



*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

In this issue:

<i>Garden Recipes.</i>	<i>2</i>
<i>Healthy Snacks.</i>	<i>3</i>
<i>Healthy Swaps</i>	<i>4</i>
<i>Food Safety</i>	<i>5-6</i>
<i>Gardening programs</i>	<i>8</i>
<i>Nutrition Programs.</i>	<i>9-10</i>
<i>Physical Activity Programs</i>	<i>11</i>

Garden Recipes

Check out these beautiful cool weather garden beds at the South Plains Foodbank Grubfarm



ENJOY YOUR HARVEST

Cabbage

HOW TO SELECT THEM...

Harvest when heads reach desired size and are firm. To harvest, cut the cabbage head at its base and **remove any yellow leaves**. Retain loose green leaves to provide protection during storage. Cabbage can be stored in the refrigerator at or below 41°F for up to 2 weeks by wrapping tightly in plastic wrap.

Cabbage

Remove the loose or tough outer layer and cut out the core of the cabbage with a sharp knife. Rinse the leaves with cool running water. Drain thoroughly. Cabbage can be preserved by dehydrating, canning, freezing or fermenting.

TRICKS FOR PREPARING THEM...

NUTRITION FACTS:

- High in Vitamin C, fiber & Vitamin K
- Supports Digestion
- Contain Vitamins B6, Folate, Manganese, Calcium, Potassium & Magnesium.

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
AGRILIFE
EXTENSION

GRILLED CABBAGE WEDGES

WHAT YOU NEED:

Total prep and cook time: 20 minutes

- 1 small green cabbage
- 2 tbsp olive oil, divided
- 1/2 tsp kosher salt & ground pepper
- 1 tbsp balsamic vinegar
- 1/2 tsp honey
- 1/8 tsp onion powder



Source: <https://www.aaculpecooks.com/grilled-cabbage/>

TEXAS A&M
AGRILIFE
EXTENSION

GRILLED CABBAGE WEDGES

INSTRUCTIONS:

1. Preheat a grill to medium-high heat (375 to 450°F).
2. Remove the tough outer leaves of the cabbage. Cut it into 8 wedges (or more if the cabbage is large), leaving the stem intact.
3. Place the wedges on a baking sheet. Rub both sides with 1 tablespoon of the olive oil. Sprinkle on 1/4 teaspoon kosher salt and fresh ground pepper on one side of the wedges, then flip them and sprinkle the remaining 1/4 teaspoon kosher salt on the other side.
4. Place the cabbage directly on the grill grates. Grill 5 to 6 minutes per side (10 to 12 minutes total) until softened, turning once.
5. In a small bowl, mix together the balsamic vinegar, the remaining 1 tablespoon olive oil, honey, and onion powder. Drizzle the mixture over the wedges and serve.

Source: <https://www.aaculpecooks.com/grilled-cabbage/>

TEXAS A&M
AGRILIFE
EXTENSION



Holiday
Healthy
Snacks

Healthy Swaps



DINNER
TONIGHT

TEXAS A&M AGRILIFE EXTENSION

Try these swaps for a healthier charcuterie board!

REDUCE ADDED SUGARS

- Switch dried fruit with fresh fruit
- Opt for sugar free or no sugar added dips & spreads



LIMIT SODIUM

- Switch salted nuts with unsalted/raw options
- Select lower sodium cheeses such as swiss, fresh mozzarella, or goat cheese



GO WHOLE GRAIN

- Switch regular crackers with whole grain options such as multi-grain crackers, whole wheat baguettes, or whole grain crostini



ADD HEALTHY FATS

- Add nuts and seeds to add some heart healthy fats to your board



Food Safety!

Tips

Food Allergies

*You never know who has a food allergy to an ingredient
Make sure to list out all ingredients on a label and attach it to the gift.*



CROSS CONTAMINATION

WHAT IS IT?

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

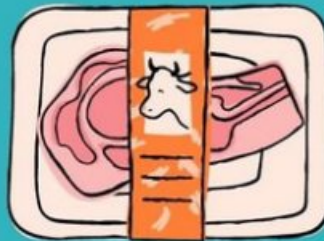
This can happen when preparing different types of food, or if food gets dropped on the ground.

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!



WINTER WORKOUTS

How to workout when it's cold

- Prepare ahead of time. Have your clothes laid out, water bottle filled, and shoes nearby.
- Enjoy the cooler Texan weather and go outdoors for a bike ride, run, walk or hike
- If it's cold, dress warmly! Wearing a jacket, hat, gloves, or scarf and bringing hand warmers can make a huge difference.
- Exercise during the daytime. Not only will it be warmer, but you'll be more awake too!
- Find indoor options to workout. Gyms, dance classes or online workout videos are all great options!

LEARN GROW EAT GO

LUBBOCK
HOMESCHOOL
NATURE GROUP

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

ACTIVITIES:

- Cooking
- Gardening
- Nutrition



Gardening Programs

Nutrition Programs



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

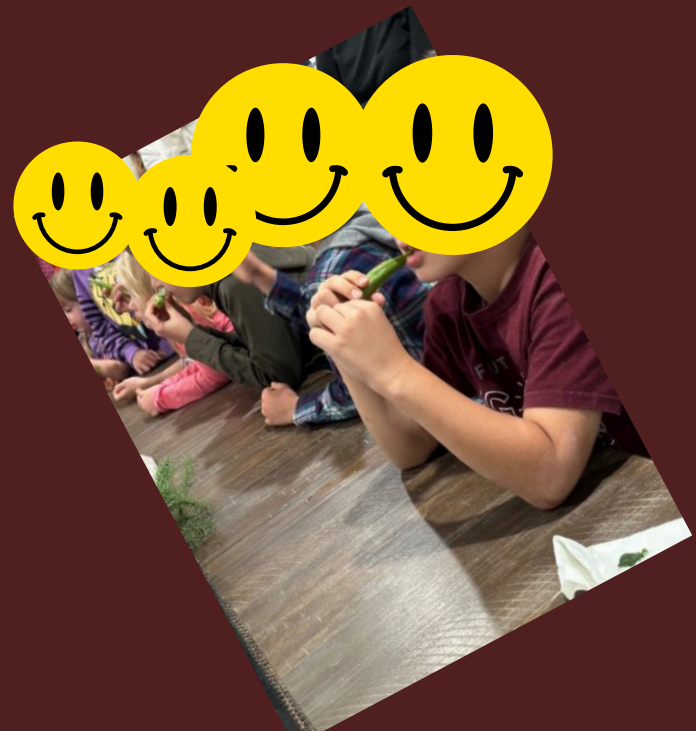
TEXAS A&M
AGRI LIFE
EXTENSION

BETTER LIVING FOR TEXANS

**COLOR
ME
HEALTHY**

LUBBOCK COUNTY
2023

**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
or 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!**