



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

Amber Bozeman, Extension Agent
Better Living for Texans
Lubbock County

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Garden Recipes



Check out these beautiful tomatillos from Learn, Grow, Eat, Go at the Grubfarm!

Tomatillos

EHT-162
04/21

The tomatillo or husk tomato (*Physalis ixocarpa*) looks much like a tomato. The fruit is generally green but can be orange, yellow, red, or even purple. It is enclosed in a papery wrapping called a calyx. The condition of the calyx is commonly used as an indicator of freshness in fresh markets. Native to Mexico and Guatemala, tomatillos are sensitive to cold. The best growing conditions are 80 to 90°F. days with 60 to 70°F. nights, low humidity, and sparse rainfall. Typically they are grown like tomatoes in Texas.

Grow it

Varieties

- 'Cape Gooseberry,' 'Golden Nugget,' 'Mayan Husk Tomato,' 'Mexican Husk,' and others

Planting

- Tomatillos can be grown from transplants or seeds.
- Plant transplants every 2 feet in rows 5 feet apart.
- If you are starting with seeds, plant 3 or 4 tomatillo seeds 2 feet apart. When the plants reach 4 to 5 inches tall, thin them to one plant every 2 feet.



Insects & Diseases

- Tomatillos rarely have insect pests or diseases.
- If something does not look right with your plant, contact your county Extension agent for more information.

Harvesting

- The plants begin bearing fruit 65 to 85 days after seeding or transplanting and continue for 1 to 2 months, or until the first frost.
- Pick fruits just as the husk (or calyx) bursts.

Use it

Salsa Verde

Course: Side Dish

Serves: 16

Ingredients

10 Tomatillos
1 to 2 serrano peppers
½ bunch fresh cilantro
salt, to taste

Instructions

Wash and dry tomatillos and serrano peppers. Place on a cookie sheet and broil in the oven on low heat. You can also roast on a griddle or comal (cast iron pan) on medium heat, or try it on your BBQ grill. Turn tomatillos and peppers consistently so they do not burn, but let them get a rich brown color. Place tomatillos and peppers in a blender or food processor. Process to a chunky texture. Add fresh cilantro and blend again. Enjoy your flavorful tangy salsa! Makes 3 ½ to 4 cups. You can adjust the amount of peppers to your liking—mild, medium, or hot.



full sun



well-drained soil

ENJOY YOUR HARVEST

Pumpkin

HOW TO SELECT THEM...

A good pumpkin should feel **sturdy**. When you tap it, you should hear a hollow sound. Avoid pumpkins with cracks, splits, scratches, bruises, or dark spots!

Make sure the stem is intact. Once pumpkins lose their stem, they start to deteriorate.

TRICKS FOR PREPARING THEM...

You can **boil, steam, or freeze** your fresh pumpkin to prepare it. Steaming and boiling require the same process, but boiling takes the shortest amount of time.

After you pull out the stringy part & seeds, keep the seeds! You can roast them and make roasted pepitas.

NUTRITION FACTS:

- Great source of Vitamins A and C, potassium, and phosphorous
- Cholesterol and sodium free
- Low in calories and fat

Swipe for recipes >>>>>>

PUMPKIN PUDDING

WHAT YOU NEED:

- 2 tbsp cornstarch
- 6 tbsp sugar
- 1 3/4 cup milk
- 1 egg, beaten
- 1/2 cup pumpkin puree
- 1 tsp vanilla
- 1/2 tsp cinnamon
- Dash of salt
- Dash of nutmeg

Serves: 4 | Prep time: 25 minutes | Cooling time: 45 minutes



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Garden Recipes

PUMPKIN PUDDING

INSTRUCTIONS:

1. In a heavy medium saucepan, combine sugar and cornstarch. Cook over medium heat.
2. Slowly add milk to pan, stirring constantly. Cook and stir over medium heat until mixture is thickened and boiling.
3. Cook and stir for 1 more minute, stirring constantly.
4. Remove from heat.
5. Gradually stir about 1 cup of the hot mixture into the beaten egg.
6. Combine remaining ingredients in a bowl and mix well.

