

# Family and Community Health “Connections” in Lampasas County



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## Texas Cottage Food Law

Whether you are shopping at the local Farmer’s Market or you want to sell your own creations it’s good to know the guidelines for safe products. Texas continues to be one of the friendliest states for small business startups. To start a cottage food business there are not permits, fees or licenses required beyond basic food handler’s certification.

It’s as easy as 1, 2, 3 found at <https://TexasCottageFoodLaw.com>

1. Read the rules so you know what you can sell and how you can sell it.
2. Take your required food handler’s training.
3. Create your required food labels.

## Texas Farmers’ Markets

If you are interested in selling food at a Texas farmers’ market and need to know what permits are required there is a one-hour online course available at <https://agrilifelearn.tamu.edu>. It provides valuable information for potential venders about the rules and regulations. By completing the course you will be able to

- Understand the Farmers’ Market Law
- Recognize common items sold at farmers’ markets and the requirements to sell each item
- List foods that can and cannot be sold at a farmers’ market
- Identify when a permit will be required
- Discuss basic food safety practices which can be done on site at the farmers’ markets
- Review tips and materials needed for a successful booth at the farmers’ market

Source: [dshs.texas.gov/foodestablishments/farmersmarkets](https://dshs.texas.gov/foodestablishments/farmersmarkets)



## *Plan Ahead for Successful Canning*



Whether you've been canning for years or are just starting out, you need the right equipment in good working condition to produce safe, high quality canned foods at home. Now's the time to plan ahead so that you'll be ready to make the most of this summer's fresh fruits and vegetables. First, you need to decide which type of canner you'll be using.

There are two types of canners available: boiling water canners and pressure canners. A boiling water canner can safely be used to can high-acid foods like fruits, jams, jellies, pickles and acidified tomato products. You can purchase a boiling water canner for \$20 to \$80, or use a large stock pot with a tight-fitting lid and a rack to hold the jars off the bottom of the pot. The pot must be deep enough for one inch of boiling water to cover the tops of the jars during processing. If you use an electric stove, you'll need a canner with a flat bottom. To safely can low-acid foods like vegetables, meats, poultry and fish, you *must* use a pressure canner to reach the higher temperatures needed to kill the spores of *Clostridium botulinum*, the bacteria that causes botulism. Pressure canners may cost from \$80 to \$200 and will have either a dial gauge or a weighted gauge to indicate pressure. The accuracy of a dial gauge should be checked at the start of each canning season. This can usually be done at your local Extension office.

If the gauge reads high or low by more than two pounds at 10 pounds of pressure, replace it. A weighted gauge should maintain its accuracy, as long as you don't drop it or plug the vent. For either type of pressure canner, check that the rubber gasket in the lid is flexible and soft. If it is brittle, cracked or sticky, it should be replaced. Also check that vent ports and other openings are clean and open.

Whichever type of canner you use, you'll also need jars, lids and ring bands. The USDA recommends Mason-type jars with two-piece self-sealing lids. Single-use commercial jars, like those from mayonnaise or peanut butter, are not recommended. They are more prone to breaking during the canning process. As long as they are in good condition, Mason-type jars and ring bands can be reused, year after year. Before use, check jars carefully for cracks or chips, especially near the top sealing edge. Check ring bands for dents, bends or rust. The standard metal self-sealing lids are designed for single use only and should be purchased new each year. Other tools that will make home canning easier include a canning funnel, jar lifter, magnetic lid wand, headspace tool and flexible spatula or bubble remover.

To ensure safe, high-quality home-canned foods, always follow research-based recommendations when canning. Reliable, up-to-date home canning recipes are available on the National Center for Home Food Preservation website in the USDA *Complete Guide to Home Canning* at [https://nchfp.uga.edu/publications/publications\\_usda.html](https://nchfp.uga.edu/publications/publications_usda.html) or from your local county Extension office. I would also recommend purchasing the *So Easy to Preserve* book at <https://setp.uga.edu> for \$25.

**Source:** National Center for Home Food Preservation & Elizabeth Andress, University of Georgia

## A Splash of Flavor: Infused Water Basics

How many times have you been told to drink water? We know it's essential, but sometimes we need some flavor. Thus, infused water (flavored water) is a great sweet beverage substitute – plus, it's cost-efficient and easy to make! Infused water is a combination of fruits, herbs, and vegetables mixed into plain old water. Whichever fruit or vegetable that use can either be sliced or mashed when adding it to the mix. Below is the breakdown of how to make your own infused water:



Pick your produce. You can use one item or a combination of fruit and vegetables.

