



*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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Garden Recipes

4 Steps TO Soaking Dry Beans



DINNER
TONIGHT
TEXAS A&M AGRILIFE EXTENSION

Source: North Dakota State University



Inspect the dry beans.

- Remove any broken beans or foreign materials

2 cups dry beans =
4 - 5 cooked cups

Source: North Dakota State University



DINNER
TONIGHT

TEXAS A&M AGRILIFE EXTENSION



Rinse the dry beans in a colander under cool water

3.

Soak beans using your preferred method:

Note: During soaking, ingestible carbohydrates dissolve in the water. For best results and to increase digestibility, discard and replace water several times during soaking.

HOT SOAK METHOD


1. Place beans in a large pot and add 10 cups of water for every 2 cups of beans.
2. Heat to boiling and boil for an additional two to three minutes.
3. Remove beans from heat, cover and let stand for four to 24 hours.
4. Drain beans and discard soak water.
5. Rinse beans with fresh, cool water.

TRADITIONAL METHOD

1. Pour cold water over beans to cover.
2. Soak beans for eight hours or overnight.
4. Drain beans and discard soak water.
5. Rinse beans with fresh, cool water.

Source: North Dakota State University



- 
4. Drain and rinse soaked beans.
Cook and use in recipes.



Nutritional Benefits
Pinto Beans

 PROTEIN

 FIBER

 FOLATE

 IRON

 POTASSIUM

 MAGNESIUM

Source: North Dakota State University



Seed Starting

When to sow outside:

after average last frost.

When to start inside: 4 to 6 weeks

before average last frost. Transplant outdoors after last frost. Zinnias do not gain from being planted early; they wait for warmer weather.

How To Figure Out **WHEN TO START SEEDS**

A Guide For What To Plant When



Starting Seeds

ZONE 3 LAST FROST DATE: MAY 20

supplies

- Seed starting mix - Recommended: Promix
- Clean cell packs, pots, newspaper pots, re-used plastic containers
- Liner or tray
- Seeds
- Plant markers
- Sharpie

how-to

Watering can with sprinkler attachment

- Dampen seed starting mix until consistency of wrung out sponge
- Fill flats or other containers firmly but not packed with mix.
- Decide how much of each packet you want to start and make labels
- Make divots for each seed with your fingers.
- Put two seeds in each divot
- Firm a bit of soil over seeds
- Water gently
- Keep moist until germination
- Thin starts to one per cell using scissors

light

- Goal: short, thick-stemmed seedlings
- Your seedlings need 14-18 hours of light to grow strong and healthy
 - A sunny, south-facing window, turn to strengthen stems
 - Four-foot T-8 fluorescent shop light fixture with bulbs from the "blue" end of the spectrum, 3600K- 5500K (Kelvin)
 - Special "grow lights": High Pressure Sodium (HPS) or LED, quite expensive

