



## Home cooks learn time-saving tips

There's nothing quite like having dinner hot and ready when you arrive home from a long day, and some local cooks are now able to make that happen.

About 10 participants spent Thursday evening at the Terry County branch of Texas AgriLife Extension Service, 209 S. Fifth St., learning tips for preparing meals with their slow cookers. The program, "15 Meals in One Hour," included a recipe book and shopping list as well as the cooking instruction.

Participants left with a freezer bag full of ground beef and chopped vegetables to place in their slow cookers the next morning in anticipation of "Burger Heaven Casserole" that evening.

"Now when they come home from work they'll have a meal that's already prepared," said county agent Mary Collier, the program's instructor. "The majority of the work is already done."

The take-home books students received contained instructions for 14 more slow-cooker meals, which can also be prepared in advance and frozen, then heated up for a hot, easy dinner on a future busy day. The recipes can be varied according to taste or health conditions such as allergies or diabetes.

(ABOVE)  
County agent Mary Collier, right, shows participant Terri Kirk how to make "Burger Heaven Casserole." The recipe was one of 15 featured in Collier's slow-cooker class Thursday night.

Collier noted benefits with using slow cookers, from healthier food choices to cost savings compared to eating at restaurants.

"The food is more nutritious," she said. "You eat at home, so you save money."

Collier said she plans to offer the class again sometime within the next few months. For a date and time, keep checking the *Brownfield News*.

## High Plains Ag Conference Scheduled for December 7

from AgriLife TODAY  
A wide range of agricultural topics will greet participants to this year's High Plains Ag Conference set from 8:30 a.m.-3 p.m. Dec. 7 at the Texas A&M AgriLife Research and Extension Center, 1102 East Farm-to-Market 1294, Lubbock.

"This year's conference will address traditional crops for our area such as corn and grain sorghum, but we'll also be taking a look at strawberry production and pigweed control," said Robert Scott, Texas A&M AgriLife Extension Service agent in Lubbock County. "The topics are timely and I think it will be a day well-spent for those wanting to catch up on the latest developments in High Plains agriculture."

The program conducted by AgriLife Extension will offer five Texas Department of Agriculture continuing education units – one laws and regulations, one inte-

grated pest management and three general; and five Texas Certified Crop Adviser continuing education units – three crop management and two pest management.

Individual pre-registration is \$35 by Dec. 3 and \$45 thereafter. The fees include lunch. For more information and to preregister contact Scott at 806-775-1680, rj-scott@tamu.edu.

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