

Howdy Colorado County! November 2021

AgriLife Extension Celebrates National Diabetes Month

In November, Texas A&M AgriLife Extension recognizes National Diabetes Month. Created by the National Institute of Diabetes and Digestive and Kidney Diseases, this year's slogan is "Small Steps, Big Difference", and focuses on changes that can help prevent diabetes.

"Making several changes in lifestyle, like improving eating and exercise habits, can feel so overwhelming that we don't make any changes at all", said David Leal, Program Specialist with Texas A&M AgriLife Extension. "By focusing on simple tasks like walking or adding some fresh fruit as one of your snacks, hopefully we can celebrate our progress, and add more changes as we are able", Leal continued.

Try these small steps that can make a big difference.
Move more.

Take a walk at lunch or whenever you have the energy and could use a brain break. Start with 10 minutes and add as you are able. The extra muscle movement and circulation does wonders for mood and stress.

Balance your plate.

Focus on a food habit that needs to improve. Replacing high calorie drinks with water or adding veggies to your dinner can really help improve your health over time. Set behavior goals.

Texas A&M AgriLife
Extension Service
Colorado County

Ja'Shae Horn, CEA
Family & Community
Health

316 Spring Street
Columbus, TX 78934
979-732-2082

colorado.agrilife.org

Your goals should involve a change in your regular routine. Walking 3-5 times per week or packing your water bottle in your bag every day are great ways to begin to be healthier.

Get Help. Support and encouragement can make a big difference when making changes to your life. Find a walking buddy or ask for encouragement from family or friends.

Building a support network can make your lifestyle easier to maintain and enjoy.

For more information contact your local Texas A&M AgriLife Extension County Office at 979-732-2530



TEXAS A&M AGRI LIFE EXTENSION

What's Cooking! Cream Cheese'n Herb (Cucumber Boats)

Ingredients

- 1 carrot shredded (about ½ cup)
- ½ cup chive and onion cream cheese
- 2 cucumbers, cut lengthwise in half, seeded



Instructions:

Reserve 2 tablespoons of carrots. Mix remaining carrots with cream cheese. Spoon into cucumber shells. Top with reserved carrots. Cut each cucumber half into 2 pieces to serve.

Serves: 4

Nutrition Facts:

Calories 90	Sodium 180 mg
Total Fat 6 g	Total Carbohydrate 8 g
Cholesterol 20 mg	Protein 3 g

Preparation/Selection Tips:

Cucumbers are a great refreshing summer treat. Make cucumber boats by slicing them in half, scooping out the seeds, and then filling the hollowed part with something tasty, like chicken or tuna salad.

Cucumbers are usually mild in flavor and provide crispness when added to sandwiches and salads. They come in three basic types: salad cucumbers, pickling cucumbers, and novelty cucumbers.

Health Benefits:

Cucumbers have a water content greater than 95%.

**TAKE THE CHALLENGE & ENJOY THE
HOLIDAYS WITHOUT GAINING WEIGHT.**

2021-2022

HOLIDAY HOLD'EM

NOVEMBER 22 - JANUARY 4

HOSTED BY AUSTIN/ COLORADO/

FAYETTE & WASHINGTON COUNTIES

**Make the Commitment to yourself & your health this
holiday season!**

TEXAS A&M
AGRILIFE
EXTENSION

**DURING THIS FREE, SIX WEEK ONLINE CHALLENGE THE
GOAL IS TO GAIN NO MORE THAN 2 POUNDS.**

FOR MORE INFORMATION CONTACT:

Austin County - 979-865-2072 , Colorado County - 979-732-2530

Fayette County - 979-968-5831 , Washington County - 979-277-6212

or sign-up at: <https://fayette.agrilife.org/https-fch-tamu-edu/>

Holiday Hold'em – Multi-County Online Holiday Wellness Program to Begin November 21st:

Would you like to maintain or even lose weight this holiday season? A multi-county community wellness program, Holiday Hold'em will begin soon. This **free** online challenge is designed to encourage participants to gain no more than 2 pounds during the holiday season. Austin and Fayette Colorado and Washington counties will be offering this program **starting on Sunday, November 21, 2021, and will continue through January 2, 2022.**

On the average individuals gain between 8 and 10 pounds during the holiday season. Holiday Hold'em is a 6-week challenge to gain no more than 2 pounds during the holiday season. **Starting on November 21st, you will weigh in weekly at home, your fitness center, or preferred site.** Taking part in this program for a healthier you will take less than 5 minutes each week. Make it a holiday challenge and get your office, friends and/or family involved. During the **6-week program**, health, nutrition and/or physical activity tips will be provided to inspire you to improve your health and **maintain your weight without gaining more than 2 pounds over the holidays.**

Anyone in either Austin, Colorado, Fayette, or Washington County who is interested in participating in this on-line challenge can register at <https://fayette.agrilife.org/https-fch-tamu-edu/>.

Be sure to register by November 19th so that you are ready for the November 21st kickoff. You'll be enrolled and begin receiving e-communications starting the week of November 21st. If you don't have an email account, you can still enroll by calling the Extension Offices of Austin County 979-865-2072, Colorado County 979-732-2530, Fayette County 979-968-5831, or Washington County 979-277-6212 and the information will be mailed to you. All participant information is kept confidential.

TEXAS A&M AGRI LIFE EXTENSION

What's Cooking!

Honey Roasted Butternut Squash with Cranberries and Feta

This sweet and savory side dish is perfect for the holidays and loaded with Fall flavor!!

Prep time: 5 minutes Cook time: 35 minutes Servings: 6

Ingredients:

- 3 lb large butternut squash (peeled + chopped)
- 1-2 TBSP extra virgin olive oil
- salt, pepper, and garlic powder to taste
- 1-2 cups fresh cranberries (add a little, or a lot!)
- 2-3 TBSP honey plus extra to taste
- 1/4 cup finely crumbled feta
- ground cinnamon to taste
- fresh or dried parsley to garnish, optional



Directions:

1. Pre-heat oven to 400 degrees F.
2. Lightly drizzle or spritz a baking sheet with olive oil.
3. Add cubed squash to the sheet along with another drizzle of olive oil.
4. Sprinkle with a light layer of salt, pepper, and garlic powder, based on taste preference.
5. Roast at 400 F for 25 minutes on the center rack.
6. At the 25 minute mark, pull out the oven rack, and add your fresh cranberries to the roasting pan.
7. Return to the oven for 10-15 minutes or until the cranberries have started to soften and burst a bit, resembling really juicy raisins vs fresh firm cranberries.
8. Remove from oven and add a sprinkle of cinnamon (approx. 1/8-1/4 tsp depending on preference) along with feta and honey.

Nutrition Facts: Amount Per Serving

Calories 122 Calories from fat 27 Fat 3g Saturated Fat 1g
Cholesterol 5mg Sodium 75mg Potassium 454mg
Carbohydrates 22g Fiber 3g Sugar 9g Protein 2g Vitamin A
13325 IU Vitamin C 28.5mg Calcium 91mg Iron 1mg

Honey is a sweet liquid made by bees using the nectar from flowers. It is graded by color, with the clear, golden amber honey often fetching a higher retail price than the darker varieties.

Recipe Source: <https://peasandcrayons.com/2014/11/honey-roasted-butternut-squash-cranberries-feta.html>
<https://www.medicalnewstoday.com/articles/264667>

Please feel free to contact me if you have any questions.

Sincerely,

Jashae Horn

County Extension Agent—Family &Community Health—Colorado County

jashae.horn@ag.tamu.edu

979-732-2530

colorado.agrilife.org

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