Source: cincyshopper.com/homemade-pumpkin-pudding-recipe

PUMPKIN PUDDING

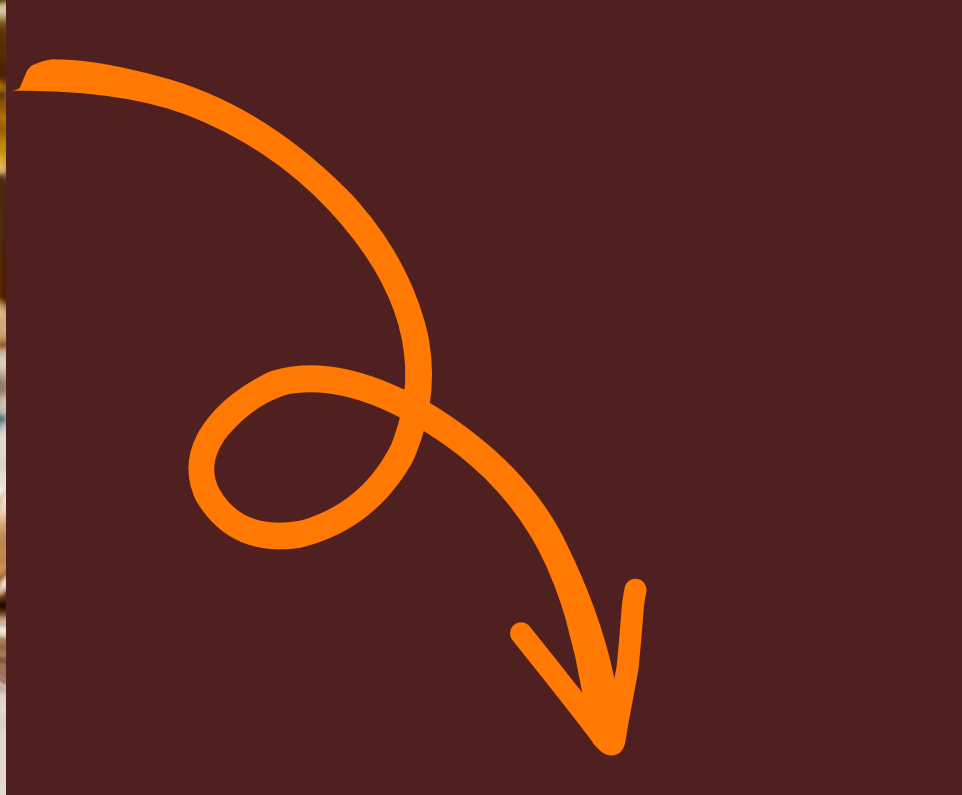
INSTRUCTIONS:

7. Return all of the egg mixture and the pumpkin mixture into the saucepan, whisking constantly until blended.
8. Return pan to low heat and cook for 3-4 minutes until heated throughout, stirring constantly.
9. Pour pudding into a bowl. Cover the surface with clear plastic wrap. Chill.
10. Serve with a dollop of whipped cream or whipped topping.

Source: https://heatherhubbardsmysharepoint.com/wa/agpersonadgmyafr_bu_sduETAjyayqfLLEK4Qym_WWu60Tf1M8hVnQznuwzqzWw_07nvegCF3l

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Turkey Time!

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When to thaw your Turkey:



SIZE OF TURKEY:
20- 24 LBS

PUT IN THE FRIDGE*:
FRI. NOV. 19



16- 20 LBS

SAT. NOV. 20



12- 16 LBS

SUN. NOV. 21



4- 12 LBS

MON. NOV. 22

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*ACCORDING TO FOODSAFETY.GOV

Thanksgiving Leftovers

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Turkey Stock

After your holiday feast use your bones to make a great stock. If you don't have time right after the holiday to make your stock - place bones in a freezer safe bag and freeze until ready to use (up to 3 months).

