

Pumpkin offer more than traditional pumpkin spice in the fall

The air is starting to feel crisp now that the fall season is underway. As we move into the holidays, pumpkins can have the spotlight.

Pumpkins can be so much more than jack-o-lanterns for Halloween or a flavoring in a latte. The seeds can be roasted for a tasty snack, and the meat of the pumpkin can be used for pumpkin pies and other delicious vitamin-packed treats.

Pumpkins are a great source of vitamins, said Candy Gabel, associate state Extension specialist with Oklahoma State University Extension and statewide coordinator of the Community Nutrition Education Program.

“Just 1 cup of pumpkin contains 245% of the Reference Daily Intake of vitamin A,” Gabel said. “In addition, pumpkin contains vitamin C, vitamin B2 and vitamin E, as well as minerals such as potassium, copper, manganese and iron. It also is very high in beta-carotene, a carotenoid that our body turns into vitamin A.”

There are many ways to add this fall favorite into a healthy diet. Add pumpkin to your favorite smoothie recipe or stir a spoonful or two of pumpkin puree into a steaming bowl of oatmeal for a great-tasting breakfast. Top the oatmeal with some cinnamon and toasted almonds for even more flavor. Whip up this 30-minute pumpkin soup for a warm and tasty meal. For those who are adventurous in the kitchen, add pumpkin to your



favorite chili recipe.

“You can easily transform a common dish into something spectacular,” she said. “Get your kids involved in the kitchen by trying some low-sugar options of pumpkin muffins, pumpkin bread, pumpkin cookies, pumpkin donuts and pumpkin pancakes. Kids love to help in the kitchen and will be excited to try these tasty treats.”

For many families, tradition runs deep when it comes to favorite holiday foods. You still can stick with your family favorites but try surprising your family with a new side dish this year. Consider a new super-food salad such as roasted pumpkin and quinoa. Another option would be this tasty creamy maple bacon pumpkin risotto.

Of course, dessert always is the part of the meal everyone looks forward to, and this pumpkin cheese pie is a great option for cheesecake lovers. It has less fat than a traditional cheesecake, but it packs a punch of flavor everyone is sure to enjoy.

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“While pumpkins do have their traditional role in this fall holiday season, think outside of the box this year and add some exciting new flavors to your dinner table,” Gabel said.

Creamy Maple Bacon Pumpkin Risotto

Ingredients:

- 4 thick slices bacon, diced
- 2 cups apple cider or juice (not spiced)
- 4 cups chicken or vegetable stock
- 1 ½ c leeks white and green part only, diced
- 4 garlic cloves, minced
- 2 cups Arborio rice
- 1 cup dry white wine
- ¼ tsp freshly grated nutmeg
- 1/2-1 tsp sea salt
- ½ tsp ground black pepper
- 1 ½ c pumpkin puree (fresh or canned, not pumpkin pie filling)
- 2 Tbsp pure maple syrup
- Italian flat leaf parsley
- Grated parmesan cheese

Instructions: In a medium saucepan combine the chicken or vegetable stock and apple cider and set over very low heat.

In a stock pot or deep sided sauté pan cook the bacon over medium heat until crispy, about 10 minutes, being careful not to burn. Remove with a slotted spoon to paper towels to drain. Drain off all but 2 tbsps of the bacon fat and add the leeks and sauté until caramelized, about 8 minutes. Add in the garlic and nutmeg and sauté until fragrant, another 30 seconds. Add in the rice and the wine and stir well until the wine is cooked down. Turn the heat under the chicken stock to medium. Add in ½ cup of chicken stock mixture to the rice mixture and stir until absorbed. Repeat with ½ a cup at a time until the rice is al-dente, stirring well after each addition. You may not end up using all the chicken stock mixture. Mix in the pumpkin puree and maple syrup and stir. Taste and season with salt and pepper. If the rice is chewier than desired add more chicken stock in and stir. Stir in the bacon and serve immediately. Top with chopped Italian parsley and a little grated parmesan cheese.

30– Minute Pumpkin Soup Recipe

- 1 large onion, chopped
- 1 medium sweet red pepper, chopped
- 2 Tbsp margarine
- 2 cups corn kernels, fresh or frozen
- 1 jalapeno pepper, seeded and chopped
- 2 garlic cloves, minced
- 2 tsp chili powder
- 2 cans (29 oz total) vegetable broth, low-sodium
- 1 ¾ cups pumpkin purée
- ½ tsp salt
- Dash cayenne pepper
- 2 Tbsp lime juice

In a large saucepan, sauté onion and red pepper in margarine until almost tender. Add the corn (thawed if frozen), jalapenos, garlic, and chili powder. Sauté for 2 minutes longer. Stir in the broth, pumpkin, salt, and cayenne pepper until blended. Bring to a boil. Once brought to a boil, reduce the heat, cover, and simmer for 10 minutes. Stir in lime juice and serve.

