

# ***Family and Community “Connections” in Lampasas County***

TEXAS A&M  
**AGRILIFE**  
EXTENSION

Volume 7, Issue 9,  
September 2020

## **What is Grandparents Day?**

The official statute says the purpose of Grandparents Day is “to honor grandparents, to give grandparents an opportunity to show love for their children's children, and to help children become aware of strength, information and guidance older people can offer.” This day is a wonderful reminder of the significance grandparents have in our lives.

## **When is Grandparents Day?**

We celebrate Grandparents Day each September on the first Sunday after Labor Day, usually the second Sunday of the month. This year it will be September 13, 2020.

## **What is the official flower of Grandparents Day?**

The official flower of Grandparents Day in the U.S. is the forget-me-not. These plants bear stunning tiny blue flowers and have been used as a symbol of remembrance for centuries. In 15<sup>th</sup> century Germany, the forget-me-not was worn by ladies as a sign of enduring love.



[Alert.com/blog/grandparentsday](http://Alert.com/blog/grandparentsday)

### **Inside this issue:**

Grandparents Day	1
Why is it Called Fall?	2
Best Parks for Fall Foliage	2
What's in Season?	3
Zucchini Patties	4
County News	4



Autumn leaves  
Come falling down.  
Red, orange, yellow,  
brown.  
Down, Down, Down.

## Autumn

September 22 - December 21

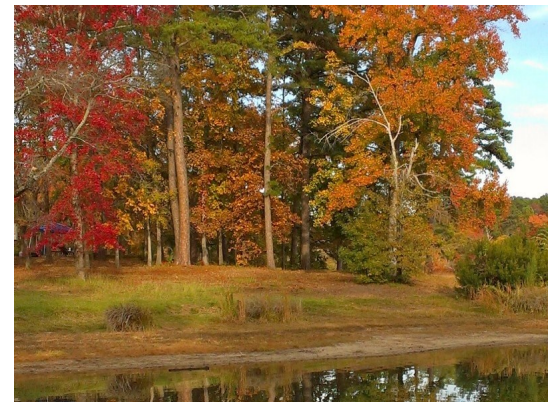
The season of the year between summer and winter during which temperatures gradually decrease.

It is often called fall in the United States because leaves fall from the trees at that time.

## 8 Best Texas Parks to Visit for Fall Foliage

Texas isn't known for its fall season. With a long summer season that seems to immediately turn to winter, autumn only seems to last a few weeks out of the year in the Lone Star State. Although Texas' autumn is short, there are still a few great parks to visit during fall to embrace the cooler weather and admire incredible fall colors from the changing leaves. Plan your next fall getaway at these top Texas parks that offer up great views of fall foliage.

- ◆ Lost Maples State Natural Area
- ◆ Daingerfield State Park
- ◆ Garner State Park
- ◆ Tyler State Park
- ◆ Lake Bob Sandlin State Park
- ◆ Guadalupe River State Park
- ◆ Palo Duro Canyon State Park
- ◆ Guadalupe Mountains National Park



# Fun things to do with grandkids

Looking for some fun things to do with your grandkids? Check out these ideas for grandparent/grandchild outings and activities to try next time you're together.

- **Nature Walk** - go explore your neighborhood or a local park.
- **Cooking & Baking** - everyone loves to eat, so teach them the family secrets and favorite recipes, then enjoy together.
- **Puzzles & Games** - teach them games you played as a child.
- **Gardening** - who doesn't love to get their hands in the dirt?
- **Hobbies** - teach each other your favorite hobby, or learn a new one together.



Remember to have fun and make memories together.

Get other ideas at [www.familyeducation.com](http://www.familyeducation.com).



## What's in Season? Zucchini Squash

Zucchini squash is one of the most popular varieties of squash. It is a versatile vegetable that is low in saturated fat and sodium, and very low in cholesterol.

Squash is also a good source of protein, vitamin A, thiamin, and other nutrients, including dietary fiber.

Zucchinis are available year-round, but are best during late spring and summer. When selecting a zucchini, choose small to medium-sized zucchini that have shiny, bright green skin. It should be firm and heavy in hand. Avoid overly mature, large zucchinis with pitted, spongy skin. Zucchini can be stored in the vegetable compartment of the refrigerator for 2-3 days.

# Zucchini Patties

12 Servings

## Ingredients

- 2 cups zucchini, grated
- 2 eggs, beaten
- ¼ cup chopped onion
- ¼ cup all-purpose flour
- ½ cup grated parmesan cheese
- ½ cup mozzarella cheese, shredded
- ¼ teaspoon salt
- Cooking spray



## Nutrition Facts

Serving Size 3 Patties	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 12g	
Vitamin A 8%	• Vitamin C 20%
Calcium 25%	• Iron 6%

## Directions

1. Wash your hands and clean your cooking area.
2. Wash and grate zucchini and wash and chop onion.
3. In a medium bowl, combine all ingredients.
4. Mix well enough to distribute ingredients evenly.
5. Spray bottom of skillet with cooking spray.
6. Drop zucchini mixture by heaping tablespoonfuls onto a skillet, set at medium heat.
7. Cook for a few minutes on each side until golden brown. Should make about 12 patties.
8. Serve immediately.



## Lampasas County News:

Lunch & Learn Gardening Series - Growing Roses - Tues., Sept. 22 at noon in the Co. Annex Conf. Room. Contact Amy Parke if you are interested at [steveamyparke@yahoo.com](mailto:steveamyparke@yahoo.com)

## FRED—Families Reading Every Day

The purpose of FRED is to promote literacy development & strengthen family relationships by encouraging families to participate in a 4-week program where they focus on reading together as a family for at least 15 minutes a day for the first two weeks and 30 minutes a day for the second 2 weeks. There is a new online version that I am promoting... If you want you can develop your own timeline. Go online and register or to “check it out” at <https://fch.tamu.edu/fred>

Please “Like” my new FCH Facebook page @LampasasCountyFCH

- Karen

## Texas A&M AgriLife

Karen DeZarn

409 S. Pecan St., Suite 102  
Lampasas TX 76550

Phone: 512-556-8271 Ext. 140

Email: [kjdezarn@ag.tamu.edu](mailto:kjdezarn@ag.tamu.edu)

Facebook link at: [LampasasCountyFCH](https://www.facebook.com/LampasasCountyFCH)

**Family and Community Health “Connections” is provided by the following AgriLife Extension Family and Community Health Agents:**

*Courtney Parrott, Brown County*

*London Jones, Burnet County*

*Vacant, Coleman County*

*Milissa Wright, Coke/Concho/Menard and Sterling Counties*

*Kelli Maberry, Jones County*

*Karen DeZarn, Lampasas County*

*Whitney Whitworth, Llano County*

*Jacque Behrens, McCulloch County*

*Staci Winders, Nolan County*

*Kandice Everitt, Runnels County*

*Kailey Miller, San Saba County*

*Kim Miles, Taylor County*

*Courtney Redman, Tom Green County*

*Barbara Brown, BLT Regional Project Specialist*

*Stacy Drury, D7 Regional Program Leader*