



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*

TEXAS A&M  
**AGRILIFE**  
EXTENSION

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Better Living for Texans  
Lubbock County

*In this issue:*

<i>Outreach programs</i>	<i>1</i>
<i>Garden Recipes.</i>	<i>2-3</i>
<i>Cole Crops.</i>	<i>4</i>
<i>Food Safety</i>	<i>5-6</i>
<i>Gardening programs</i>	<i>7</i>
<i>Nutrition Programs.</i>	<i>8</i>
<i>Physical Activity Programs</i>	<i>9</i>

# Outreach!



# ENJOY YOUR HARVEST

## Sweet Corn

### HOW TO SELECT THEM...

- Look for fresh green husks and ears that are filled to the tip.
  - Do not select husks that are dried, yellowed, or straw-colored.
- Look for kernels that are tender, full, and firm enough to break under the slightest pressure.
  - Do not choose ears with kernels that have begun to shrivel or "dent."
- Shiny, dark brown silk is a sign of well-filled kernels; Silk ends should be free from decay or worm injury.

### TRICKS FOR PREPARING THEM...

Refrigerate immediately & eat as soon as possible; leave corn in the husk to store. If husked, place in plastic bag before storing. Cut off cob & blanch before freezing. Corn-on-the-Cob can be boiled, grilled, oven-roasted or microwaved. Don't forget corn can be used in dips, salsas, and salads!

### NUTRITION FACTS:

One medium ear of sweet yellow corn -

- has 77 calories, 1 g fat, 19 g carbs, 2 g protein, 2 g fiber
- is a good source of Vitamin C, thiamin and folate

Swipe for recipes >>>>>>

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## ELOTE (MEXICAN STREET CORN)

### WHAT YOU NEED:

Serves: 4 | Total time: 30 minutes

- 4 ears of grilled corn on the cob
- ¼ cup mayonnaise
- 1 ½ teaspoons lime juice
- ½ teaspoon chili powder, plus more for sprinkling
- Pinch of cayenne pepper (optional, for extra heat)
- ¼ teaspoon kosher salt or a pinch of fine salt
- 2 ounces (about ½ cup) finely grated Cotija cheese\*
- 2 tablespoons finely chopped cilantro



Source: <https://cookingwithacountrygirl.com/recipe>

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## ELOTE (MEXICAN STREET CORN)

### INSTRUCTIONS:

1. While you're grilling your corn, prepare the chili-mayo sauce and Cotija-cilantro blend. In a small bowl, combine the mayonnaise, lime juice, chili powder, optional cayenne, and salt. Stir until combined. In a separate bowl, mix together the cheese and cilantro. Set both bowls aside.
2. When your corn is ready to go, brush the mayonnaise mixture all over one ear of corn. Over a plate, sprinkle the Cotija mixture liberally all over, turning the corn as necessary (it's going to be a little messy, no way around it!). Place the finished cob on a separate serving plate. Repeat for the remaining corn, using the cheese in the bowl and the excess on the plate as needed.
3. Sprinkle a pinch or two of additional chili powder lightly over the corn. Serve warm.

Garden  
Recipes

## HEALTH HACKS FOR 2023



ZUCCHINI FRITTERS ARE A SUPER EASY SNACK THAT'S EASY TO PREPARE AND IS FREEZER-FRIENDLY! MAKE A LARGE BATCH TODAY AND FREEZE EXTRA FOR LATER!

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BETTER LIVING FOR TEXANS

This institution is an equal opportunity provider.  
This material was funded by the USDA's Supplemental Nutrition Assistance Program - SNAP.



# ENJOY YOUR HARVEST

## Zucchini

### HOW TO SELECT THEM...

- Small to medium sized (no longer than 6-8 inches)
- Firm and a bit shiny, free of nicks and cuts
- Really fresh zucchini will bristle with tiny hairs

### TRICKS FOR PREPARING THEM...

- \*Wash thoroughly in cold water when ready to use
- \*Slice off the tough stem and enjoy what remains
- \*If using grated zucchini in a baked dish, squeeze out excess liquid by wrapping in a clean tea towel or cheese cloth and squeezing out the juice
- \*Keep tightly wrapped in the refrigerator.

