

# SEASONED WITH SALT

October/December 2023

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## Reminders

- Be sure to check our "Texas A&M AgriLife Extension Service Smith County" Facebook page
- Website: [Smith.agrilife.org](http://Smith.agrilife.org)



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With the recent change in weather and the rain we have been getting, I think Fall is upon us!! What better way to beckon the season in than with a few great recipes of comfort and some good reading material that will help us to be the best we can be. This edition of Seasoned with Salt is full of information that will give us food for thought both mentally and physically. I hope you enjoy this Fall edition and as always, keep doing the things you love with the people you love because life is so short not to!! I also wanted to share the latest pics of the Grandsons!!



Newest Edition to the family is Clyde



My husband and Beau-he just turned 1!



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# FALL MEANS FAMILY

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## Traveling with the Family

Its Fall and with the Holiday seasons upon us, many will be taking to the roads to go to Grandma's. This holiday season, bring some food and fun with you.

## FUN FALL ACTIVITIES

Fall is a great season to enjoy outdoor activities before the arrival of winter. Here are some fun fall activities to try:

1. **Take a hike:** Enjoy the beautiful fall foliage by taking a hike in a nearby park or trail. Don't forget to bring a camera to capture the stunning colors.
2. **Visit a pumpkin patch:** Pick out the perfect pumpkin for carving or decorating your home. Many pumpkin patches also offer hayrides and other fun activities.
3. **Attend a fall festival:** Many towns and cities host fall festivals with food, music, and other entertainment. It's a great way to experience local culture and traditions.
4. **Have a bonfire:** Gather some friends and family around a cozy bonfire to enjoy s'mores, hot cocoa, and good conversation.

These are just a few ideas to make the most of the fall season. Get outside and enjoy all that this beautiful season has to offer!

# HEALTHY EATING OVER THE HOLIDAY SEASON

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Maintaining healthy eating habits during the holidays can be a challenge, but it is important to prioritize your health. One way to do this is by planning ahead and bringing healthy dishes to holiday gatherings. Another tip is to practice portion control and limit your intake of high-calorie foods and drinks. Staying hydrated by drinking plenty of water and avoiding sugary beverages can also help. Remember to listen to your body and stop eating when you feel full. Finally, don't forget to stay active and incorporate physical activity into your holiday routine. By following these tips, you can enjoy the holiday season while still prioritizing your health.

In addition to the tips mentioned above, here are a few more suggestions for maintaining healthy eating habits during the holidays:

1. Fill up on healthy options first: Before indulging in the holiday treats, start by filling up your plate with healthy options such as vegetables, fruits, and lean proteins. This will help you feel full and satisfied while also getting important nutrients.
2. Choose your indulgences wisely: It's okay to indulge in your favorite holiday treats, but be mindful of your choices. Instead of going for everything on the dessert table, choose one or two treats that you really love and savor them.
3. Get creative with healthy alternatives: There are many ways to make traditional holiday dishes healthier. For example, you can use whole-grain flour instead of white flour, or swap out heavy cream for Greek yogurt in recipes.
4. Practice mindful eating: Take the time to savor your food and enjoy every bite. Put down your fork between bites, and pay attention to the flavors, textures, and aromas of your meal.

By incorporating these tips into your holiday routine, you can maintain healthy eating habits and enjoy the season with family and friends.

# Ways to Reduce Stress this Holiday Season

The holiday season can be a joyful and exciting time, but it can also be stressful. To reduce stress during this time, there are several things you can do. First, prioritize your to-do list and focus on the most important tasks. Second, set realistic expectations for yourself and others. Third, practice self-care by taking time to rest, exercise, and engage in activities you enjoy. Fourth, delegate tasks to others when possible. Fifth, simplify your holiday traditions and focus on what brings you joy. By following these tips, you can reduce stress and enjoy the holiday season.

Here are a few design tips to help you create a relaxing and stress-free environment this holiday season:

1. Use warm and cozy lighting to create a relaxing and inviting atmosphere.
2. Incorporate natural elements such as greenery and wood accents to bring the outdoors in.
3. Use calming colors such as blues and greens to promote relaxation and reduce stress.
4. Incorporate comfortable seating and soft textiles such as blankets and pillows to create a cozy and comfortable space.
5. Use scents such as lavender or peppermint to promote relaxation and reduce stress.
6. Create a clutter-free space by organizing and storing items that are not essential to your holiday decorations.
7. Use soundscapes such as soft music or nature sounds to create a calming atmosphere.
8. Incorporate elements of nature such as water or fire to create a calming and relaxing focal point.

By incorporating these design elements into your home, you can create a calming and relaxing environment that will help you reduce stress and enjoy the holiday season.

# Holiday Recipes

Holiday recipes are a great way to add some extra cheer to your festive celebrations. Whether you're looking to whip up a classic dish like roast turkey or try something new like a vegan holiday roast, there are plenty of recipes out there to suit every taste and dietary preference. From traditional sides like mashed potatoes and green bean casserole to sweet treats like gingerbread cookies and pumpkin pie, there's no shortage of delicious holiday recipes to choose from. So gather your ingredients, roll up your sleeves, and get ready to create some tasty holiday magic in the kitchen!

Looking for some inspiration for your holiday menu? Here are some popular holiday recipes to consider:

- Classic roast turkey with all the trimmings
- Vegan holiday roast made with lentils, nuts, and veggies
- Creamy mashed potatoes with butter and garlic
- Sweet potato casserole topped with marshmallows and pecans
- Green bean casserole with crispy onions and mushrooms
- Homemade cranberry sauce with orange zest and cinnamon
- Spiced apple cider with cloves and nutmeg
- Gingerbread cookies decorated with icing and sprinkles
- Pumpkin pie with a flaky crust and whipped cream topping

No matter what you choose to make, the key to a successful holiday meal is to plan ahead, use fresh ingredients, and don't be afraid to try something new. With a little creativity and a lot of love, you can create a holiday feast that your friends and family will remember for years to come.

# LUNCH AND LEARN TOPICS



October 18, 2023

Smith County Horticulture Agent will be presenting on.....

Lunch will be Gumbo and Crackers made by the lady with some cooking love, Mrs. Robbie Williamson. Don't forget, \$5.00 at the door.



November 15, 2023

The entire Extension Staff will be hosting Extension for the Holidays featuring recipes and goodies for all of your local Agents. Wear your ugly Christmas Sweater for contest and door prizes. We will also be collecting canned goods for PATH. Don't forget your \$5.00 at the door for a soup-er good time!! You guessed it, we will have some hot homemade soup with the fixings!!