Decide if you want to add a garnish (fresh herbs). Get your water. You'll need at least 4 cups to every ½ - 1 cup of fresh produce.

How sweet do you want it? You can add more or less produce to sweeten your water.

Then infuse – Infusion takes about 2 hours, depending on the temperature.  
 Warm climates – 1 hour (left on the counter for example)  
 Cold climates – 2 hours (placed in the refrigerator)

Now, some things to consider when making it. Here are the following food safety tips:

Make sure to use a clean glass container for your infused water.

Wash your fruits, vegetables, and herbs before making your recipe.

During the infusion process – decide hot (warm) or cold.

Whether you place the water in the refrigerator or leave the container on the counter, once infused (done), place in the refrigerator or add ice after to avoid spoilage.

Chill for later – If you are not going to drink the flavored water right away, put the container in the refrigerator.

Lastly, if you plan to keep your flavored water for more than a day, strain out the produce before storing it in the refrigerator.

Several different combos can be mixed. It just depends on your taste buds. Some combo ideas:

4 Mix Combo: Veggie + Citrus + Berry + Herb

3 Mix Combo: Citrus + Berry + Herb

2 Mix Combo: Citrus + Melon

Honestly, mix what you like and get creative! Other ways to splash flavor is to do the following:

Squeeze fresh lime or lemon wedge in the water (classic)

Add a splash (like a tablespoon or teaspoon) of juice to a glass of water.

Make ice cubes using 100% juice. Add one or two cubes to a large glass/bottle of water.



Name:  
Title:  
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*The Texas A&M AgriLife Extension Service is a unique education agency that provides programs, tools, and resources on a local and statewide level that teach people how to improve agriculture and food production, advance health practices, protect the environment, strengthen the economy, and enrich youth. Online courses are conveniently offered through:*

<https://agrilifelearn.tamu.edu>

**Crust:**

- 1 cup graham cracker crumbs plain
- 2 Tablespoons butter unsalted, melted

**Cheesecake:**

- 8 ounces whipped topping fat free, thawed
- 8 ounces cream cheese fat free
- 1 cup vanilla Greek yogurt nonfat
- 1 ounce Cheesecake Instant Pudding Mix, fat free, sugar free
- 3/4 cup pumpkin puree
- 1/2 teaspoon pumpkin pie spice blend
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract

**Directions:**

1. Clean and prep baking area.
  2. Add melted butter to graham cracker crumbs and mix until well combined.
  3. Transfer buttered graham cracker crumbs into a pie dish or Springform baking pan and press them tightly into the bottom of the pan. Place pan into the refrigerator for 10-15 minutes to chill.
  4. In a large bowl, add whipped topping, cream cheese, and Greek yogurt and mix until well-combined using a handheld mixer.
  5. Add the instant pudding mix to the bowl and mix until smooth. Add in pumpkin puree, pumpkin pie spice, cinnamon, and vanilla extract, and continue to mix until well-combined.
  6. Remove pie pan from refrigerator and place mixture on top of crust. Ensure the mixture is evenly distributed.
  7. Place pie in the refrigerator for 2 to 3 hours or freezer for 30 minutes to 1 hour.
- \*Consistency of pie mixture will depend on time refrigerated or frozen\* Serve & enjoy!

Nutrition Facts	
8 servings per container	
Serving size 1 slice (131g)	
Amount per serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 420mg	18%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 2g Added Sugars	4%
<b>Protein 8g</b>	
Vitamin D 0mcg	0%
Calcium 153mg	10%
Iron 1mg	6%
Potassium 142mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**LAMPASAS COUNTY NEWS**

**Walk N Talk**—8 week walking program begins this week (Wednesdays) at the Lampasas Sr. Center 12:00 and at Manor at Hancock Park Apts. beginning at 2 pm.

**A Matter of Balance** series to be offered in Lampasas at the Estates of Lampasas!! Eight **Mondays** beginning Oct. 17 - Dec. 5. Classes are free. Do you have a fear of falling? Learn what you can do to manage your fear. Call to reserve a spot. Taught by Theresa Mireles of Area Agency on Aging of Central Texas 254-770-2330

**Happy Fall everyone!! - Karen**

Family and Community Health “Connections”

is provided by the following  
AgriLife Extension

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