Serves: 7

Nutrition Information per Serving: Calories 120, Total Fat 4g, Saturated Fat 0g, % of Calories from Fat 30%, % of Calories from Sat Fat 0%, Protein 3g, Carbohydrates 19g, Cholesterol 0mg, Dietary Fiber 5g, Sodium 115mg

Pumpkin Cheese Pie

- 8 ounces cream cheese, reduced fat
- 8 ounces cream cheese, non-fat
- 2 egg
- 4 egg whites
- 1 1/4 cups sugar
- 1 can pumpkin (29 ounces)
- 1 teaspoon ginger
- 1 tablespoon cinnamon
- 2 graham cracker pie crusts (9 inch)

Directions:

1. Preheat oven to 350 degrees.
2. Place the cream cheese, eggs, and sugar in a large mixing bowl. Mix at medium speed until creamed. Add the remaining ingredients and mix at medium speed until ingredients are well mixed.
3. Spoon the mixture evenly in each pie crust and place both in the oven for approximately 50 minutes until pies look firm in the middle.

Roasted pumpkin and quinoa salad

- 500g butternut pumpkin, peeled, cut into 2.5 cm cubes
- 1 tbsp extra virgin olive oil
- 2 tsp Moroccan seasoning
- 3/4 cup quinoa, rinsed, drained
- 2 tbsp lemon juice
- 1 tbsp finely chopped preserved lemon (or 2 tsp of lemon zest)
- 1/2 cup fresh coriander leaves
- Salt, to season

Step 1—Preheat oven to 425 degrees, place pumpkin, oil and seasoning in a bowl. Toss to coat. Transfer to a baking tray lined with baking paper. Roast for 20 to 25 minutes, turning once, or until golden and tender.

Step 2—Meanwhile, place quinoa and 1 1/2 cups cold water in a saucepan over high heat. Cover. Bring to a boil, reduce heat to low. Simmer for 10 to 12 minutes or until liquid is absorbed.

Step 3—Place quinoa in a heatproof bowl. Add pumpkin, lemon juice, preserved lemon and coriander. Season with salt and pepper. Toss gently to combine. Serve.

Nutrition Information per Serving: Calories 216, Energy 903 kJ, Fat 6.6g, Saturates 0.8g, Fiber 4.2g, Protein 5.5g, Sodium 365mg, Carbs 33.4g.

MAKING A JACK-O'-LANTERNS LAST

Rick Nelson, Extension Educator, Ag/4-H & CED

It is almost Halloween, and that means pumpkin patches will be opening soon. A family outing to a pumpkin patch to pick your own can be fun and rewarding for the entire family. But what can you do to keep those gorgeous creations from turning into a pile of mush within a matter of days? From choosing the best to carving and proper care, the following tips will help you keep your decorative masterpieces fresh for a festive Halloween night.

The Stem Is a Lifeline. The ideal pumpkin has a good length of firm stem that is still attached, and the fruit should not be shriveled. A firm, lengthy stem continues to provide nutrients. If you are in the patch always cut the pumpkin from the vine instead of trying to pull it off the vine. The pumpkin is still being nourished by this portion of the vine, making it less vulnerable to rotting than its stem-less counterparts.

Blemishes Are Red Flags. Bruises, cuts, and scars are stress indicators that may mean an early decline. For the longest possible life, your pumpkin should have the least blemished skin.

Go Green. An unripe fruit or vegetable lasts longer than a ripe one, so pass on the brightest orange and go for the greener one, for a fresh look when carving.

Squeaky Clean. When your pumpkin arrives at home, wash the skin with an antibacterial dish detergent or hand soap and thoroughly dry it, to remove rot-inducing debris and bacteria.

A Back Door Instead of a Lid. Instead of slicing off the top to reveal the insides, cut an opening in the back of your pumpkin. Remove the piece and notch a thumb-sized hole out of the edge for easy grasping and convenient access to the cavity. By leaving the stem in place, nutrient feeding continues for the bulk of the fruit.

Simplify Designs. Carve ornate designs at the last minute, because more cuts mean more rapid decay. During the day, keep your jack-o-lantern out of the sunlight. At night, illuminate with a small battery powered light instead of a candle. The heat generated by the candle speeds decomposition. The techniques of thinning and removing skin, as well as making many intricate cuts, increase vulnerability to rotting. The first to go will often be the ones with the least holding them together.

Use a Little Baking Soda. To absorb moisture and odors, place a cup of baking soda inside the clean cavity. For safety, remove it while the pumpkin is lit with a candle. You may leave it in if you are using battery-operated lighting.

spike in humidity or a plunge to freezing temperatures, you may not notice decay for a week or more.

