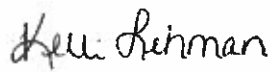


TEXAS A&M AGRI LIFE EXTENSION

Kelli D. Lehman

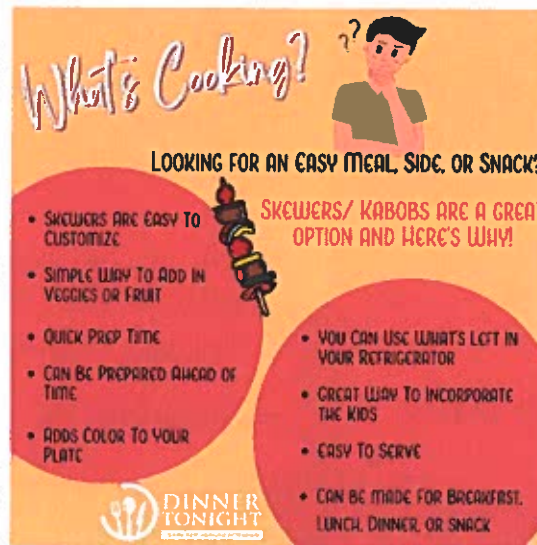


**Texas A&M AgriLife
Extension Service –
Hardeman County
Rolling Plains, District 3
County Extension Agent –
Family & Community Health
940.663.6301**

**TEXAS A&M AGRILIFE EXTENSION SERVICE
Hardeman County
PO Box 179
Quanah, Texas 79252**

Postage

Return Service Requested



Path to Plate..... **Rosemary Vegetable Skewers**

Ingredients

1/2 pint cherry tomatoes rinsed
1 squash rinsed and sliced into 1/4 - 1/2 inch rounds
1 zucchini rinsed and sliced into 1/4 - 1/2 inch rounds
1 orange bell pepper rinsed and sliced into 3/4 inch squares
4-ounce mushrooms rinsed and wiped clean
1 tablespoon olive oil
1 lemon, juice and zest
1 tablespoon fresh rosemary chopped

Instructions

1. Soak wooden skewers in water for 20 minutes.
2. Combine olive oil, lemon zest and juice, and rosemary. Set aside.

3. Heat oven broiler to high.
4. Remove wooden skewers from water and begin to alternate threading tomatoes, squash, zucchini, bell pepper, and mushroom.
5. Place vegetable skewers on rimmed baking sheet and brush with lemon-herb oil.
6. Place under broiler 5 minutes. Remove and carefully flip skewers (they will be hot). Place back in oven and broil another 5-7 minutes.

NOTE: Carefully watch vegetables under broiler to avoid burning.

Serves 6



Skewers

WHICH DO YOU USE?



WOOD

PROS

- COST EFFECTIVE
- CAN BE MADE KID FRIENDLY
- EASILY DISPOSABLE

CONS

- CAN BURN IF NOT SOAKED
- VISIT OUR WEBSITE FOR TIPS ON SOAKING YOUR SKEWERS
- HIGHER CHANCE OF BREAKING



METAL

PROS

- REUSABLE
- EASY CLEANUP
- EASY STORAGE & READILY AVAILABLE

CONS

- CAN HEAT UP QUICKLY & OVERCOOK INSIDE OF FOOD
- MAY HAVE SHARP ENDS
- POSSIBLE RUSTING

OR



DINNER TONIGHT



Create Your Own Skewers!

BEFORE MAKING SKEWERS,

ASK:

- SWEET OR SAVORY?
- WOOD OR METAL SKEWERS?
- GRILLED OR FRESH?



