

FAMILY & COMMUNITY HEALTH · MAR 2021

LIMESTONE COUNTY

March 2021 Newsletter

It's Fair Month!

FCH EXTENSION AGENT EMILY FISHER

With February throwing us yet another obstacle to overcome, I hope that March is a little less stressful on all of us. Goodness knows we deserve it!

March brings us to our Annual Limestone County Youth Fair (March 20th-27th). Even if you are not a participant; we would love to have you come out and support our Limestone County Youth and all of the hard work they have put into their projects.

Onto our health: March is National Nutrition Month! "The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits." (Academy of Nutrition & Dietetics) With a chaotic month both physically & mentally, regrouping and getting back into that healthy lifestyle can make a huge difference.

Good luck to all of our Limestone County Fair Youth who will be competing this month. We are all so proud of you!

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Limestone County Youth Fair

With the 2020 Limestone County Youth Fair cancelled to ensure the safety and well-being of our county youth, we are more than ready to go this year! Here is a quick rundown of the 2021 Limestone County Youth Fair. As always, the full schedule and rules can be found here: www.limestonefair.org.

Sat. March 6th

LGFA Miss Limestone Pageant

Fri. March 19th-20th

Go Texan Kickoff Weekend (BBQ Cook-Off & Concert)

Tues. March 23rd

Market Turkey Show, Market Broiler Show, Breeding Rabbit Show, Market Rabbit Show

Wed. March 24th

Breeding Lamb Show, Breeding Goat Show, Breeding Swine Show

Thurs. March 25th

Ag Mech Judging, Horse Show, Pet Show, Neon Night of Worship

Fri. March 26th

FCH Show, Market Swine Show, Swine Showmanship, Market Lamb Show, Lamb Showmanship, Market Goat Show, Goat Showmanship, Haltered Heifer Show, Market Steer Show, Cattle Showmanship, Youth Dance

Saturday, March 27th

SOCIAL HOUR - BUYERS ONLY

COMMISSION FREE AUCTION @ THE COWBOY

BUYERS APPRECIATION DINNER - BY INVITATION ONLY



NATIONAL NUTRITION MONTH

MARCH 2021

Academy of Nutrition & Dietetics

EAT.RIGHT.

"National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits."

"This year's theme is "Personalize Your Plate." There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! And a Registered Dietitian Nutritionist can tailor a healthful eating plan that is as special as you are."



This month:

Week One:

EAT A VARIETY OF NUTRITIOUS FOODS EACH DAY!

Week Two:

PLAN YOUR MEALS EACH WEEK!

Week Three:

LEARN SKILLS TO CREATE TASTY MEALS!

Week Four:

CONSULT A REGISTERED DIETITIAN NUTRITIONIST!



What's Happening: Limestone Co. 4-H

Upcoming 4-H Events

- MARCH 5TH: FCH ENTRIES DUE TO OFFICE
- MARCH 5TH: LIMESTONE CO. PHOTOGRAPHY CONTEST
- MARCH 6TH: RABBIT VALIDATION, PEN OF 2 VALIDATION
- MARCH 8TH: D8 4-H PHOTOGRAPHY REGISTRATION OPENS
- MARCH 15TH: D8 4-H CONSUMER DECISION MAKING CONTEST REGISTRATION OPENS

LIMESTONE CO. FAIR - MARCH 20TH-27TH

MAKE-UP FOOD CHALLENGE CONTEST (JUNIOR/INTERMEDIATE) WILL TAKE PLACE IN MAY AT THE BELTON CO. EXPO CENTER.



FAMILY & COMMUNITY HEALTH



FOOD HANDLERS CLASS

MARCH 17TH, 2PM: PLEASE CONTACT OFFICE TO REGISTER.

WALK ACROSS TEXAS!

MARCH 24TH: LADYCATS WAT! WRAP-UP
CONTACT OFFICE TO START YOUR OWN LEAGUE!

FCH DAY: LIMESTONE CO. FAIR

MARCH 26TH: ALL DAY @ LIMESTONE CO. ANNEX

To schedule a class or for more
information, please contact me at:

(254) 729-5314
or at emily.fisher@ag.tamu.edu

TRY THIS!

DINNER TONIGHT

SHRIMP TACOS WITH SOUTHWEST WATERMELON SALSA

FOR THE TACOS:

- 1 1/2 POUNDS MEDIUM SHRIMP, PEELED & DEVEINED
- 1 1/2 TEASPOONS SMOKED PAPRIKA
- 1 1/2 TEASPOONS GROUND CUMIN
- 1 1/2 TEASPOONS GROUND CHILI POWDER
- 1/4 TEASPOON OLIVE OIL
- 16 MEDIUM CORN TORTILLAS

1. In a large bowl, combine the shrimp & seasonings. Toss well to coat the shrimp.
2. Heat the oil in a non-stick skillet over medium high heat.
3. Add the shrimp and saute about 5-7 minutes, or until shrimp are fully cooked.
4. Heat the tortillas in a skillet or microwave until warm.
5. Add shrimp to each tortilla & top with salsa!

FOR THE SALSA:

- 3 CUPS SEEDLESS WATERMELON, DICED
- 1/2 CUP RED BELL PEPPER, DICED
- 1/2 CUP GREEN BELL PEPPER, DICED
- 1/3 CUP RED ONION, DICED
- 1 CUP CILANTRO
- 1 SERRANO PEPPER, DICED
- 1 TABLESPOON SUGAR
- 4 TABLESPOONS FRESH LIME JUICE



GENTLY TOSS TOGETHER ALL INGREDIENTS FOR THE SALSA. COVER & CHILL UNTIL READY TO SERVE.