

LSU AgCenter

Caddo and Bossier EFNEP

# NEWSLETTER

November 1, 2022



Caddo and Bossier EFNEP

2408 E 70th Street

Shreveport, LA 71105

318-226-6805

[www.LSUAgCenter.com](http://www.LSUAgCenter.com)

## Fall 2022

Better late than never! Typically, our newsletter goes out on the first of the quarter, which would have been October 1st. We have been so busy with programming that our newsletter is being sent later than planned. Our new fiscal year is here and programming has had a great start.

If you have any groups interested in nutrition programming, please contact us at (318) 226-6805 or email Elizabeth Martin at [emartin@agcenter.lsu.edu](mailto:emartin@agcenter.lsu.edu).



## Slow Cooker Tips and Tricks

Adapted from Taste of Home

The Fall season is the perfect time to pull out your slow cooker. Below are some tips and tricks to keep in mind when you plan your slow cooker meals.

1. Select the correct type of meat: We all know that prices at the grocery store have increased. But, did you know that your slow cooker may help save you money? Slow cookers are perfect for less expensive cuts of meat. Try beef chuck roast, pork shoulder, or chicken thighs. Don't forget to trim the fat from your meat prior to cooking.

2. Capture the flavor: Try searing your meat prior to adding it to your slow cooker. By doing this, you will lock in some of the flavor. Rubs and spice mixes are also easily used for slow cooker dishes.

3. Don't overfill: Did you know that slow cookers work best when filled only half way or three quarters full? If you overfill your slow cooker, you may need to adjust your cooking time
4. Chop your vegetables: Slow cooker meals are a great way to add in extra vegetables. Just make sure you are chopping them to a uniform size to ensure they cook evenly.
5. Leave the lid on: Try not to be tempted to open the lid. A slow cooker locks in the heat. If you open the lid, that heat escapes leading to longer cooking times.
6. Don't overcook: Are your vegetables turning out mushy? You may have overcooked your dish. Most slow cookers have a "keep warm" setting. If you need to keep your food in the safe temperature range prior to eating, but your meal is fully cooked, try utilizing this feature of your slow cooker.
7. Check your temperature: Now that you have prepared and cooked your recipe by using your slow cooker. Ensure that your dish is safe to feed your family by checking the temperature with your food thermometer.

## Policy, System, and Environmental Changes at Tooke Library

Policy, System, and Environmental Changes, or PSEs, are a way to promote sustainable changes within our communities. They can be as simple as placing signage to encourage water consumption or much more detailed projects that require additional funding opportunities.

On October 1, 2022, we had the opportunity to work with Bossier Parish Libraries Tooke Branch. This project was a combined effort of Elizabeth Martin, Supervising EFNEP Agent, Dr. Grace Peterson, SNAP-Ed Agent, and Abigail McAlister, Northwest Regional Coordinator and Flavors of Health Agent. Together, and with the help of library staff and volunteers, we installed a Story Walk on the existing walking path, painted physical activity stencils, and provided additional physical activity moments around the playground equipment. Ms. Mary Sanders, Tooke Branch Manager, and her staff recruited patrons and community volunteers to assist in painting the physical activity stencils. Additional volunteers included Bossier Parish 4-H Agents, youth, and volunteers.

It was a fun-filled working Saturday that will encourage community members and library patrons to increase their physical activity year round. Additionally, nutrition lessons will continue to be taught at the library.







If you are interested in PSEs at your school, library, or in your community, please contact Elizabeth Martin at [emartin@agcenter.lsu.edu](mailto:emartin@agcenter.lsu.edu) or 318-226-6805. We are always looking for new ways to better our community.

## Spicy Cabbage Soup

Recipe from: The LSU AgCenter

Yield: 8 serving

Ingredients:

- 1/2 lb sausage
- 1/2 lb ground beef
- 1 - 14 oz can beef broth, low sodium
- 2 cups water
- 1/4 cup butter
- 1 tablespoon salt-free Cajun seasoning
- 1 - 16 oz can diced tomatoes
- 1 - 16 oz can tomatoes with green chilies
- 8 cups coarsely cut cabbage
- 1 medium onion, chopped

Directions:

- Cook sausage and ground beef together in a skillet. When fully cooked to 165 degrees Fahrenheit, drain well and spoon into a pot.
- Add beef broth, water, butter, and Cajun seasoning. Bring to a simmer.
- Stir in both cans of tomatoes and tomatoes with chilies.
- Stir in the cut cabbage and onion.
- Cover and simmer for 1 hour.
- Serve and enjoy!



Don't forget to follow us on social media!

Please go like our pages so you can keep informed on all things nutrition!

Facebook: Caddo and Bossier EFNEP

Instagram: caddoandbossierEFNEP

If you are interested in EFNEP lessons, please contact our office. We are currently looking for community partners.

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