

# Path to Healthy Living

July August September 2022



TEXAS A&M  
AGRI LIFE

## Ways to Save

- Thermostat settings can be a hot topic, especially as Texas heat hovers around triple digits. Try adjusting your thermostat 4 degrees higher to use up to 20% less energy.\*
- Making small changes throughout your home can help you find valuable savings. Turn your blinds upward to reduce incoming heat.
- Run your fans counterclockwise.
- *Texas summers are long and hot. Tips and tools to help you save all season long.*
- Change your air filters regularly, especially if you have pets.
- Run larger appliances in the morning or after sundown.
- Use a grill, slow cooker or Instant Pot instead of the oven.

*Kelli Rehman*

# ENERGY USERS



## LOW

### Ceiling Fan & Stove

A fan doesn't use much electricity, but it lets you raise the thermostat about 4° without reducing any comfort.

Be sure to turn it off when you leave though. Fans cool people, not rooms.

Try grilling more. Cooking outdoors means your stove and oven can sit one out.



## MEDIUM

### Lighting & Home Media

Some appliances use electricity even when they're off.

Older bulbs use more too. Use LED bulbs. They're 75% more efficient than some other bulbs.

Plug electronics into a power strip and shut the strip off when it's not in use.

Take advantage of natural sunlight when you can.

### Fridge and Dryer

Efficiency is key – avoid keeping your fridge too cold and your dryer running for too long.

Set your fridge temp between 35-38° and your freezer at 0° so it's not too cold.

Clean the coils on the bottom or back of your fridge monthly.

Give your dryer a break - hang washed clothes outdoors or lay flat to dry inside.



## HIGH

### A/C & Electric Heat

This is the biggest driver by far of your home's electricity use.

When it's hot out, raise your thermostat by 4° to use up to 20% less electricity. When it's cold, lower it by 4° to use up to 15% less.

Set a reminder to clean or replace your filter every 3 months.

### Water Heater

Most people don't realize that heating water uses lots of energy. Lower it to 120°. Going on vacation? Turn it off. Take shorter showers – you'll save water and energy. Wash your clothes in cold water to cut your washer's energy usage in half.

### Other Top User Tips

Separate Freezer & Fridge  
Unplug them if you aren't using them. The average cost to run a 2nd fridge is about \$70 annually and for a freezer it's about \$60.



# How to Pick a Perfect Watermelon



**Uniform Size  
& Heavy**  
*Sweet*



**Elongated**  
*Watery*



**Orange  
Field Spot**  
*Full of Flavor*



**White  
Field Spot**  
*Little to No Taste*



**Smaller  
“Webbing”**  
*Bland*



**Larger  
“Webbing”**  
*Sweet*



**Dark & Dull**  
*Ripe*



**Shiny**  
*Not Ripe*



*HarvestTime*  
Simply Fresh

## DID YOU KNOW?

Yellow watermelons lack lycopene, which is the chemical that produces a reddish color in fruits and vegetables like tomatoes and red grapefruit. While the large amounts of lycopene in red watermelon give it a pinkish-red inside, the lack of lycopene in yellow watermelon yields a yellowish color.

Surprisingly, yellow watermelon was cultivated before red watermelon. Yellow watermelons were bred to have higher lycopene content once watermelon became more popular, which turned it redder overtime. Originating in

Africa, this yellowish kind of watermelon is said to have a somewhat sweeter flavor and a thicker rind than its red cousin.

In terms of nutritional value, yellow watermelon amounts to about 46 calories in a cup and makes for a wonderful snack. Similar to red watermelon, yellow watermelon is high in vitamins A and C, which can support the immune system and skin health. Unlike red watermelon, yellow watermelon contains more beta-carotene, which is an antioxidant that may protect against cancer and eye diseases.

# TEXAS A&M AGRI LIFE EXTENSION

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Postage

*Return Service Requested*

You should cut up your watermelon, or freeze it, within two weeks of obtaining / buying the whole fruit. Store whole melon at room temperature until cutting.

**Store the watermelon in an airtight container.** Even in an airtight container, your watermelon will lose its freshness and sweetness in 3 to 4 days.

**Freezing.** If you're going to use the frozen watermelon in smoothies or to make ice cream, or just for snacking, cubes are best. Thawed watermelon will be softer than fresh watermelon, though, so keep that in mind as you freeze it.

Once the watermelon is frozen solid (after about an hour in the freezer), you can place it in an airtight container or storage bag. You can store the watermelon in your freezer for up to six months.

## Path to Plate..... **Watermelon Salad with Feta & Mint**

### Ingredients

#### Dressing

- 2 tablespoons extra-virgin olive oil
- 3 tablespoons lime juice
- 1/2 garlic clove, minced
- 1/4 teaspoon sea salt

#### For the salad

- 5 cups cubed watermelon
- 1 heaping cup diced English cucumber
- 1/4 cup thinly sliced red onions
- 1/3 cup crumbled feta cheese
- 1 avocado, cubed
- 1/3 cup torn mint or basil leaves
- 1/2 jalapeño or serrano pepper, thinly sliced, optional
- Sea salt

### Instructions

Make the dressing: In a small bowl, whisk together the olive oil, lime juice, garlic and salt.

Arrange the watermelon, cucumber, and red onions on a large plate or platter. Drizzle with half the dressing. Top with the feta, avocado, mint, and serrano pepper, if using, and drizzle with remaining dressing. Season to taste and serve.

Serves 4

