

# THE Tyler County AGENTS' ADVICE

Newsletter  
Volume 2 Issue 3  
November 2016

For more information on SNAP-Ed, contact your local county Extension office. Better Living for Texans is located in over 200 counties across the state.

Texas A&M AgriLife Extension Service and Better Living for Texans programs are available to all without discrimination.

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



## Contact Us:

Tyler County Extension  
201 Veteran's Way  
Woodville, Texas 75979

Phone: (409)283-8284  
Fax: (409)331-0015

Emails: (FCS) [kelly.jobe@aq.tamu.edu](mailto:kelly.jobe@aq.tamu.edu)  
(AG/NR) [jacob.spivey@aq.tamu.edu](mailto:jacob.spivey@aq.tamu.edu)

website: [www.tyler.agrilife.org](http://www.tyler.agrilife.org)  
Facebook: Tyler County Agrilife Extension

## What's in Season? Cranberries

We think about Cranberries as being a "holiday only" fruit. That is a shame, really, because cranberries are one of the top antioxidant-rich foods, packing in more antioxidants ounce-for-ounce than other "superfoods" like spinach, blueberries, or even green tea.

The biggest issue that we have with cranberries is that we really don't know what to do with them if they aren't canned, jellied or dried. Fresh cranberries are super tart and can seem more difficult to add into our diets than other fruits and berries. However, cranberries are much lower in calories and sugar and are higher in phytonutrients than the more familiar berries, having a mere 46 calories, 12 grams of carbs and 2 grams of sugar per cup! Besides low calories and sugar, there are many health benefits to incorporating these tiny red berries into your daily diet, year round.

**Inflammation** Cranberries have been shown to have an anti-inflammatory effect, which can be a

benefit to conditions like rheumatoid arthritis, stomach and digestive disorders, and our cardiovascular system, particularly the lining of vessel walls.

**Urinary Tract Infections** Cranberries have been used for years to prevent UTIs. It appears that their high levels of antioxidants help reduce the adhesion of certain bacteria to urinary tract walls, which in turn can help to reduce the incidence of UTIs.

**Ulcers** It is possible that cranberries may help prevent bacteria from attaching to the lining of the stomach, similar to how they can help prevent bacteria from attaching to the lining of the urinary tract.

**Dental Health** Cranberries may also benefit our dental health by preventing bacteria from sticking to our teeth. As an added bonus, the anti-inflammatory effects of these phytonutrients can also help to reduce inflammation in and around our gums, which leads to a reduction in the risk of periodontal disease.

**Cardiovascular Disease** With its many



co-cr improve HDL and LDL cholesterol levels. The polyphenols may help prevent the build-up of plaque on vessel walls, and the antioxidant components of cranberries are also linked to a reduction in blood pressure.

**Protect Against Cancer** Researchers continue to identify more and more ways that cranberries are beneficial in slowing tumor growth, and have shown positive effects against certain types of cancer, including prostate, lung, breast and colon cancer.

**Factors to Remember:** Eating the WHOLE berry is much more beneficial than taking supplement forms. Also, steer clear of dried cranberries, which are nothing but sugar infused nuggets! Fortunately, you can freeze fresh cranberries to use throughout the year.

## Monthly Recipe: Spicy Cranberry Salsa

### Ingredients:

2 cups fresh cranberries  
2 small jalapenos, seeded and chopped  
1 cup chopped fresh cilantro  
½ onion, minced  
1 bunch green onions, chopped  
2 tablespoons raw sugar  
¾ cup fresh lime juice  
½ cup roasted, salted pumpkin seeds (pepitas)  
8 oz. block of cream cheese (optional)



234 calories, 7.6g fat,  
23.1g carb, 7.8g protein,  
85g sodium, 2g sugar

### Directions:

Place cranberries in a food processor and blend until finely chopped. Transfer to a large mixing bowl and add jalapeno peppers, cilantro, onions and green onions. In a small bowl, stir together the sweetener and lime juice until sugar dissolves completely. Stir pumpkin seeds and sweetened lime juice into cranberry mixture. Serve alone or pour over block of cream cheese. Makes 12- ¼ cup servings.

\*\*This tart and spicy salsa pairs well with blue corn chips, or can be served with sliced raw veggies such as zucchini or squash for low-calorie snacking. Also great over grilled chicken or fish.

## Properly Thaw Your Thanksgiving Turkey!

**Cold Water Thawing** Thaw breast side down, in an unopened wrapper, with enough cold water to cover your turkey completely. Change water every 30 minutes to help the turkey chilled. Estimate a minimum thawing time of 30 minutes per pound.



**Refrigerator Thawing** Place the frozen turkey in the fridge, be sure your refrigerator temperature is set at 40 °F or below. You'll need to allow about 24 hours for each 4 to 5 pounds of frozen turkey you plan to thaw in the fridge. Check out this handy online calculator to determine how long it will take to defrost and cook your frozen turkey, plus determine needed portion sizes. [www.butterball.com/calculators-and-conversions](http://www.butterball.com/calculators-and-conversions)