### NUTRITION FACTS...

- Rich in multiple antioxidants, including lutein and zeaxanthin
- Low in calories, fat, and sugar
- Great source of folate
- High in fiber

Swipe for recipe >>>>>>

## Recipe Conversion

when using your air fryer instead of your oven, reduce the temperature by 25 degrees and the cooking time by 20%



OVEN



AIR FRYER



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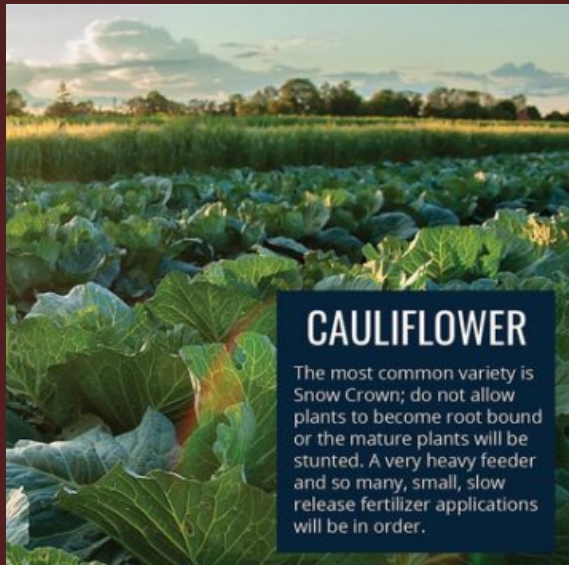


# COLE CROPS



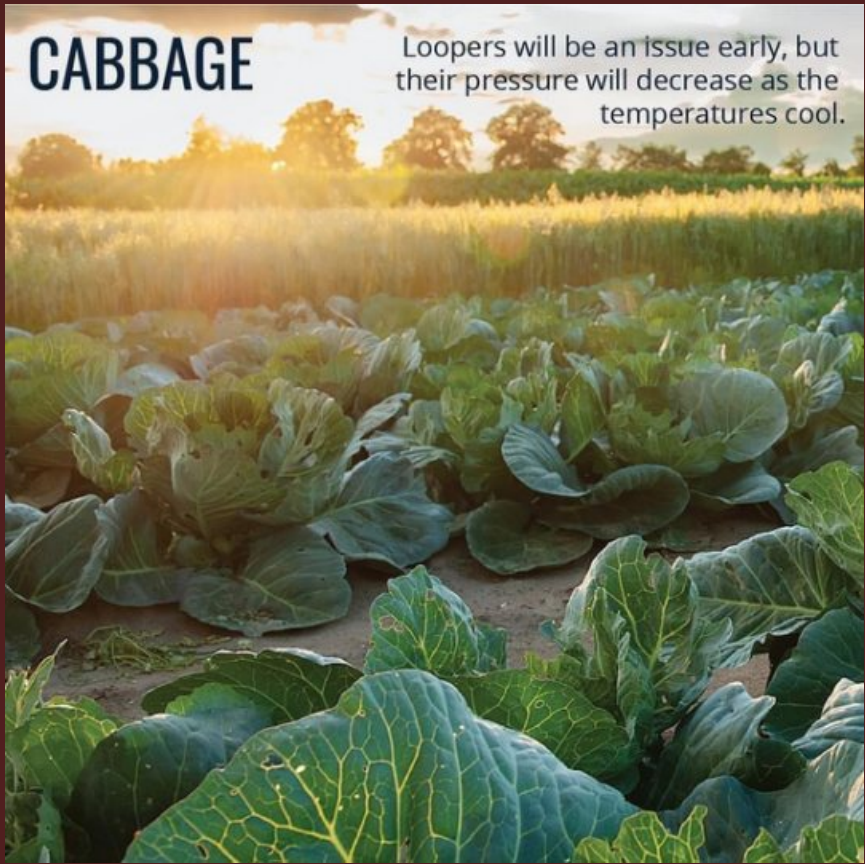
## BRUSSEL SPROUTS

Brussel sprouts again will have early season loop pressure. Challenge will be they take a long time to mature.



