

Hi there,
I'm Amber.

I am a farmer's wife, mother,
foodie, and an extension agent!

Better Living for Texans program provides
research and evidence-based nutrition,
health and wellness knowledge to empower
individuals, families, and communities to
make positive changes for healthier lives

ENJOY YOUR HARVEST

Hatch Green Chile

HOW TO SELECT THEM...

- Choose peppers that are firm, deep in color, and heavy for their size. Avoid peppers that are wrinkled, soft or bruised.
- Fresh green chile peppers are available seasonally, typically from August through mid-October, but can be purchased canned or frozen year-round.
- As green chiles mature, they will turn from green to red and will change in flavor and intensity in heat.
- They can be stored in the refrigerator for up to a week or frozen for a year.

DID YOU KNOW...?

Green chile can be eaten raw or cooked but most New Mexicans agree they are most flavorful when roasted. Green chile has a tough, outer skin. If you eat them raw, you will want to cut them up first. Blistering the skin makes it easier to remove. To do this, brush the chile with vegetable oil and broil/grill until charred. You should always use gloves when handling chile, keeping your hands away from your face to avoid burning your skin/eyes.

NUTRITION FACTS:

- High in Vitamins A & C
- Great source of potassium
- Green chiles are mostly water but they do contain protein, carbohydrates, iron, and fiber

Swipe for recipes >>>>>>

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.

TEXAS A&M
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EXTENSION



Check out this green chili from
the community garden
at Homestead Senior
Apartments

GREEN CHILE & CHEDDAR BISCUITS

WHAT YOU NEED:

- 1 1/2 cups all purpose flour
- 2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3Tbsp cold butter, cubed
- 1/4 cup Greek yogurt
- 1/4 cup milk
- 1/2 cup grated cheddar cheese
- 1/4 cup roasted green chile



Source: 505southwestern.com/recipes/green-chile-and-cheddar-biscuits

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GREEN CHILE & CHEDDAR BISCUITS

INSTRUCTIONS:

1. Preheat oven to 425 degrees.
2. In a large mixing bowl, mix flour, baking powder, baking soda, salt, and black pepper.
3. Slowly fold in the cubed butter and mix until a sandy consistency is reached.
4. Add the yogurt, milk, cheddar cheese, and green chile and mix thoroughly.
5. Form into 8 equal patties
6. Bake for 18 minutes.
7. Let cool slightly and serve warm.

Source: 505southwestern.com/recipes/green-chile-and-cheddar-biscuits

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EXTENSION

Growing and Nourishing Healthy Communities

The Growing and Nourishing Healthy Communities Garden Course, which is funded, in part, by the Supplemental Nutrition Assistance Program (SNAP), helps increase the availability of fresh produce through teaching participants how to grow fruits and vegetables in community and backyard gardens. The gardening series includes topics such as how to select the right garden location, planting and watering techniques, controlling insects, and composting. By incorporating cooking demonstrations using the produce grown, participants learn how to prepare the produce they harvest. This program is ongoing with Lubbock Senior Center, Homestead Senior Apartments, Mae Simmons Senior Center, Maggie Trejo Senior Center, and Copper Rawlings Center.





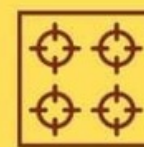
Chile Roasting Methods

Use tongs to turn chile until roasted on all sides



Oven

Heat oven/broiler to 400-450. Place chile in a single layer on the rack or on a cookie sheet.



Stovetop

Cover a burner with heavy wire mesh. Place chile on the electric or gas burner.



Air Fryer

Cook on 450 for approximately 6 minutes.



Skillet or Griddle

Cook chile over medium-high heat.



Microwave

Place chile in a microwave safe dish with an airtight lid. Place sealed dish on a rotating plate for 7-8 minutes.



Grill

Place chile on a charcoal grill a few inches above the coals, or on a gas grill.

Once chile is roasted, place chile in an airtight container or ziplock bag to steam or drop into ice water for ease in peeling. To freeze, divide into airtight, freezer safe containers.



Celebrate!

Learn, Grow, Eat, Go in partnership with Cultivate, Cook, Create at the South Plains Foodbank Grub Farm

This is a 10-week gardening and nutrition series that is ongoing through August 9th. This series uses the Learn, Grow, Eat, Go curriculum. This series is used to motivate youth through cooking, gardening, and nutrition to have a better understanding of and appreciation for nutrient dense foods. Along with other agents, Cory Edwards, Ashlyn Aljoe, Christina Reid, and two interns from Texas Tech, Amber has had the opportunity to this program to 50 youth at the South Plains Food Bank Grub Farm.



LEARN GROW EAT GO

LUBBOCK
HOMESCHOOL
NATURE GROUP

*Upcoming Gardening
Programs*

.....
TUESDAYS
10AM-11:30AM
SOUTH PLAINS
FOOD BANK
GRUB FARM
.....



ACTIVITIES:

- Cooking
- Gardening
- Nutrition

CULTIVATE, COOK, & CREATE
SMITH SPROUTS

FALL 2023

TEXAS A&M
AGRI LIFE
EXTENSION | BETTER LIVING FOR TEXANS

Learn, GROW, EAT & GO!