CHOOSE YOUR INGREDIENTS

SWEET

- **SELECT YOUR FRUIT:**
BERRIES, KIWI, PINEAPPLE, GRAPES, WATERMELON, BANANA
- **ADD TOPPINGS:**
PEANUT BUTTER, UNSWEETENED DARK CHOCOLATE, NUTS, HONEY

SAVORY

- **SELECT YOUR PROTEIN SOURCE:**
CHICKEN, BEEF, SHRIMP, TOFU
- **INCORPORATE YOUR VEGGIES (OR FRUIT):**
ONIONS, TOMATOES, BELL PEPPERS, ZUCCHINI, ASPARAGUS, PINEAPPLE



DINNER TONIGHT

PLANS AND EASY RECIPE COLLECTION



TEXAS A&M AGRILIFE EXTENSION SERVICE

BE WELL LIVE WELL

TEXAS A&M
AGRILIFE

Be Independent: Eat Well - 10/6
Be Able: Read the Label - 10/13
Be Safe: Eat Safe - 10/20
Be Creative: Meal Plans - 11/10
Be Fit: Move More - 11/ 17

Weekly Program Series & Exercise Class

Begins at 12:30 PM

Quanah Senior Citizens Center

1410 Shaw St.

FREE PROGRAM & EDUCATIONAL ITEMS

Sanitizing in cleaning reduces the number of foodborne pathogens that survive in your kitchen. It kills bacteria. However, sanitizing is most effective AFTER you have cleaned those surfaces. So don't skip cleaning before sanitizing.

Your dishwasher can be effective in cleaning and sanitizing your utensils and cutting boards if they are non-porous and are dishwasher safe. However, if you can't put something in the dishwasher, then wash them first and then use a sanitizing solution to make sure they are clean AND sanitized. Pour your sanitizing solution on the cutting boards and let it stand for several minutes or use it as a soak for your utensils. Next, rinse them and air or pat them dry with clean paper towels. With these steps, clean THEN sanitize, you can eliminate any foodborne illness-causing bacteria in your kitchen!

Cleaning Products you can Make at Home

You can make just about any clean product from three ingredients: lemons, baking soda and vinegar.

Lemons

Lemons are acidic, that is had antiseptic and anti-bacterial properties. Plus, it can cut grease, dissolve soap scum and hard water deposits and can be mixed with baking soda and vinegar to make a cleaning paste. Lemon juice is also very effective for removing stains from counter tops and for cleaning copper and brass, especially if you add a little salt to the mix.

Vinegar

Vinegar is another effective cleaning agent and disinfectant and can be used as an all-purpose cleaner by combining one part vinegar and one part water in a spray bottle. If you don't like the smell, you can mellow it by adding lemon juice.

Baking Soda

Baking soda is a universal cleanser. You can use it in your dishwasher, on your counter tops, on bathroom tile, even in the toilet. You can use it to freshen and unclog drains, as a furniture polish, to clean pots and pans and microwaves and as a deodorizer for the refrigerator, garage, shoes, laundry, and almost anything else. You can even brush your teeth with it.

All Purpose Cleaner

Make a solution of 1/3 cup of baking soda, ½ cup of vinegar, and 1 gallon of hot water to clean grease and grime as well as eliminate odor.

Unclogging and Freshening Drains

Option 1: Pour 1 cup of baking soda down the drain followed by 1 cup of hot vinegar. Try heating the vinegar in the microwave before adding to the drain. Wait 5 minutes before flushing the drain with 2 quarts of hot water. You can repeat this process a few times if it is necessary. If this is the first time you have cleaned your drain in a long time it may be necessary to repeat the baking soda and flush a few times.

Option 2: Try pouring 1 cup of baking soda and ½ cup of salt down the drain. Let the mixture sit in the drain for several hours, overnight is best, before flushing the drain with 2 cups of boiling water

Clean the microwave oven

Mix a few tablespoons of baking soda with water in a microwave safe cup. Boil in the microwave for a few minutes. The insides of the microwave will be damp and easy to clean with a paper towel or dishcloth. This has the added benefit of removing odors that may be clinging to your microwave oven.

Source: Cornell Cooperative Extension 1 Cleaning Products You Can Make at Home.

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.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

National Preparedness Month Continued

Choosing to take shelter is necessary in many emergencies. This can mean staying at home, going to a mass care shelter, or sheltering in place (staying where you are whether at home or anywhere.)

Determine any special assistance you may need and include in your plan. Create a support network of family, friends and others who can assist you during an emergency. Practice the plan with your household members and others so you are comfortable with it if disaster strikes.