Ingredients:

- bones from leftover turkey
- 2 coarsely chopped carrots
- 1 celery rib with leaves, chopped
- 1 onion chopped
- 1 clove of minced garlic
- 1/4 cup chopped parsley with stems
- 1 teaspoon peppercorns
- 1 bay leaf
- Water

Directions:

Place bones in a large pot on the stove. Add other ingredients (if you are missing some its okay.) then cover all with water. Bring to a boil, then simmer on very low for at least 6 hours. Skim off top for any fat. Let Cool. Skim again if needed. Strain. Store in refrigerator for up to 4 days or in freezer for 6 months

Stock vs. Broth

Stock is made by simmering bones in water for several hours (6-8 typically), giving it a thicker mouth feel, while **Broth** is made by simmering meat and more seasonings for 1.5-2 hours. **Broth** is usually lighter with more flavor. **Stock** is great for creamy soups, gravy, and stews.

by Felice Acker, CEA-FCH Castro County

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AIR FRIED SWEET POTATO FRIES

Deliciously simple and healthy
Recipe Source: New Mexico State University Extension Service

PROCEDURE

- 01 Preheat air fryer to 400 F
Combine sweet potato fries and canola oil in a bowl and mix. Season with salt, pepper, garlic powder, and paprika. Mix until all fries are evenly coated.
- 02 Divide sweet potatoes into 2 or 3 batches for cooking. Place an even layer of sweet potatoes in the fry basket, insert in the air fryer, and cook until golden brown, about 10 minutes. Repeat with the remaining sweet potatoes.
- 03

PREP TIME

- Prep | 10 m
- Cook | 10 m
- Ready in | 20 m
- Yield | 2 servings

INGREDIENTS

- 1 sweet potato, peeled and cut into 1/2 inch wide fries.
- 1 tablespoon canola oil
- 1/2 teaspoon salt
- 1/5 teaspoon pepper
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground sweet paprika

NUTRITION FACTS

- Calories: 119
- Protein: 1.1g
- Carbohydrates: 13.5g
- Fat: 7.1g
- Sodium: 516mg

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TURKEY BURGER SLIDERS

Scrumptious burgers in just 20 minutes

PROCEDURE

- 01 Preheat air fryer to 360 F
- 02 In a bowl, beat the egg, then add bread crumbs and milk. Mix well.
- 03 Add salt, pepper, garlic powder, and poultry seasoning. Mix well.
- 04 Form 4 (4oz) burger patties
Spray air fryer basket with cooking spray and place burgers in basket and cook for 12 minutes
- 05 Flip the burgers at 6 minutes.
- 06 Burgers should be at least 165 F to be done.
If you want a cheese burger place slice of cheese on the burger and close the lid for 2 more minutes to melt it.
- 07 Remove and build a fabulous turkey burger!

INGREDIENTS

- 1 egg
- 1/4 cup bread crumbs
- 1 tsp salt
- 1/2 tsp pepper
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp poultry seasoning
- 1lb. ground turkey
- Sliced cheese

NUTRION FACTS

- Calories: 347
- Protein: 13g
- Carbohydrates: 40g
- Fat: 5g
- Sodium: 739mg

PREP TIME

- | | |
|-------------|-------------------|
| Prep 5 m | Ready in 23 m |
| Cook 15 m | Yield 4 burgers |

Recipe Source: New Mexico State University Extension Service

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your APPLIANCES The Pros & Cons

BENEFITS

- Crispy foods with less oil, less fat and less calories.
- Less prep and cook times as compared to conventional oven.
- Safer and more economical appliance due to less hot oil splatter and lower energy use.
- Less cooking smells around the house due to size and use of built-in filters.
- Note for picky eaters: air fryers will crisp up veggies and make them more appealing.

DRAWBACKS

- Can contribute to the mindset of "I can eat fried foods every day". *In reality, we should work air fried foods into a healthy diet pattern using moderation.*
- Higher possibility to burn food due to the high temperatures produced at rapid rates.
- Produces small amounts of food per basket making it difficult to cook for large families/crowds.
- The high cooking temps and lack of oil can lead food to dry out quicker



Thanksgiving Leftovers

Food Safety!



