

STRENGTHENING OKLAHOMA FAMILIES



FAMILY AND CONSUMER SCIENCES

OCTOBER 2021

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, 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.

“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.

Payne County Extension Office

Address

315 W. 6th Street, Suite 103
Stillwater, OK 74074

Phone

405-747-8320

Email

Dea Rash
dea.rash@okstate.edu

Website

oces.okstate.edu/payne

Social Media

Facebook: /

paynecountyextension

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PAYNE COUNTY OHCE NEWS

OHCE FALL COUNTY MEETING

**WILL be held on Tuesday,
October 19th at 11:00 a.m.**

Instead of a potluck, everyone must bring your own brown bag lunch, including a drink.

Hostess Groups: Registration: Cimarron Valley;
Decorations: Pine Vale; Clean-Up: Lunch Bunch

We will have an interesting program and business meeting, including election of officers, so please plan to come and join the fun and fellowship!

NOVEMBER LEADER LESSON

Cast Iron Cooking

The November Leader Lesson, *Cast Iron Cooking*, will be taught on Tuesday, October 19th immediately following the Fall County Meeting. We plan to also teach it via Zoom providing we have internet access and we will send out a Zoom link via Constant Contact as the date gets closer.

2022 LESSON SURVEY

Your 2022 lesson survey was in your September newsletter and I have received a few surveys but there's still plenty of time to get your survey submitted.

If you haven't yet completed a survey, you can fill it out and turn it into the Extension Office by **Friday, October 8th at 5:00 p.m.** *We have lesson survey blank copies at the office if you want to just stop by and fill one out.*

*Make time to complete your lesson survey so your choices are counted—everyone's input is **IMPORTANT!***

2022 OHCE ENROLLMENT UPDATE

State dues are \$12.50 and the County dues are \$7.50, making the total amount for 2022 dues \$20.00. You need to pay your dues to your local group treasurer by **Monday, October 19, 2021.**

Just to confirm the correct information & avoid confusion:

This year, current OHCE members will *not* be required to fill out new enrollment cards if you are a current 2021 OHCE member. You will just need to get any information updates and the money for your dues to your local group's treasurer by **MONDAY, OCTOBER 18th.**

Thank you for paying your dues to your local group treasurer by the **October 18th** deadline so we can have an accurate count of members for the new year. We want to keep everyone on the membership list and we must have your dues paid to do that.

If you know members who would like to join OHCE for 2022, please have them fill out a membership card and turn the card and the dues in to your local treasurer by **Monday, October 18th.** Make checks payable to Payne County OHCE.

Treasurers: I will send you a current local group roster for you to update for 2022 along with the membership/donation form to submit with your local group roster and dues check. I also sent a roster to Presidents. Forms and dues are due to the Extension Office by **Monday, October 25th at 5:00 p.m.**

Let me know if you have questions or need more information to get your group's membership roster and dues payment submitted by October 25th.

THANK YOU for all that you do for OHCE. Your efforts are noticed and appreciated! **DEA**

2022 LESSON SELECTION MEETING FOR LOCAL GROUP VICE-PRESIDENTS

The 2022 lesson selection meeting for local group Vice-Presidents is scheduled for **Tuesday, October 19th at 10:00 a.m. at the Community Building at the Expo Center.**

At this meeting, we will decide on the Payne County OHCE members' choices for 2022 lessons based on the lesson surveys completed by members.

If your local group Vice-President cannot attend the meeting, please send another officer to represent your group.

2022 COUNTY OFFICER ELECTIONS

Election of officers will be held at the Fall county meeting this year.

Officer Positions to be Filled:

Positions to be filled are as follows:

- **2022 County Vice-President-Elect who will then serve as County Vice-President for 2023-2024**
- **2022-2023 County Treasurer**

If you are interested in serving in one of these county officer positions, please let Deanna Armstrong, Nominating Committee Chairman or Misty Burk, County President, know ASAP. Deanna & her committee are working on finding interested members to serve in these important leadership roles.

RECIPE CORNER:

Pumpkin Cheese Pie

- 1 (8 oz.) pkg. cream cheese
- 2 c. pumpkin puree
- 14 oz. sweetened condensed milk
- 3 eggs
- 1 t. pumpkin pie spice
- 1 (9") unbaked deep dish pie crust



Preheat oven to 350 degrees. Mix cream cheese and sweetened condensed milk together until smooth. Stir in pumpkin, eggs and pumpkin pie spice. Mix well until combined. Pour batter into pie shell. Bake at 350 degrees for 45 minutes or until a knife inserted 1" from the edge comes out clean. Serve warm. **Serves: 8**

Nutrition Facts: (per serving): 251 calories; protein: 6.3g; carbohydrates: 14.3g; fat: 19.2g; cholesterol: 100.6mg; sodium: 226.7mg

<https://www.allrecipes.com/recipe/13480/pumpkin-cheese-pie/>

Barn Quilt Survey Results

We have enough interest in having a Barn Quilt Workshop so I will begin working on the details. The class will most likely be held on a weekday from mid-morning through mid-afternoon. I will keep you posted. Please share this opportunity with your non-OHCE friends and call to put them on the list so we have their contact information when we get the workshop scheduled.

