

Newsletter

FAMILY & CONSUMER SCIENCES

Cooperative Extension Service
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OCTOBER 2009

Dear Jessamine County Homemaker,

This is your October newsletter, there is so much going on we had to focus on one month this time! Enclosed with your newsletter you will find several flyers. If you would please share this information with people in your neighborhood, workplace, or other groups you belong to, you will be helping us get the word out! I hope you will enjoy the fall, the changing of seasons and I hope you will grab a cup of apple cider and reading your newsletter!



Marisa Aull

Marisa FitzGerald Aull
Jessamine County Family and Consumer
Sciences Agent

Programs, Meetings and Events

OCTOBER

October 3rd – K9 2k for a Cure – see attached flyer
October 3rd – Fall Quilt Show – see attached flyer
October 7th – 10 am – Boyle County – KEHA state meeting planning committee
October 8th – Councils 101 – open to all club and county officers. Please call and RSVP at 885-4811.
October 11th – 2nd Sunday – see attached flyer
October 15th – 6:30 PM at the Ag Learning Center – “Long Term Care, it’s more than just picking your nursing home!” This program will be presented by Randall Chewning and will offer participants an opportunity to look at planning for the future. This program is free and open to the public. Each participant will receive UK Extension publications and refreshments will be served. Pre-registration is required by calling 885-4811 by October 13th.
October 16th – 11 am – Senior Center – Fall Apples
October 16th – noon – 1pm – Go Green, Eat Spinach Join us as we sample recipes that use spinach as an ingredient and we discuss the health benefits of “going green and eating spinach.” This program is free and open to the public, but pre-registration is required by calling 885-4811 by October 14th.
October 20th – Anderson County – Fort Harrod Area Annual Meeting “Fall into Homemakers”
October 24th – Jessamine County Community Health Fair – see flyer

OFFICE CLOSED – In celebration of
Thanksgiving, our office will be closed November
26th and 27th.

October 29th – 9:30 .m.

“Cooking 101 for Diabetes” Leader Training at Ag Learning Center.

Downtown Doozies – no information

Edgewood Evening – Trish Bryant

4-H Mothers – Elizabeth Hunter

Friends & Neighbors – no information

Happy – Jo Willis

Hearts-N-Hands – Liz Adkins

Senior Citizens – no information

Town & Country – Nancy Smith & Lil Rhineheimer

October 30th – Spooky Time on Main presented by Nicholasville Now! For more information, call: **(859) 881-3820.**



Don't forget – if you are attending the Fort Harrod Area meeting, please bring old denim to donate for the Denim Drive. The denim is being used to make insulation for new houses that were destroyed by Hurricane Katrina.



Pumpkin History

The University of Illinois Extension publication
“Pumpkins and More”

References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for "large melon" which is "pepon." "Pepon" was nasalized by the French into "pompon." The English changed "pompon" to "Pumpion." Shakespeare referred to the "pumpion" in his *Merry Wives of Windsor*. American colonists changed "pumpion" into "pumpkin." The "pumpkin" is referred to in *The Legend of Sleepy Hollow*, *Peter, Peter, Pumpkin Eater* and *Cinderella*.

Native Americans dried strips of pumpkin and wove them into mats. They also roasted long strips of pumpkin on the open fire and ate them. The origin of pumpkin pie occurred when the colonists sliced off the pumpkin top, removed the seeds, and filled the insides with milk, spices and honey. The pumpkin was then baked in hot ashes.

