



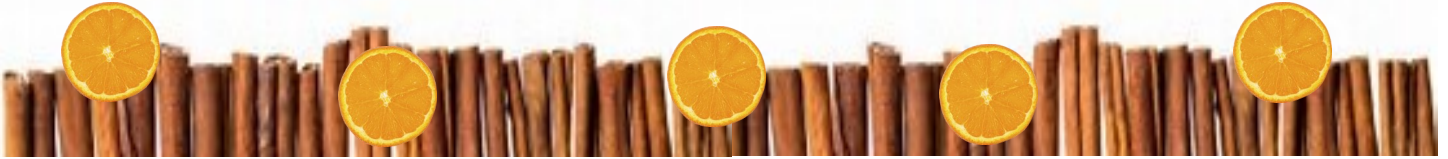
BETTER LIVING
FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

BETTER LIVING for *Texans*

Creating opportunities, changing lives

Winter 2017
Victoria County

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Cooking with Herbs and Spices

Herbs and Spices have a long culinary tradition of providing unique flavors to or enhancing existing flavors of foods. Many people confuse the terms “herb” and “spice” with one another. Do you know the difference?

Spices come from the bark (cinnamon), roots (garlic), buds, seeds (mustard), berry (black pepper), or fruit (paprika) of tropical plants and trees and are usually dry.

Herbs are the fragrant leaves of low-growing shrubs that grow in temperate climates. Herbs can be used fresh or dried. Dried forms may be whole, crushed, or ground. Examples include cilantro, basil, oregano, rosemary, and sage.

Sometimes a plant may supply both an herb and a spice. For example, the seeds of coriander are used in curry powder, while the leaves of the same plant are cilantro.

Numerous studies indicate that the plant chemicals (phytochemicals) in herbs and spices may be accountable for their positive health effects. For instance, onions, tea, cinnamon, and rosemary contain flavonoids, which may promote heart health.

Spices and herbs can help the flavor of foods while helping cut back on fat, sugar, and salt in recipes.

*Use more herbs and spices to add flavor to foods instead of high-fat gravies, breading, sauces, and butter-removing a tablespoon of fat removes about 10 grams of fat and 100 calories!

*Use sweet tasting spices like cinnamon, cloves, allspice, ginger, mace, and nutmeg and cut back on sugar.

*Substitute herbs and spices in place of salt when cooking to help reduce sodium. Savory flavors with “bite” (black pepper, curry, dill, basil, onion, coriander, garlic powder, cumin, ginger) are the most effective in replacing the taste of salt.

Source: *Cooking with Herbs and Spices* curricula from Texas A&M AgriLife Extension Service

I love the scents of winter! For me, it's all about the feeling you get when you smell pumpkin spice, cinnamon, nutmeg, gingerbread and spruce.

~Taylor Swift



The **Better Living for Texans** program provides free lessons for limited resource audiences on topics such as basic nutrition, food safety, and food budgets.

For more information please contact:

Texas A&M AgriLife Extension

Phone: (361) 575-4581

<http://agrilife.org/victoriacountyblt/>

Hot Apple-Cherry Cider

Ingredients

8 cups apple-cherry juice
1/4 cup sugar
1/2 teaspoon cinnamon
1/2 orange, sliced



Directions

1. Combine all ingredients in a medium saucepan.
2. Bring to a boil, reduce the heat, and cook for 5-10 minutes.
3. Remove from heat. Serve hot.

Makes 8 servings

130 calories per serving

From: <http://www.whatscooking.fns.usda.gov>

Getting ready for the holidays can be healthy!

Holiday Activity Calories Burned (per hour)

Wrapping gifts	150
Dressing for a party	160
Trimming the tree	160
Cleaning house	180
Grocery shopping	240
Dancing at a party	270

*estimates based on a 150 lb woman

Holiday Handwashing

Remember to wash your hands in order to stay healthy during this busy holiday season!

According to the American Society of Microbiology, only 75% of females and 58% of males wash their hands as much as they should. There are 229,000 germs per square inch on frequently used faucet handles (over 4000 times more than the average toilet seat!) You cannot see, smell, or taste germs but they can make you very sick. Since your hands are the most exposed part of your body, it is very important to wash them regularly to keep yourself healthy. No one wants to be sick during the holidays and miss all of the festivities!

Wash your hands: before eating, preparing or serving food, especially raw meats; whenever your hands look, feel, or smell dirty; after using the bathroom; after blowing your nose, coughing, or sneezing; when you have been around others who are sick; after touching pets; after taking out the trash; after changing diapers or helping a child use the bathroom; and after touching common objects (money, doors, keyboards, phones, pens, restaurant menus, etc).

You can use hand sanitizer when you don't have time to wash or you cannot get to a sink, but the best way to remove germs from your hands is to wash them for **20 seconds** with soap and warm water, rubbing them together while washing. Singing the Happy Birthday song twice is about 20 seconds. Be sure to get under your nails and the back of your hands too. After 20 seconds, rinse thoroughly with warm water and dry hands with a paper towel if possible.

Resources: www.scrubclub.org and www.asm.org

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