LET'S TALK TURKEY!



Poultry is brought into Texas from the Midwest and Arkansas to be raised, processed and made available in local stores.

Texas sold approximately **70M** pounds of turkey meat in 2017 and was directly responsible for bringing over **32,000** jobs to the state.

Turkey is a nutrient rich food item. Every 3.5 ounces of turkey breast has:

- 147 Calories
- 2g Fat
- .6g Saturated Fat
- 30g Protein
- 0g Sugar
- .807mg Vitamin B-6
- .39µg Vitamin B-12
- 11.75mg Niacin
- 84.4mg Choline
- 30.2µg Selenium



When preparing your turkey, always remember the **3T's**.



THAWING

If you purchase a frozen turkey, it is safest to thaw it in the refrigerator



THERMOMETER

A whole turkey is safe when cooked to a minimum internal temperature of 165°F.



TIMING

Leftovers stored in small portions may last up to 3-4 days.



PathToThePlate.tamu.edu

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CROSS CONTAMINATION

WHAT IS IT?

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

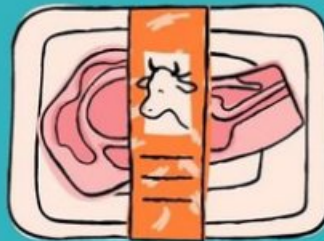
This can happen when preparing different types of food, or if food gets dropped on the ground.

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

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

ACTIVITIES:

- Cooking
- Gardening
- Nutrition



CULTIVATE, COOK, & CREATE SMITH SPROUTS

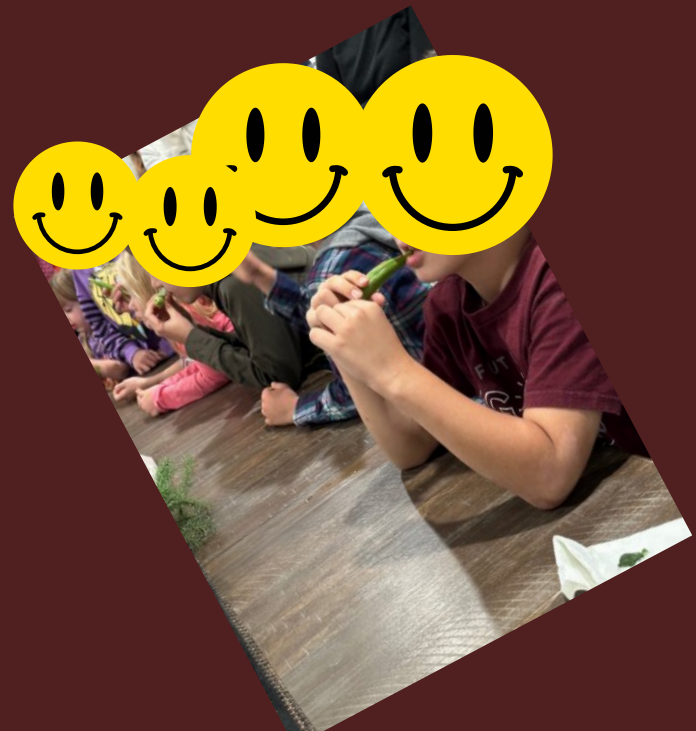
FALL 2023

Gardening Programs

Nutrition Programs



In partnership with Idalou ISD, Roosevelt ISD, Carmona Harrison Elementary Stem/AG, and New Deal ISD!





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**

**Coming in
January!**



**Upcoming Nutrition
Programs**

Physical Activity

Walking is real exercise

Not all workouts are measured in sweat.



#MoveItMonday

MoveItMonday.org

MOV
MON

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

Adult teams - Enter league code:

watL-230806-90951

Youth/Mixed teams - Enter league code:

watLY-230806-31392



Walk Across Texas Youth With
New Deal Afterschool!

For more information, call the Lubbock County Extension Office (806)775-1740