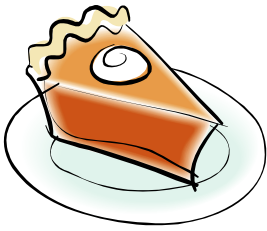


Pumpkin Facts

- Pumpkins contain potassium and Vitamin A.
- Pumpkins are used for feed for animals.
- Pumpkin flowers are edible.
- Pumpkins are used to make soups, pies and breads.
- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- Pumpkins are members of the vine crops family called cucurbits.
- Pumpkins originated in Central America.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- Pumpkins were once recommended for removing freckles and curing snake bites.
- Pumpkins range in size from less than a pound to over 1,000 pounds.
- The largest pumpkin ever grown weighed 1,140 pounds.
- The name pumpkin originated from "pepon" – the Greek word for "large melon."
- Pumpkins are 90 percent water.
- Pumpkins are fruit.
- Eighty percent of the pumpkin supply in the United States is available in October.
- In colonial times, Native Americans roasted long strips of pumpkin in an open fire.
- Colonists sliced off pumpkin tops; removed seeds and filled the insides with milk, spices and honey. This was baked in hot ashes and is the origin of pumpkin pie.
- Native Americans flattened strips of pumpkins, dried them and made mats.
- Native Americans used pumpkin seeds for food and medicine.

A twist on an old favorite...

Pineapple Pumpkin Pie



This recipe is from South Dakotas Diabetes Control Program cookbook, *Healthy Diabetes Recipes and More . .*

Filling:

2 envelopes unflavored gelatin
3 tablespoons cool water
1/4 cup boiling water
1 16-ounce can pumpkin
1 8-ounce can crushed pineapple in juice
2 tablespoons sugar
1 cup milk
1 1/2 teaspoons cinnamon
1/8 teaspoon ground cloves
2 teaspoons vanilla

Crust:

1 cup graham cracker crumbs
2 tablespoons melted margarine
2 tablespoons sugar

Mix all of the crust ingredients together and pat into a 9-inch pie pan. Soften the gelatin in cool water for 5 minutes. Add boiling water and stir until the gelatin is completely dissolved. Put the gelatin mixture and all of the other filling ingredients in a blender and blend until smooth and frothy. Allow the mixture to stand until slightly thickened before pouring into the graham cracker crust. Pour filling into crust. Chill for at least 3 hours before serving.

Makes 8 servings. Nutritional Information (1 serving):

Calories: 172 Carbohydrates: 30 grams

Protein: 5 grams Fat: 5 gram

Saturated fat: 1 gram Cholesterol: trace

Fiber: 3 grams Sodium: 138 mg

Potassium: 268 mg Calcium: 71 mg

Exchanges: 1 starch, 1 fruit, 1 fat

“Time for Tea”


2009 Jessamine County Officer Training





OCTOBER

CALENDAR

DATE	ACTIVITY	TIME	LOCATION
3	K9 2K RACE FOR A CURE	9:45 A.M.	LAKE MINGO
3	FALL QUILT SHOW	10:00 A.M.	NICHOLASVILLE CHRISTIAN CHURCH
5	TOWN & COUNTRY	6:30 P.M.	AG LEARNING CENTER
7	KEHA STATE MEETING	10: 00 A.M.	BOYLE COUNTY
8	COUNCILS 101	10:00 A.M.	AG LEARNING CENTER
11	2 ND SUNDAY	2:00 P.M.	WJHS & EJHS
13	HEARTS N HANDS	10:00 A.M.	JUNE JENSON
13	DOWNTOWN DOOZIES	5:00 P.M.	AG LEARNING CENTER
15	FRIENDS & NEIGHBORS	6:30 P.M.	AG LEARNING CENTER
15	LONG TERM CARE	6:30 P.M.	AG LEARNING CENTER
16	SENIOR CITIZENS	10:00 A.M.	SENIOR CITIZENS CENTER
16	GO GREEN, EAT SPINACH	12:00 NOON	AG LEARNING CENTER
19	EDGEWOOD EVENING	6:30 P.M.	TRISH BRYANT
20	FT HARROD AREA HOMEMAKER MTG		ANDERSON COUNTY
20	HAPPY – NOTE NEW DATE	7:00 P.M.	JO WILLIS
21	4-H MOTHERS	9:30 A.M.	LYNN JOLLY
24	JESSAMINE COMMUNITY HEALTH FAIR	9:00 A.M.	AG LEARNING CENTER 29
29	LEARDER TRAINING-DIABETES	9:30 A.M.	AG LEARNING CENTER
30	SPOOKY TIME ON MAIN		CALL 881-3820 FOR MORE INFO
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CLUB CORNER:

HAPPY HOMEMAKERS WILL MEET OCTOBER 20TH BECAUSE OF FALL BREAK.