## 2021 Department Chairmen for Austin County Fair

<u>Division</u>	<u>Club</u>
<b>Category A</b> - Clothing Division	West End (Jo Ann Reichle & Lois Schubert)
<b>Category B</b> - Fiber Arts	Sealy Moonlighters (Karen Landrum, Marie George & Rita Jacobs)
<b>Category C</b> - Handicraft Division	Bleiberville (Doris Glenewinkel & Judy Schulz)
<b>Category E</b> - Baked Goods Division - Yeast Breads, Decorated Baked Foods, Candy, Quick Breads	Wallis (Gloria Havemann, Betty Lehmann, Debra Kollman & Barney Zimmerman)
<b>Category F</b> - Pies, Cakes, and Cookies	(Geraldine Siptak , Doris Glenewinkel & Annette Balke)
<b>Category G</b> - Canned Foods - Preserves & Jams, Jellies & Fruit Butters	Sealy Moonlighters (Gladys Frank & Knellen Quinteros)
<b>Category H</b> - Canned Foods-Fruits, Vegetables, Pickles and Relishes.	North Austin County (Jessie Kokemor, Gaye Farr & Sandy Pillion)
<b>Category J</b> - Photography Division	West End (Pam O'Brian, Betty Thiel & Pat Allee)

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. 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 this activity are encouraged to contact the Extension Office at (979) 865-2072 prior to the meeting to determine how reasonable accommodations can be made.