Elevate on a Plate. Instead of putting your Halloween masterpiece directly on the ground, put it on an old plate to prevent moisture absorption and insect burrowing.

Move Jack Indoors. To avoid exposure to excess moisture from morning dew and frost, bring your carved creation inside for the night. Keep it in a cool, dry location until you wish to display it outdoors again. By following these tips, you will get the most bang for your pumpkin buck. Barring a spike in humidity or a plunge to freezing temperatures, you may not notice decay for a week or more.



2022 OHCE Leader Lesson Topics

Garfield, Grant, & Kingfisher Counties

The following 2022 District and State lessons will be included in the topics presented this year. Please choose one option from each the District and State topics listed below.

District Lesson Topics/State Lesson Topics

See 2022 OHCE Yearbook (when available) for Topics.

Please Indicate your Top 2 Choices in Each Category for Leader Lesson Topics from the List Below

CULTURAL ENRICHMENT	
	Learning About Your Local History/Tour
	The New Macramé Trend
	How the Arts Improves your Life
	The crepe Escape-History & Culture of Crepes
	Spices Around the World
	Breads: The uniqueness of different Countries
	Know your Cheeses
	Quilt as you Go Projects

HEALTHY LIVING	
	Food safety with Take Out Foods
	What is a SUPER food?
	Mindful Eating
	The Buzz about Coffee and its Benefits
	Keto Diet: What's it all about?
	Sleep-It can Change your Life
	Defining Carbohydrates
	The Mediterranean Diet and Culture
	Charcuterie Boards for Entertaining
	Benefits of Pumpkin
	Healthy Freezer Meals
	Meals in a Mug

FAMILY ISSUES	
	Adult Protective Services/Child Welfare Services
	Building Strong Marriages
	Build your Own Emergency Kit and Plan
	Conducting a Family Business Meeting
	The Turquoise Table-Building our Community
	Fire Prevention at Your Home
	Home Caregiver Information and Assistance
	Genealogy, Where do I start?

RESOURCE MANAGEMENT	
	Lighting in Your Home-What's New out There?
	Small Changes to Help our Environment
	Chalk Paint-What's it all about?
	Telehealth and Telemedicine
	The Facts about your Credit Score
	What Insurances do I Really Need?
	Basic Cake/Cupcake Decorating
	Meal Prep Boxes: Are they worth it?
	Your Real ID
	Well Testing, Well Safety, and More

LEADERSHIP DEVELOPMENT	
	Making Club Members more than a Meeting Goer
	What is an OCES Master Volunteer?
	History of the Women's Vote 100 years
	Making use of Reports and Awards
	Recruitment Tips: How to spark interest in joining your OHCE Club
	Increasing your Interpersonal Skills

SAVE
THE DATE

FEATURED
SPEAKERS:



Dr. Angela Pharris
Assistant Professor and
Research Fellow Hope
Research Center



Ashleigh Robinson
Miss Oklahoma 2021



Dr. Linda Jordon
Author of
The Voice of Hope



2021 Oklahoma FAMILY CAREGIVERS Conference Embracing Hope!

JOIN US VIRTUALLY
Wednesday, November 10, 2021
10:00 am – 3:00 pm

Register Here: 
<https://okcares.org>

- Connect with other family caregivers
- Learn about:
 - * Respite programs
 - * Improving your health & wellness
 - * Ways to recharge
 - * Stress management
 - * Supports across the lifespan from children to older adults

EDUCATIONAL VOUCHERS

You may be eligible to receive a respite voucher to pay for your loved one's care while you attend the conference.

email: respite@ouhsc.edu

SPONSORSHIP INFORMATION

Gold, Silver and Bronze Levels available

- To ensure a variety of vendors, there may be limitations to vendors that provide the same or similar services.

For More Information
Contact: Ronelle Baker
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Ronelle.Baker@okdhs.org



**OKLAHOMA
Human Services**
Community Living, Aging
& Protective Services



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Oklahoma Unwanted Pesticide Disposal Program



<https://bit.ly/3pF9K2p>

October 2021

When & Where?

8:00 am to 1:00 pm

DATE	October 12, 2021
COUNTY	Kay County
CITY	Blackwell
LOCATION	Blackwell Fairgrounds and Event Center, 800 S. Main Blackwell, OK 74631

What is the Oklahoma Unwanted Pesticide Disposal program?

The Oklahoma Department of Agriculture, Food and Forestry is funding a program to help collect and properly dispose of unwanted pesticides that homeowners, farmers, ranchers, commercial applicators, or dealers may have. For future locations and dates check the website listed above.

What are unwanted pesticides?

Unwanted pesticides are pesticides that are unusable as originally intended for various reasons. Unwanted pesticides are leftover pesticides, pesticides that are no longer registered in the state of Oklahoma, pesticides that no longer have labels and pesticides that are no longer identifiable.

