



Pumpkin Offers 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. Just 1 cup of pumpkin contains 245% of the Reference Daily Intake of vitamin A. 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 a 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. 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 a tasty creamy maple bacon pumpkin risotto*.

Of course, dessert always is the part of the meal everyone looks forward to, and 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.

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.

* See pumpkin recipes inside.

Major County OSU Extension Center

**500 E. Broadway
Courthouse Suite 3
Fairview, OK 73737**

Phone– 580-227-3786

Fax– 580-227-4786

Email-

dana.baldwin@okstate.edu

Website-

extension.okstate.edu/county/major

Facebook page-

Major County OSU Extension

Blaine County OSU Extension Center

**212 N. Weigle Ave.
Courthouse Suite 101
Watonga, OK 73772**

Phone– 580-623-5195

Fax– 580-623-5242

Email-

dana.baldwin@okstate.edu

Website-

extension.okstate.edu/county/blaine

Facebook page-

Blaine County OSU Extension

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Food Handlers:
Food Safety Training

Choose from one of these remaining 2021 dates:
-Thursday, October 28 OR Thursday, December 9
-2:30 P.M.
-Online Format Only (Zoom)
(participants will need internet access)



Everyone is welcome to participate in either of these **free online** Food Handlers Food Safety classes presented by Major and Blaine Counties OSU Extension. This is a basic food safety class that will last approximately 1 & 1/2 hours. Anyone currently working in any capacity with food service and/or regularly cooking for large groups is encouraged to attend. All participants passing the final exam will receive a certificate.

Please register by the Monday prior to the class you plan to participate in. We will need your name, phone number and email address.

Contact/Presenter is: Dana Baldwin, Extension Educator– FCS/4-H & Major County Extension Director
dana.baldwin@okstate.edu (e-mail)

Major County OSU Extension
500 E. Broadway, Suite 3 Courthouse
Fairview, Oklahoma 73737
580-227-3786 (phone)
580-227-4786 (fax)

Blaine County OSU Extension
212 N. Weigle, Suite 101 Courthouse
Watonga, Oklahoma 73772
580-623-5195 (phone)
580-623-5242 (fax)

2021 Holiday Happenings

Thursday, November 4 — 10:00 a.m. to 3:00 p.m.
Major County Fairgrounds in Fairview

Sessions include:

**Thankful Pumpkin Board, Joy Sign, Snowman Door Hanging,
and an educational lesson on “The 5 Love Languages”.**



A registration fee of \$40 is due at the time of sign up.
Registration deadline is Tuesday, October 26; however, space is limited.
(payable to “Major County OSU Extension”)

Registration fee covers: morning refreshments, lunch, and all session supplies.



To register for this event, please contact:
Major County OSU Extension Center at 580-227-3786 or Blaine County OSU Extension Center at 580-623-5195.

*This program is brought to you through the Educators with the OSU Extension
Family & Consumer Sciences programs in Alfalfa, Blaine, Major and Woods Counties.*



Major County OHCE News and Notes



Lesson Leader Trainings

The Lesson Leader Training in October (for your November meetings) is Friday, October 22 at 10 a.m. at the fairgrounds. The topic is "Is Your Glovebox Prepared for an Emergency?". Please make plans to attend if you are able. Also, there is no Lesson Leader Training in November since December is an OPEN lesson month.

Lesson Suggestions for 2022

By now you should have received your form in the mail to submit topics for lesson suggestions for the 2022 program year. Counties included in providing suggestions and later on the voting when a ballot is prepared will be Alfalfa, Blaine, Major and Woods. Thank you in advance for your participation in this process!

County Planning Meeting

The next County Planning Meeting is scheduled for Wednesday, November 10 at 11 a.m. at the fairgrounds. We will set dates for 2022 activities, discuss yearbooks, etc. Join us- and please note that the meeting time is an hour later than usual!

Check out our Facebook page and website!

For updates and announcements, check out and "Like" our page on Facebook: *Major County OSU Extension*
Also, visit our website and add it to your favorites:
<http://extension.okstate.edu/county/major>

Dues and Officers for 2022

Membership forms and dues are to be turned in by Friday, October 15 as well as a list of your 2022 group officers!

Fall Association Meeting

The 2021 Fall Association Meeting is Wednesday, October 13 at the Sod House Museum. Social time is 9:30-10:00 a.m. and the meeting begins at 10:00 a.m. The program will be given by museum curator Renee Trindle on The History of Feed Sacks. Box lunches will include chicken salad sandwiches, chips, cookies and bottled water. The cost is \$12 per person, covering lunch and the museum fee. Please let your group President know if you plan to attend so that they can turn in a head count by October 8.