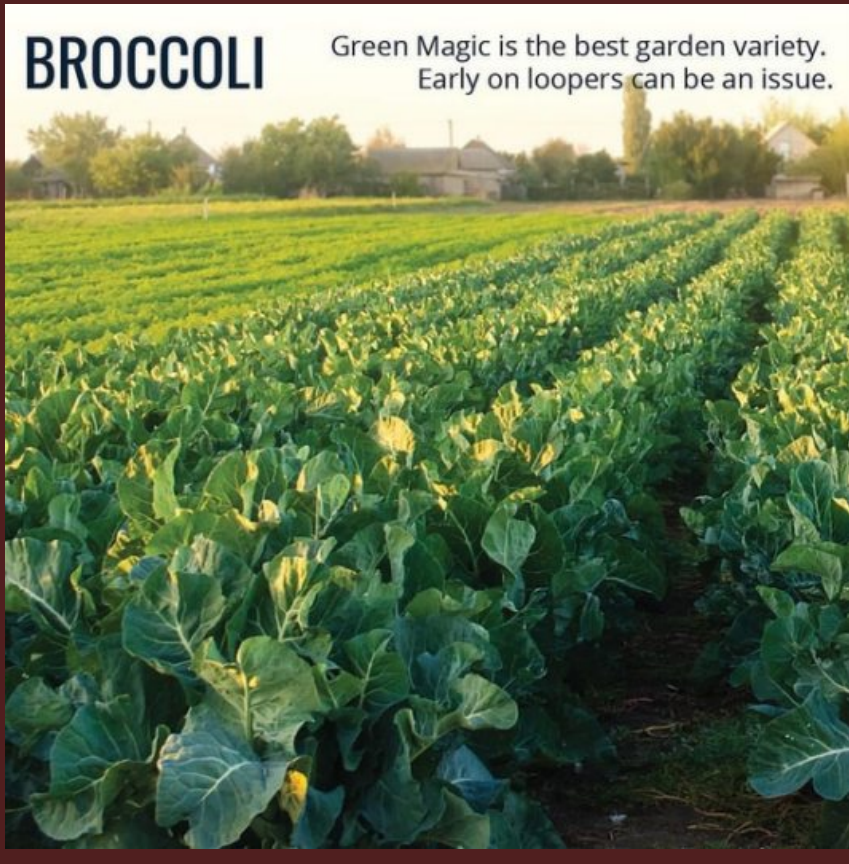
## CAULIFLOWER

The most common variety is Snow Crown; do not allow plants to become root bound or the mature plants will be stunted. A very heavy feeder and so many, small, slow release fertilizer applications will be in order.



## CABBAGE

Loopers will be an issue early, but their pressure will decrease as the temperatures cool.



## BROCCOLI

Green Magic is the best garden variety. Early on loopers can be an issue.

# Food Safety!

## Have a Safe and Not Scary Halloween!

Halloween is just around the corner and while the holiday may be filled with fun and spooky, we want to avoid the scary foodborne illness (food poisoning). It is estimated that there are about 48 million cases of foodborne illnesses annually. This affects approximately 1 in 6 Americans each year, scary! However, there are food safety practices to prevent illness now and throughout the year.

**Scare or Fight BAC!® (Bacteria) with the four practices to keep you and your family safe.**

**1) Clean your workspace, utensils, and hands. Hand washing is very important in helping prevent the spread of foodborne illnesses. Wash your hands for 20 seconds with warm soapy water before cooking, eating, or digging into the trick-or-treating treats. 2) Separate to prevent cross-contamination. Keep raw meats or poultry separate from foods that are ready to eat. 3) Cook food to a safe internal temperature. 4) Chill perishable foods until serving time. During a Halloween party keep cold foods chilled until it is time to serve and do not leave out for more than 2 hours at room temperature or one hour when temperatures are above 90°F. To learn more about the Fight BAC!® principles visit: [Add a little bit of body text.](#)**

### Other Tips While Trick-or-Treating

**Snacking:** Eat a light meal before leaving for trick-or-treating to discourage snacking on treats while out. Waiting until home allows you to inspect the treats before anyone eats them.

**Safe Treats:** Do not eat treats with wrappings that have been tampered with or look suspicious. It is best to avoid treats that are not commercially wrapped.

**Food Allergies:** Check the package label to ensure no allergens are present. Do not allow children to eat home-baked goods.

**Choking Hazards:** For very young children, remove any choking hazards like gum, peanuts, hard candies, or small toys.

**Have a safe and not scary Halloween!**



# CROSS CONTAMINATION

## WHAT IS IT?

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

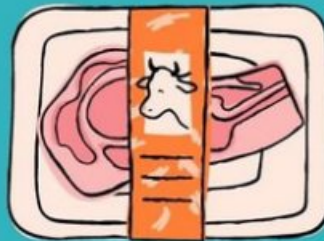
This can happen when preparing different types of food, or if food gets dropped on the ground.

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!



# 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**

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**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**

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BETTER LIVING FOR TEXANS

**COLOR  
ME  
HEALTHY**

LUBBOCK COUNTY  
2023

**Starting in October  
2023!!**

*Upcoming Nutrition  
or Programs*

# Physical Activity

## Walking is real exercise

Not all workouts are measured in sweat.



LET'S GET MOVING LUBBOCK!!

2023

## WALK ACROSS TEXAS!

kicks off September 25th!

Walk Across Texas! is an eight-week program designed to help Texans establish the habit of regular physical activity. Each team may include up to 8 team members, all working together logging miles to reach the 832-mile goal to make their way across the state of Texas. Ready to take the challenge? Grab your friends, family, co-workers and get your team registered!

Sign up today! Go to [howdyhealth.org](http://howdyhealth.org)

Adult teams - Enter league code:

watL-230806-90951

Youth/Mixed teams - Enter league code:

watLY-230806-31392



# Coming Soon!!

## New Deal Afterschool



For more information, call the Lubbock County Extension Office (806)775-1

# Healthy Halloween