Who is eligible to participate and what does it cost?

Oklahoma commercial and non-commercial applicators and pesticide dealers may participate. Oklahoma farmers and ranchers and homeowners can use the program as well. **There is no cost for the first 2,000 pounds of pesticides brought in by a participant.**

- Liquid pesticide weighs about 10 pounds per gallon.

Will someone pick up my pesticides for me?

No it is the owner's responsibility to transport the pesticides to the site. Some transportation tips can be found at <https://bit.ly/3pF9K2p>

What are the steps to participate in the collection program?

Applicators, homeowners, farmers, and ranchers are not required to pre-register. Dealers are asked to voluntarily pre-register through the OSU Pesticide Safety Education Program. After completing pre-registration requirements, if required, bring unwanted pesticides safely to one of the collection sites.

Why are dealers asked to pre-register?

Dealers are asked to pre-register due to the potential of large quantities coming from multiple dealers and/or multiple locations. This allows the contractor to plan the appropriate resources to handle the quantity of pesticides that comes into the collections. Visit the OSU Pesticide Safety Education Program for information and how to register at <https://bit.ly/3pF9K2p>

Will the department use my participation in the program as a means to prosecute for illegal management of pesticides?

No, the disposal program is a service program designed to remove unusable pesticides from storage and reduce the potential threat to public health and the environment. Those disposing of pesticides will not be required to provide their names or details on their chemicals. The disposal service is free up to 2,000 pounds.

Contact Information:



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OHCE News & Notes

November Leader Lesson

The lesson for your November meeting will be presented Wednesday October 27, 2 p.m. at the OSU Extension Office. The topic is "Hershey & the Chocolate Factory". Come and learn the history of chocolate, manufacturing of this treat and the health benefits of chocolate.

Fall Sign Workshop

Monday, October 25th, 2-4 pm
Garfield County OSU Extension
Registration is due by
October 18th—Cost is \$10
Space is limited
* Please bring a glue gun and scissors.



OHCE Lesson Ballot

Enclosed in this letter is a ballot for upcoming lessons. Please take time to complete and return to the Extension Office. Your input is very important as we plan for 2022. I will need these returned to the office by middle of November. Thank you for your input.

Barn Quilt Class

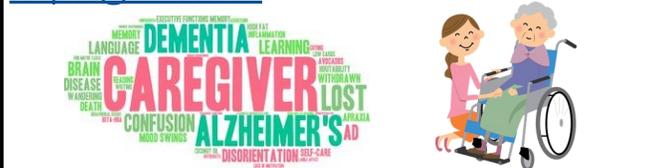
The next Barn Quilt painting class will be held Saturday, October 9th at the Rail Road Museum (702 N Washington, Enid) starting at 10 am. This is a fundraiser for the Museum and a way to showcase the museum. Cost is \$40 and includes all supplies and a lunch. You will be completing a 2x2 barn quilt. Please RSVP to either the Museum at 580-233-3051 or the Extension Office 580-237-1228. Payments will be made to the museum that day or in advance.

OHCE Board Meeting

The OHCE Board will meet Monday, October 4 at 9:30 am. We will finalize plans for our County-Wide meeting set for Tuesday, October 19 at 6:30 p.m. and other business that is presented.

Family Caregivers Conference

Enclosed is a flyer about the Family Caregivers Conference to be held November 10. Please share this with anyone who may be interested in this conference or even at your local churches and senior citizen centers. Note that if you need a respite voucher to attend the conference email: respite@ouhsc.edu.



OHCE Fall Meeting

Be sure to plan to attend our Fall Association meeting scheduled for Tuesday, October 19, 6:30 p.m. All OHCE members and guests are invited and encouraged to attend this meeting as we conduct business for our association. We will also elect our county officers for 2022-23 program year. County Committees will also be sharing their work and upcoming plans.



Office Update

Ruth Ann Landwehr has recently retired, we wish her the best!

Donna Groneweg has been hired to fill her position, she will start on October 4th.



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Joy Rhodes
Extension Educator,
FCS/4-H Youth Dev.





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**GARFIELD COUNTY
 EXTENSION**

Dates to Remember

- Oct. 1— Membership information and dues are due**
- Oct. 1— OHCE Cultural Enrichment Fall Tour 9:30 am**
- Oct. 4— OHCE Board Mtg. 9:30 am**
- Oct. 9— Barn Quilt Class at the Railroad Museum 10 am**
- Oct. 19— Fall OHCE Council Meeting 6:30 pm**
- Oct. 25— Fall Sign Workshop 2-4 pm**
- Oct. 27— Leader Lesson 2 pm**
- Nov. 1—OHCE Membership Years information due**



**GARFIELD COUNTY
 EXTENSION**

