

Erath Extension EDUCATION CLUBS

County-wide Meeting

All the Erath Extension Education clubs met together on April 21 at the annual spring meeting hosted by the Achiever's club. All clubs were well represented at the meeting, which was held in the Texas Bank Community Room.



A state conference educational program was given by Rosanne Keilers called "How to Dispose of Unused Medicines."

Members also enjoyed London Jones, a Erath 4-H member, give a presentation on Stovetop Chicken



Fajitas. This recipe is her entry for the State 4-H Food Show to be held in June, which is part of State 4-H Round-Up held on the campus of Texas A&M in College Station.

After the presentation, members asked London questions that might be asked of her at the competition. All agreed London did an excellent job and requests for the recipe were numerous. (See recipe on back page.)The meeting ended with door prizes and a delicious lunch provided by the Achievers Club.





UPCOMING DATES AND EVENTS

TEEA Meeting

- May 20, 2015 at Extension Office at 1:30 p.m.

- For officers & county delegates

County-Wide Spring Tour

- May 28, 2015
- Meet at Clifton Dairy Queen at 10 a.m.
- Visit museums & other points of interest

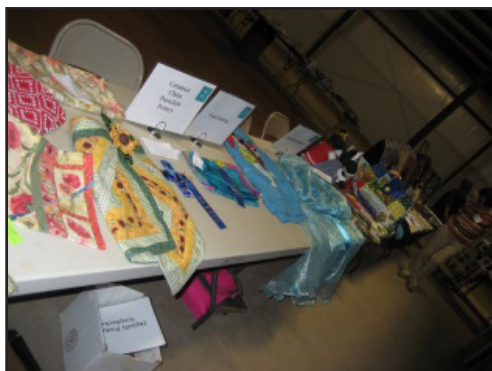
Program Planning for Yearbook

- July 7 @ 9:30 a.m. at Extension Office



DISTRICT 8 SPRING CONFERENCE

The annual District 8 Texas Extension Education Association Spring Conference was held recently in Granbury. Lots of members from the Erath Extension Education Clubs were there helping register the main event. They were also in charge of the Cultural Arts Contest. They did a great job keeping everything organized and running smoothly.



The guest speaker, Tina Samples from Tolar gave the program called



"Wounded Women of the Bible."

4-H Scholarships and other awards were presented. And finally, they all enjoyed a catered lunch.



New Business, state officer nominations and reports were given before the meeting was dismissed.



More pics from District 8 Spring Conference

We had two Erath County members advance to the State Contest



– Sallie Smith (Quilts smaller than 50x70)



Lynda Ballard (Painting and Drawing).
Congratulations, ladies!



Erath TEEA Meeting

There will be a regular Extension Education Association meeting on Wednesday, May 20 for officers and county delegates from each club. The meeting will be in the Extension Office conference room beginning at 1:30 p.m.

County-wide Spring Tour

All Erath EE members are invited to go on the annual county wide outing to Clifton this year. The recreation committee has planned a fun day on Thursday, May 28. Meet at the Clifton Dairy Queen on Highway 6 at 10:00 to start the day. Activities planned include visiting museums and other points of interest in Clifton, as well as having lunch together.



Program Planning for Yearbook

The May meeting of the clubs is a great time to discuss possible program ideas for next year. If you have something you are anxious to learn more about, please tell your vice president and they will pass it along to the committee. The yearbook committee (club vice presidents) will meet Tuesday, July 7 at 9:30 a.m. at the Erath Extension Office to plan the next year's programs. Ideas appreciated.

May Summer Retreat

Roseanne Keilers, Regina Cagle and Lena Williams are at the Summer Retreat in Glen Rose and we'll be anxious to see how their craft session went. They will be bringing back some good ideas for us to use as well.



Happy Summer

Most clubs take off the summer months from club work and enjoy some time in the garden and with family. Keep in touch with fellow members and we'll start strong again in the fall.

STOVETOP CHICKEN FAJITAS

Yield: 6 servings

INGREDIENTS:

2 teaspoons canola oil

2 red bell peppers, stemmed, seeded, and sliced thin

1 red onion, halved and sliced thin

Dash of salt and pepper

4 (6 ounce) boneless, skinless chicken breasts, trimmed, pounded if necessary

½ cup freshly squeezed orange juice

¾ cup fresh cilantro, minced

1 tablespoon Worcestershire sauce

4 garlic cloves, minced

2 teaspoons canned chipotle chile in adobo sauce, minced

1 teaspoon yellow mustard

1 tomato, cored, seeded, and chopped

12 (8") whole-wheat flour tortillas, warmed

Black beans, salsa and lime wedges, for serving



DIRECTIONS:

1. Heat the oil in a 12 inch skillet over medium-high heat. Sauté bell peppers and onion, stirring occasionally, until softened and browned, 5 to 7 minutes. Transfer to a bowl, season with salt and pepper to taste, and cover to keep warm.
2. Pat the chicken dry with paper towels and season with salt and pepper. Combine the orange juice, ½ cup of the cilantro, Worcestershire sauce, garlic, chipotles and mustard in the skillet. Add the chicken and bring to a simmer over medium-low heat, about 5 minutes. When the liquid is simmering, flip the chicken over, cover, and continue to cook until the chicken registers 160 to 165 degrees on an instant-read thermometer.
3. Transfer the chicken to a plate and shred into bite-sized pieces or slice into strips, cutting against the grain. Transfer chicken back to skillet and continue to simmer the sauce over medium heat until sauce slightly thickens and reduces to ¼ cup, about 5 minutes.
4. Add tomato and remaining ¼ cup cilantro to chicken. Serve with the pepper-onion mixture and warm whole wheat tortillas.

Per Serving (2 fajitas, 2 oz. chicken each): Cal 412; Fat 6g; Carb 57g; Protein 35; Fiber 7g; Sodium 464mg

TEXAS A&M
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