Make sure you have extra keys to your home, know where you keep your emergency supplies and how to

use lifesaving equipment and administer medicine. If you undergo routine treatments for a medical condition at a clinic or hospital, find out their emergency plan. If you have a communication disability, note the best way people can communicate with you.

Disaster can disrupt mail for days and even months. If you depend on Social Security or other benefits, switching to electronic payments can make it so you don't miss payments and it reduces the risks of the checks getting stolen.

Source: Ready.gov

Stop Foodborne Illness in the Kitchen: Clean THEN Sanitize

You just had a nice meal with baked chicken. You have dishes in the dishwasher, and you have finished cleaning your surfaces. Are you done in the kitchen? NO, you are not. When you cook raw meat or poultry, make sure you clean THEN sanitize not just your surfaces but also the kitchen sink. Wiping or rinsing these areas is not enough to kill bacteria that may have spread around your kitchen while you were preparing your food. Here are steps you should take to leave your kitchen spotless and eliminate the germs that could make you sick that you don't see.

STEP 1: Cleaning is the FIRST step to make sure you are removing bacteria that can cause foodborne illness from your kitchen. To clean your surfaces and your kitchen sink, use warm, soapy water to wash the area. Wipe them clean with single-use or paper towels. If you use kitchen towels for cleaning, they should be washed frequently in the hot cycle of your washing machine. Don't forget to wash your hands with soap and running water to keep them clean as well.

Cleaning is the first step to get rid of bacteria from the surfaces. Foodborne illness causing bacteria can remain on the surfaces for a long time. Campylobacter can survive in your kitchen for up to 4 hours and Salmonella can last for up to 32 hours. Both can be found in raw poultry. Cleaning with warm soapy water can physically re-

move dirt and some bacteria from a surface, but it does NOT kill bacteria.

STEP 2: THEN Sanitize. Sanitizing second, but equally important to removing bacteria from your kitchen. This step will kill any remaining bacteria. Many different sanitizers can be used. An easy homemade sanitizer version is 1 teaspoon of chlorine bleach per four cups of water, or you can use a commercial sanitizer or wipes. Pour or spray your sanitizing solution on surfaces and wipe them clean with a paper towel. Be sure surfaces are completely dry before using those surfaces. If you use commercial sanitizers, be sure to follow the instructions.



Path to Healthy Living



National Preparedness Month – Make a Plan

September is Emergency Preparedness Month. This helps raise awareness about being prepared for disasters and emergencies that could quickly change our lives. This year's theme is "A Lasting Legacy," meaning that the life you have built for yourself, and your family is worth protecting, and if you prepare for disasters, your legacy will last.

The most important part of preparing for emergencies is to have a plan. Here are some tips on how to prepare for disasters and emergencies from <https://www.ready.gov>

Make a household evacuation route and shelter plan. Decide how you will contact family and others in an emergency. Know what types of disasters could affect you. Know how you will contact one another and reconnect if separated. Establish a family meeting place that is familiar and easy to find.

Consider the needs of your household. Keep in mind the ages of household members, locations frequented, dietary and medical needs, and other things unique to your family.

Children are important. Teach your children how to be ready during an emergency. Help you kids prepare for disasters and emergencies. Take time to plan and have conversations about emergencies and preparedness. Help them to know how to stay safe and navigate potentially scary situations.

Your pets should be a part of your plan. Have a selfie with them in case you get separated. Have medicine and grooming supplies. Have collar with an ID and leash.

Fill out a family emergency plan. Many templates are available, including: <https://www.ready.gov/plan>. Discuss with your family, friends or household to start your emergency plans. Plan how you will each receive emergency alerts and warning.

Discuss what your shelter plans are whether you are at home, at school, work, or other locations.

The length of time you take shelter. Will it be a short time such as during a tornado or longer period. In all cases it is important that you stay informed and follow the instructions of local authorities. During extended periods of sheltering time, you will need to manage food and water supplies make sure you have enough for your family needs to get buy.

Inside this issue

Preparedness cont.... 2

Foodborne Illness... 2

Foodborne cont.... 3

Cleaning Products... 3

Be Well Live Well Flyer... 4

Vine to Bottle Flyer... 5

Recipe... 6