Lubbock TX (ZONE 7) Planting Calendar

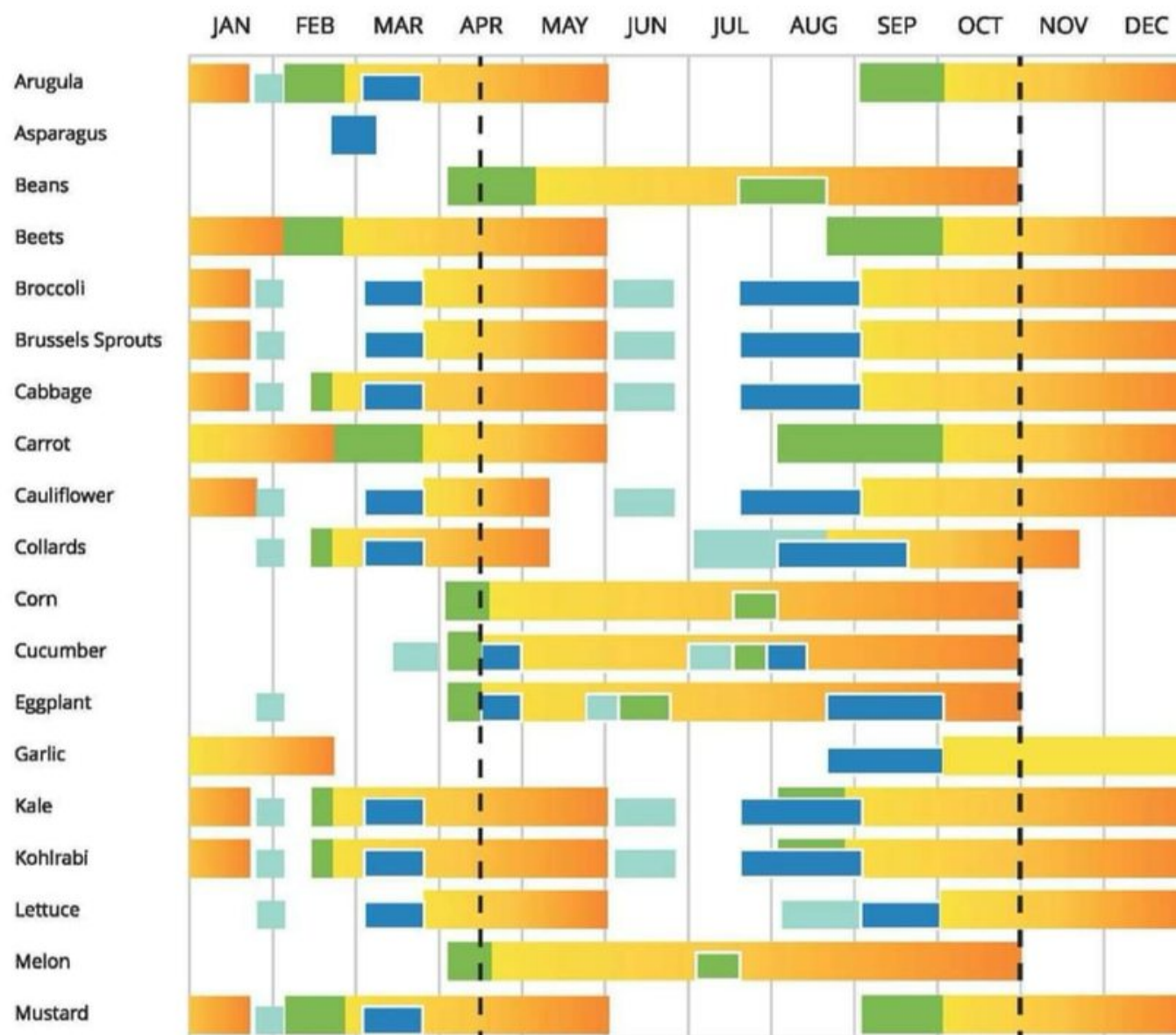
Vegetables

AVERAGE FREEZE DATES (~90 year record)

Last Freeze in Spring	April 15
First Freeze in Fall	October 31

RECORD FREEZE DATES (~90 year record)

Latest Last Freeze in Spring:	May 8, 1938
Earliest First Freeze in Fall:	October 7, 1952



KEY

■	AVG First Frost	■	Start Indoors	■	Transplant	■	Sow Outside	■	Growing Season	■	Harvest
■	AVG Last Frost										

CROSS CONTAMINATION

WHAT IS IT?

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

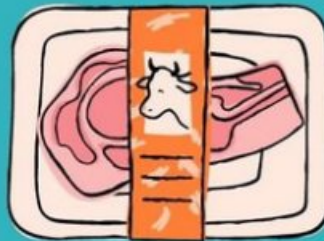
This can happen when preparing different types of food, or if food gets dropped on the ground.

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!





Gardening Programs

**Learn. Grow. Eat.
Go!**

**IN PARTNERSHIP WITH SMITH SPROUTS AND
CARMONA HARRISON ELEMENTARY!
-20 LESSONS THIS SPRING!**

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!