Instructor

Amber Bozeman

Extension Agent

Lubbock County

A Lunch and Learn
starting in October -March

Lubbock Senior Center
Mae Simmons Senior Center
Copper Rawlings Senior Center
Maggie Trejo Senior Center
Homestead Senior Apartments

**LIVE
WELL,
BE
WELL**

**A colorful food tasting experience for
local Headstart and Preschoolers.
Taste a Rainbow of Fruits and Veggies!
Provided by Texas A&M AgriLife Extension**

TEXAS A&M
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EXTENSION

BETTER LIVING FOR TEXANS

**COLOR
ME
HEALTHY**

LUBBOCK COUNTY
2023

**Starting in October
2023!!**

*Upcoming Nutrition
or Programs*

Pack a Safe Lunch

Extension Nutrition and Food Science Program

Taking your lunch to school or work is a great way to save money. It is also a good way to use leftovers from last night's dinner.

When packing a lunch that will be eaten several hours later, remember these food safety tips so the lunch you pack doesn't make you or your family sick.

Don't get bugged by your lunch

Keeping bacteria away from your food can greatly lower your chance of getting a foodborne illness. Follow these guidelines to help prevent bacteria from spreading:

- Always wash your hands with soap and warm water before preparing lunch.
- Clean all food-preparation areas, including the countertops.
- Rinse fresh fruits and vegetables under running tap water before packing them in the lunch. This includes produce that has skins and rinds that will not be eaten.



What's in your sack?



Keep hot foods *HOT*, cold foods *COLD*.

Bacteria that cause foodborne illness grow best at temperatures between 40 and 140 degrees F. This is known as the temperature danger zone.



To slow bacterial growth, keep perishable foods out of the temperature danger zone until it is time to eat.

Perishable foods include meat, cheese, eggs, poultry, milk and other dairy foods, and fresh-cut fruit and vegetables. Do not leave perishable foods at room temperature for more than 2 hours, or 1 hour if the outdoor temperature is 90 degrees F or above.

COLD: Keep cold foods cold, including meat, eggs, lunch meat, cheese, milk, and cut fruit, and cooked pasta, vegetables, and rice. Use ice packs, freezer gels, or frozen juice boxes to keep the foods cold until lunch.

HOT: Use a wide-mouth insulated bottle to keep foods such as soup and chili hot. Pour boiling water into the bottle to heat the inside. Then heat the food

to 165 degrees F. Drain the boiling water from the bottle and replace with the hot food.

If you are worried about keeping perishable foods out of the danger zone, consider packing foods that can be stored safely at room temperature:

- Nuts
- Peanut butter
- Juice boxes
- Unopened canned meat
- Beef jerky
- Dried and canned fruit
- Chips
- Whole fruit
- Breads and cereals
- Jam, jelly, and honey

Other tips

Keep lunch boxes clean. Wash them with soap and warm water after each use.

If you use paper bags, only use those labeled for lunch use. Plastic bags from grocery and other stores



Freshly cut fruit spoils quicker than whole fruit.



can become contaminated and should not be used to carry lunches. Do not reuse plastic bags or wrap.

Keep lunches out of direct sunlight or other heat sources.

Throw away any leftover perishable foods. Do not save them for a later meal or the next day's lunch.

Use only the leftovers that have been in the refrigerator for less than 1 or 2 days.

Acknowledgment

Peggy Van Laanen, former Extension Specialist, wrote the original manuscript for this publication.

Texas A&M AgriLife Extension Service

AgriLifeExtension.tamu.edu

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Coming Soon!!

New Deal Afterschool

 **WALK ACROSS TEXAS!**
25TH YEAR ANNIVERSARY ★ 1996-2021

CROSS CONTAMINATION

WHAT IS IT?

Cross contamination occurs when bacteria from one food or item gets on other food.

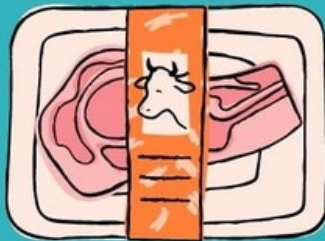
This can happen when preparing different types of food, or if food gets dropped on the ground.

Cross contamination can cause serious illness.



Cross contamination can happen when the cutting board, knife or utensils that were used to prepare one food is then used to prepare another food without being washed.

Cross contamination is especially harmful when bacteria from raw animal products are transferred to ready-to-eat foods.



The 5 second rule is a **MYTH**

Researchers have shown that bacteria can infect food immediately, not only after 5 seconds. However, the longer food is on the ground, the more bacteria will climb aboard!



Food Safety!



Thank you!



Hello! My name is Ashley Eastling and I am a student at Texas Tech with a major in animal science. I enjoy working with animals and my career goal is to become a veterinarian. I am interested in agriculture and health sciences which is why I am very excited to be working with Agrilife. I hope that through this internship, I am able to help my community and assist in providing nutrition information to those in need. I am immensely thankful to be a part of the Agrilife team!