

# The Extension Cord for Fulton County HHS

## September/October 2019



*I will be retiring from Purdue Extension Service on September 30, 2019 as HHS Extension Educator for Fulton County. I will deeply miss my work and friends.*

*I thank each one of you for all your support, guidance and assistance. The friendships and associations I've made here will remain forever.*

*My husband and I will be returning to southern Indiana (near Rising Sun) where we own property on the Ohio River. It will be great to be with our children and grandchildren once again. I wish you all and Fulton County Extension Homemakers a bright future and thank each one of you once again. My contact information is [nahudson2@outlook.com](mailto:nahudson2@outlook.com). Thank you,  
Nancy*

**"Retirement is not the end of the road. It is the beginning of the open highway."**

**Author Unknown**



Families are Indiana's most precious resource. As an Extension Homemaker member, you will have the opportunity to study topics that will benefit your family. You'll learn the latest research, including information about the nutrition value of foods, financial resource management and enhancing family living. Call Fulton County Cooperative Extension Office at 574-223-3397 or ask any member of the Fulton County Extension Homemakers group to find out how you can become a member of an Extension Homemaker club near you.



Just a friendly reminder to mark your calendar now for the 2020 IEHA Home and Family Conference in Indianapolis for June 1-3, 2020 at the Embassy Suites Plainfield. Fun things are being planned: lessons, workshops, tours, new logo items. Ideas to share and friends to be made. Save the date.

### Extension Homemaker Dates

- Sept. 4: EH Council Meeting - 7 pm
- Sept. 12: Kokomo District EH Meeting: Carroll Co.
- Oct. 20-26: IEHA Week
- Oct. 26: Make a Difference Day
- Oct. 26: Country Craft Show/Fairgrounds
- Mar. 24: Kokomo Spring District Meeting: Cass Co.

### Fulton County Extension Homemaker Clubs

- Busy Bells - Meets 2nd Thursday night  
President: Barbara Neighbor
- Choral - Meets 1st, 3rd, & 5th Monday nights; President: Linda Wade
- Home Preservation - Meets 1st Thursday night; President: Jill Strasser

*sign  
up  
now*

## Autumn Produce September through November

The Dietary Guidelines for Americans recommend increasing fruits and vegetables in the U.S. diet. As summer fades into fall, cool-season crops are once again in season. You can find fresh fruits and veggies at farmers markets, roadside stands, and grocery stores across Indiana. Let's investigate Pumpkins and Winter Squash in this column.

### Selecting Pumpkins & Winter Squash



Select pumpkins that are mature, firm, and rich orange. To test for maturity, press your thumbnail against the skin.

Mature pumpkins have a tough skin that cannot be punctured easily with your fingernail. Avoid cracked, decayed, or badly scarred pumpkins.

Choose winter squash that are firm, heavy for their size, and have dull, not glossy, rinds. The rinds should be hard. Avoid winter squash with signs of decay, as this may indicate moldiness.



### Preparing Pumpkins & Winter Squash

Pumpkins can be prepared in many ways. To roast in the oven, cut pumpkin in half, scoop out the seeds and strings, and bake at 325°F with cut side down until pumpkin skin pierces easily (an hour or two). Once pumpkin is cool, scoop out flesh from skin. Discard skin. Mash or puree pumpkin flesh to use for your favorite recipes. The seeds can be roasted on a shallow baking sheet at 250°F for 10-15 minutes. Salt if desired.

Winter squash can also be prepared in a variety of ways. To roast, pierce the squash near the stem with a knife to allow steam to escape. Bake in the oven at 350°F for 45 minutes to one hour, until a knife can be easily inserted near the stem. Cut out a small circle around the stem, remove this piece from the squash, and scoop out the seeds and fibrous material in the cavity.

### Storing Pumpkins & Winter Squash

Store whole, mature pumpkins in a dry, airy place with 60-70% humidity for up to several months. Handle pumpkins carefully to avoid surface damage, which will lead to decay. Pumpkins show any kind of spoilage should be thrown away.

Winter squash has a much longer storage life than summer squash. Depending upon the variety, it can be kept from one week to 6 months. The ideal temperature storing winter is 50-60°F.

## Vegetables Available in Autumn in Indiana

Basil & Fresh Herbs	Beets	Broccoli
Brussels Sprouts	Cabbage	Carrots
Cauliflower	Collard Greens	Green Beans
Lettuce	Lima Beans	Mushrooms
Onions	Potatoes	Pumpkins
Radishes	Spinach	Sweet Potatoes
Turnips	Winter Squash	

## Fruits Available in Autumn in Indiana

Apples	Cantaloupes
Grapes	Pears
Raspberries	Watermelons

# Cook's Corner



## Pumpkin Bread

(Yield: 32 servings)

### Ingredients:

- 1 can pumpkin (15 ounce)
- 1 cup sugar
- 1/4 cup vegetable oil
- 1 cup yogurt, plain low-fat
- 1 1/2 cup flour (all purpose)
- 1 1/2 cup whole-wheat flour
- 2 tsp. baking powder
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1/2 tsp. salt
- 1 cup raisins

### Instructions:

1. Preheat oven to 350°F.
2. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt.
3. In a medium bowl, combine the flours, baking powder, baking soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened.
4. Stir in raisins
5. Pour into two greased 9x5x3-inch loaf pans and bake for about 1 hour.
6. Cool on a wire rack for 10 minutes; remove from pan and cool completely.

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## Butternut Squash with Black Beans

Yield: 6 servings

### Ingredients:

- 1 butternut squash (small)
- 1 tsp. vegetable oil
- 1 onion (small, chopped)
- 1/4 tsp. garlic powder
- 1/4 cup red wine vinegar
- 1/4 cup water
- 2 cans black beans (16 oz. each, rinsed & drained)
- 1/2 tsp. oregano

### Instructions:

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully peel the squash with a vegetable peeler or small knife.
3. Cut the squash into 1/2-inch cubes.
4. Peel and chop the onion.
5. In a large pan, heat the oil. Add the onion, garlic powder, and squash.
6. Cook for 5 minutes on medium heat.
7. Add vinegar and water. Cook on low heat till the squash is tender, about 10 minutes.
8. Add the beans and oregano. Cook until the beans are heated through.

IEHA is promoting **L.O.V.E. of Family** during 2019-2020. State IEHA President Anne Moore will encourage members to promote family during the year. The letters of **LOVE** will be broken down into 3-month segments where counties will be encouraged to sponsor family educational opportunities!

**L** = Literacy (July-September)

**O** = Opioid (October-December)

**V** = Volunteer (January-March)

**E** = Education (April-June)

Look for additional information at the Fall District Meeting in Carroll County on September 12, 2019.

If you have any questions, please call the office!

*Nancy*

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