

## THE Tyler County AGENTS' ADVICE

### UPCOMING EVENTS:

Sept. 1<sup>st</sup> - Deadline for Breeding Animal Entries for Tyler County Fair

Sept 1<sup>st</sup> - Breakfast CEU's: Private Pesticide License- 7:00am at Our House Café

Sept 10<sup>th</sup> - County wide 4H Meeting 6pm at the Nutrition Center, Rm C

Sept. 12<sup>th</sup> - Dinner Tonight: a Multi-County Event 1:30-3:30pm at the Jasper County Courthouse Annex

Sept. 26<sup>th</sup> - Women's Health Conference 8:30-1:00 held at the - Nutrition Center

Sept. 25<sup>th</sup> - Oct. 18 - State Fair of Texas

Oct. 3<sup>rd</sup> - Childcare Conference held at the Alabama-Coushatta Reservation Multi-Purpose Center

Oct 7<sup>th</sup> -10<sup>th</sup> - Tyler County Fair

Oct. 10<sup>th</sup> - One Day 4H. Tree Planting and Give Away, Held at 9:00am at the Tyler County Fair Grounds

Oct 15<sup>th</sup> - Ag Ed Day for County 4<sup>th</sup> Graders. Sponsored by: Farm Bureau

Oct 17<sup>th</sup>-18<sup>th</sup> - East Texas Show Star Series at Nacogdoches Expo Center

### The Package says Organic. What's that mean?

Shopping at the grocery store you notice two similar products, they look the same, seem to have all the same attributes but one is priced a little higher. What's the difference? A USDA certified organic seal on the label. USDA does not claim that organic produced food is safer or more nutritious, the term organic refers only to the way the product was handled and processed. The decision you've got to make as a consumer is, what does it mean to be certified organic and is it worth the little bit extra? Organic is a labeling term for food, or other agricultural products, that have been



produced according to the USDA organic regulations. These regulations are designed to improve sustainability of the soil and water quality of the farm. The term organic, means only that the farm or producer of the product met their standards for the use of artificial products, and while it does limit the

use of some synthetic products it does not exclude them all or guarantee that no pesticides or herbicides were used, though it limits the type and kind. The goal of organic labeling is simply to farm in a way that impacts the environment less.

### "Natural" Food Labels Can Be Misleading

The problem is, labels can be misleading. You'd need several pairs of hands to count the number of "100% Natural" claims you see in just one aisle of the supermarket. That's because neither the US Food and Drug Administration nor the Federal Trade Commission has a strict definition for the term. The FDA says it "has not objected to the use of

the term if the food does not contain added color, artificial flavors, or synthetic substances." But so-called "natural" foods can still contain a wide range of processed sweeteners, lab-produced "natural" flavors and colors, additives and preservatives.

Granola Bars, yogurt, bottled iced tea, salad

dressing, honey and ice cream are some examples of the most common foods that we assume are "all-natural", that are really not, after a closer look. Most of these products contain added "natural flavorings and colors" or have undergone various levels of processing.

### Tyler County Extension Agents



Kelly Jobe, Family & Consumer Science  
Jacob Spivey, Agriculture/Natural Resource

## Starting the Day off the Right Way

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.

Life often seems to get busier and busier for families and individuals, particularly when making the transition from summer vacations to going back to school or work. All too often, we try to make up for limited time by skipping breakfast. Breakfast provides the fuel to energize our bodies and brains in the morning. People who eat a daily breakfast are far less likely to become obese, compared to those who skip the first meal of the day. So to start off your day the right way, make sure to include a balanced breakfast in your routine. Suggestions include



whole-grain cereals with non-fat to low-fat milk and fresh fruits.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. 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

## Monthly Recipe: Sloppy Garden Joes

### Ingredients:

1. 1 yellow onion (chopped)
2. 1 carrot (chopped or shredded)
3. Green pepper (chopped)
4. 1 pound ground turkey (or chicken)
5. 1 can tomato sauce (8 ounces, unsalted)
6. 1 can whole tomatoes (15 ounces, crushed)
7. 1 can mushroom (8 ounces, drained)
8. ¼ cup barbeque sauce
9. 6 whole wheat buns (split in half to make 12)



### Preparation:

1. Saute onions, carrots, green pepper and ground turkey or chicken in a pan over medium-heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, barbeque sauce, and seasonings and bring to boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on toasted or plain whole-wheat buns.
6. Refrigerate leftovers within 2 hours.

Yield: 12 servings

Nutrition facts (serving size 1 sandwich, servings per container 12): 140 calories; 4.5 g total fat, 1 saturated fat, 0 g trans fat; 20 mg cholesterol; 290 mg sodium; 18 g total carbohydrate; 3 g dietary fiber; 6 g sugars; 8 g protein

Source: USDA recipe finder