Holiday Happening, etc.

Please take note of the information included in this newsletter regarding 2021 Holiday Happenings on Thursday, November 4 at the fairgrounds in Fairview. The registration deadline is October 26.

Also, information is included for the last quarter of 2021's Lunchtime Learning Sessions. Mark your calendars and plan to participate. You'll have a fair entry after each one!

Awards

It's not too early to be working on OHCE awards that are due December 17- information will be handed out and discussed at the Fall Association Meeting.

OKLAHOMA HOME & COMMUNITY EDUCATION, INC. (OHCE)

Objectives of Oklahoma Home & Community Education:

- To improve Family & Consumer Sciences practices and skills
- To develop leadership potential
- To provide community service opportunities

Members are involved in programs including:

- Arts and crafts and volunteering for county fairs
- Helping raise reading skills of youth in Oklahoma
- Preserving our history and celebrating the roles that families have played in our communities
- Providing both youth and adult scholarship programs
- Nutrition and health programs for both youth and adults
- Family well-being programs
- And many more.

A member belongs to:

- their local OHCE group
- their county OHCE association
- the state OHCE association
- Country Women's Council of USA (CWC)
- Associated Country Women of the World (ACWW).

Learn more at: <https://education.okstate.edu/outreach/fcs/ohce/index.html>

OHCE Groups in Major County:

- Busy Bees- President- Debby McKee, 580-227-6007 (meets 2nd Thursdays at 6:30 pm)
- Cheyenne Valley- President- Gail Farrand, 580-227-0611 (meets 1st Thursdays at 1:30 pm)
- Orion Homemakers- President- Joyce Suenram, 580-764-3338 (meets 2nd Tuesdays at 2:00 pm)





**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

Major County OSU Extension Center
500 E. Broadway, Suite 3 Courthouse
Fairview, Oklahoma 73737

Oklahoma Home & Community Education, Inc. (OHCE) is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best.

www.OHCE.okstate.edu



Newsletter Editor:

Dana Baldwin

Extension Educator-

Family & Consumer Sciences/4-H Youth Development

Major and Blaine Counties

and Major County Extension Director



Family & Consumer Sciences assists communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.

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Roasted Pumpkin Seed Snack Mix

2 cups crispy rice or wheat cereal squares
1/2 cup roasted whole pumpkin seeds
1/3 cup slivered almonds
1/2 cup dried cranberries
1/2 cup raisins

Mix all ingredients together and serve.

30-Minute Pumpkin Soup

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. Try with provolone and prosciutto paninis. Serves 7.

Pumpkin Cheese Pie

Makes 16 servings (2 pies).

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)

Preheat oven to 350 degrees. 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. 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

1 pound butternut (squash) pumpkin, peeled, cut in 1' 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 (see note)
1/2 cup fresh coriander leaves
Salt, to season

Preheat oven to 400°F. 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.

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

Place quinoa in a heatproof bowl. Add pumpkin, lemon juice, preserved lemon and coriander. Season with salt and pepper. Toss gently to combine. Serves 4.

Creamy Maple Bacon Pumpkin Risotto

Makes 8 servings.

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 pie filling)
2 Tbsp pure maple syrup
Italian flat leaf parsley
Grated parmesan cheese

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 tbsp 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.

2021

Lunchtime Learning Sessions

-Major and Blaine Counties-



*Featuring Seasonal Make-and-Take Activities
and a brief Educational Program Focusing on Self-Improvement*

One hour sessions from 12:00 to 1:00 p.m.

Major County: County Fairgrounds in Fairview/Blaine County: Watonga Public Library

-Set of 3 Toilet Paper Pumpkins & "Social Activity"-

Tuesday, October 26 in Blaine County

Wednesday, October 27 in Major County



-Santa Tulle Wreath & "Stress Management"-

Monday, November 22 in Major County

Tuesday, November 23 in Blaine County



-Snowman Board & "Taking Time for You"-

Monday, December 13 in Major County

Wednesday, December 15 in Blaine County



Bring your own lunch and come take part in these programs.

\$10.00 fee per person per session to cover the cost of supplies.

Register by calling either the Major County or the Blaine County OSU Extension Center.

(Major County- 580-227-3786/Blaine County- 580-623-5195)

RSVP at least one week prior to the session you plan to attend.



EXTENSION

Dana Baldwin

*Major & Blaine Counties Extension Educator
Family & Consumer Sciences/4-H Youth Development
and Major County Extension Director*

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Fairview, Oklahoma 73737**

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