Vegan Pumpkin Soup

<https://www.eatingwell.com/recipe/281292/vegan-pumpkin-soup/>

- 2 T. extra-virgin olive oil
- 1 c. chopped yellow onion
- 1 c. chopped celery
- 1 T. minced garlic
- 1 tsp. ground turmeric
- 1 tsp. ground cumin
- 1/2 tsp. ground ginger
- 1/2 tsp. ground pepper
- 15 oz. can unseasoned pumpkin puree
- 3 c. reduced sodium vegetable broth
- 1/2 tsp. salt
- 3/4 c. coarsely chopped unsalted roasted cashews, divided
- 1/4 c. chopped scallions
- 1/2 tsp. smoked paprika

Heat oil in a large saucepan over medium-high heat. Add onion and celery; cook, stirring occasionally, until softened, about 7 minutes.

Add garlic, turmeric, cumin, ginger and pepper, cook, stirring constantly, until fragrant, about one minute. Add pumpkin, broth, salt and 1/2 cup cashews. Bring to a boil over high heat. Reduce heat to medium-low to maintain a simmer; cover and simmer until the vegetables are tender and the cashews are soft, about 15 minutes.

Pour the soup into a blender. Secure lid on the blender and remove the center piece to allow steam to escape. Place a clean towel over the opening. Process until smooth, about 30 seconds. (use caution when blending hot liquids.) (Alternatively, process the soup in the pot using an immersion blender on high speed for 1 to 2 minutes.) Ladle soup evenly into (4) bowls; sprinkle with scallions, paprika and remaining 1/4 c. cashews.

Serves: 4 (1.5 cups/serving)

Nutrition Facts: 298 calories; protein: 6.6g; carbohydrates: 28.9g; dietary fiber: 6.6g; sugars 8.9g; fat: 19.3g; saturated fat: 3.5g; Vitamin A 16894.8IU; vitamin C: 12.5mg; folate: 45.8mcg; calcium: 97mg; iron: 4.6mg; magnesium: 109.6mg; potassium: 601.4mg; sodium: 448.6mg



OHCE FAIR KITCHEN WRAP-UP REPORT

We had a fair kitchen wrap-up meeting on September 20th and discussed lots of good information about the fair kitchen but if you have constructive suggestions or ideas on how to make the fair kitchen more efficient and easier to work in that have not been shared from your local group yet, please share them with Pat McNally while they are fresh on your mind. *Please put your suggestions in writing and submit them to Pat by Tuesday, October 19th.*

Patsy will have a fair kitchen financial report to present at the Fall County meeting.



2022 OHCE County Committee Goal Setting

OHCE County Committee Goal Setting will be held on **Tuesday, October 19th at 10:30 a.m. in the Community Building at the Payne County Expo Center.**

Pat McNally, incoming OHCE County President, is working to secure committee members from each group for 2022-2023. We need a representative from each local group for each of the following committees:

- **Cultural Enrichment
- **Family
- **Healthy Living
- **Resource Management
- **Membership
- **Fair Kitchen
- **Nominating

If you are not currently on a county committee but you would like to serve Payne County OHCE, contact Pat (call/text) at (785)456-4827 or pmcnally@ksu.edu to let her know you would like to serve on a committee. She would love to hear from you!

GET YOUR FAIR KITCHEN LEFTOVERS

There are several leftover food items from the fair kitchen available for purchase. Here's the updated list:

- (2) 12-pk. Diet Coke/\$4.50 each
- (2) 20-pk. Diet Coke/\$7 each
- (2) 20-pk. Diet Dr. Pepper/\$7 each
- (2) Bags Chili Base (seasoned meat)/\$5 each—just add tomatoes, tomato sauce, salsa, etc.
- (19) 1# pkg. Fritos/\$2.50 each—get your Fritos and a bag of chili base and make Frito Chili Pie!
- (2) boxes with 64 individual pkgs./box Lay's Baked Potato Chips/\$35/box (or \$.55/individual bag)
- (3) 1# pkg. Ruffles Potato Chips/\$2.50 each
- (6) 2# pkg. Diced Carrots/\$2.50 each (perfect for stew.....Fall is here & Winter is coming!)
- (99) Frozen Pie Crusts/\$7 for a 5 crusts pkg. OR \$1.50/pie shell (these pie crusts are perfect for all of your holiday cream pies!)

Frozen Fruit Pies (\$18.00): (13) Cherry & (2) Mixed Berry (Thanksgiving & Christmas holidays are coming.....save yourself some time and effort! These pies are delicious!!)

These items are available on a first call or email/first serve basis. Call me at (405)747-8320 or email me at dea.rash@okstate.edu to purchase items. I will keep track of who wants what items and will make arrangements for items to be picked up at the Extension office.



Pumpkin

In season:



Summer & Fall

Lakota: wagnúzi

Pick it!

Look for a heavy pumpkin with 1 to 2 inches of stem still attached.

Avoid pumpkins with bruises or soft spots.

Should be uniformly orange with a nice, hard rind.

Lopsided pumpkins are just as good as the round ones.

Store in a cool, dark place for two months.

Try it!

Pumpkin is the most popularly used in pies.

Also used to make bars and bread and pumpkin soup.

Pumpkin seeds can be roasted in the oven for a snack.

Rinse, cut in half and roast pumpkins on a baking sheet, or steam on the stove or microwave.

After cooling, remove from the skin, and puree with a food processor or potato masher.



Types of Pumpkins

Small sugar: smaller, sweeter pie pumpkins grown to be eaten, in the winter squash family, used like an acorn squash.

Carving: Standard orange in small, medium, or large sizes, usually used for holiday decor but may be eaten.



Did you know...

Sodium and potassium create a balance in the body to make muscles contract, transmit nerve impulses, and regulate blood pressure and heartbeat.