



— LIVING WELL —

Raising Kids, Eating Right Spend Smart, Live Well

Reasons to Get Pumped for Pumpkins

October is National Pumpkin Month! Let's discover the many benefits of this nutritious fruit.

- Pumpkins are an excellent source of vitamin A and a good source of fiber and other essential nutrients.
- Pumpkins are a member of the Cucurbitaceae family, which also includes squash, cantaloupe, cucumbers, watermelon, and gourds.
- While botanically they are considered a fruit due to their seeds, they are classified as a Red and Orange Vegetable in MyPlate.
- It is recommended that young children eat 2 ½ - 3 cups of Red and Orange Vegetables, such as pumpkin, each week.
- Canned pumpkin can be used in baked goods, smoothies, pancakes and waffles, soups, dips, and pudding. If you don't use all of the pumpkin, freeze it in freezer-safe bags for later.



Fun Fact

You can eat the pumpkins used for fall decorations as long as the gourd is in good condition and hasn't been carved, it can be used in any recipe.

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That Jack-O-Lantern Can be eaten.

Can that large pumpkin sitting on your front porch still be used for eating? Sure — if it is in good condition and hasn't yet been carved. Pumpkins typically used for jack-o'-lanterns usually are larger, with stringier pulp and more watery flesh. However, you can still eat the jack-o-lantern variety with fairly good results.

If you're buying a pumpkin specifically for eating, the smaller ones are usually the best. These sugar or pie pumpkins generally are sweeter, less stringy and have a deeper, richer color. Pumpkin seeds from any pumpkin can also be dried and roasted.

How do you prepare fresh pumpkin for making a pumpkin pie or pumpkin bread?

1. Wash hands with soap and water.
2. Wash the outer surface of the pumpkin thoroughly before cutting to remove any surface dirt that could be transferred to the inside of the pumpkin. Remove the stem with a sharp knife.
3. Cut the pumpkin in half to make it easier to scoop out the seeds and scrape away the stringy mass. Cut the pumpkin into chunks.
4. Cook until soft in boiling water, in steam, in a pressure cooker, in a microwave or in an oven. Check for doneness by poking with a fork.
5. Drain the cooked pumpkin. Remove pulp from rind and mash. To cool, place pan containing pumpkin in cold water and stir occasionally. Refrigerate and use within 3 to 4 days.
6. Pumpkin puree freezes well. Measure cooled puree into one cup portions. Place in zip closure bags or rigid freezer containers. Leave a half inch of space at the top of the containers. Label and date each container. Freeze for up to one year. Use the puree in recipes or substitute in recipes calling for canned pumpkin in the same amount.

Pumpkin Pudding

1 can (15 ounces) pumpkin or 2 cups cooked mashed squash (such as Hubbard)

1/8 teaspoon salt

2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)

1 1/2 cups nonfat or 1% milk

1 package (makes 4 servings) instant vanilla pudding mix

In a large bowl, mix pumpkin, salt and pumpkin pie spice together. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time. Refrigerate leftovers within 2 hours.



Upcoming Events

Parker County Extension Education Happenings

Come join us and be a part of our clubs or associations or our other activities.

Parker County Extension Club Meetings:

- **Bethel Harmony Extension Education Club** meeting – 2nd Tuesdays, 10:00 a.m. For more information call: Karen Rutherford at 817-757-6152
- **Country Crossroads Extension Education Club** meeting – 3rd Thursdays, 10:00 a.m. For more information call: Alice Clayton at 682-201-7088
- **Springtown Extension Education Club** meeting – 2nd Wednesdays, 10:00 a.m. For more information call: Ola Culwell at 817-343-1337

Mark your calendar now! -

Home for the Holidays – November 28, 2023 at Central Christian Church

Cooking Well with Diabetes

October 26, November 2 and 9, 2023

6:00 p.m.

Azle Memorial Library, Azle, Texas

Learn about how meal planning and food preparation can influence diabetes. Learn how to control with food preparation and eating tips. Recipes and food to taste.

This is a free class

Safe Sitter Class

For Youth 11-14 years of age.

Learn the basic of babysitting including taking care of a young child, first aid and CPR.

November 21, 2023

9:00 a.m. to 3:00 p.m.

Parker County Extension Office

\$50.00 per person. Includes training, workbook, and lunch.



Cooking Under Pressure & Air Fryer Workshop

Tuesday, October 10, 2023

5:30—8:00 p.m.

Parker County Extension Office
604 North Main, Weatherford, 76086

Cost: \$20 per person (cash/check only)

Workshop includes:

Hands on food preparations using the Air Fryer and Pressure Cooker, recipes and information for safely using these appliances.

To RSVP:

Call the Parker County Extension office at 817-598-6168 by October 6 to ensure we have enough supplies and food.

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TEXAS A&M AGRI LIFE EXTENSION



FOOD SAFETY
EDUCATION

Food Managers 1 Day Refresher Course and Certification

ServSafe Exam Offered

Date

Monday, Oct. 16, 2023

Time

8:30-5:00 p.m w/Exam Following

Location

Parker Co Extension

604 N. Main

Weatherford, 76086

County

Parker

Cost

\$115.00

How can this course help you?

- Understand the major causes of foodborne illness and how to prevent them
- Increase the food safety knowledge of your employees
- Improve relationships with health officials
- Upon passing the certification exam, you will fulfill state requirements for *Certified Food Manager* status.
- Topics covered include:
 - Foodborne illnesses and how they are caused
 - Food safety hazards
 - Sanitation regulations
 - HACCP
 - AND MORE!

Registration Information

Included with your registration:

- 1-Day Course
- ANSI-CFP Accredited Certified Professional Food Manager exam (CFM)- ServSafe
- "Food Safety: It's Our Business" course book in English or Spanish

You must bring an acceptable photo ID to be able to take the exam.

For more information and class details, visit:
foodsafety.tamu.edu

Do Well, Be Well with Diabetes & Healthy Carbohydrates Series

4-Class Series for Managing Type 2 Diabetes & Pre-Diabetes

Parker County Extension Office
604 North Main Street in Weatherford

Wednesdays:

October 18 & 25

November 1 & 8

9:30 a.m. - 12:00 noon

Participants must pre-register by calling:
817-598-6168

No-cost to participants—*Free Class*

Take Charge Of Your Diabetes!

- Blood Sugar
- Meals
- Medication
- Lifestyle



BETTER LIVING
FOR TEXANS



DO WELL
BE WELL
TEXAS A&M AGRILIFE EXTENSION

TEXAS A&M
AGRILIFE
EXTENSION

Diabetes is not curable, but it is manageable. With proper management, people with diabetes can keep their costs, health risks, quality of life, and productivity close to that of those without the disease.

Through the Healthy Carbohydrate & Do Well Be Well, You Can:

- Find the right number of carbs for your healthy goal
- Learn how to incorporate carbohydrates into our meals
- Improve your blood sugar & A1C levels
- Enjoy a flexible meal plan
- Prevent & reduce complications
- Get the encouragement you need



Get the facts from health professionals -

The curriculum is consistent with the American Diabetes Association Standards

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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

COFFEE & TEA & CONNECTING

**Monday, October, 23,
2023**



10:00 a.m.

**Parker County Extension
Office
604 North Main St.
Weatherford, Texas**

Join us and connect with others.
All women young and old
Children are welcome with adults.

**TEXAS A&M
AGRI LIFE
EXTENSION**

Worried holiday weight gain will weight you down?

Americans tend to gain between 1 and 5 pounds each holiday season and then not lose it after. Over time, this weight adds up. Therefore, we invite you to join the . . .

Maintain, HOLIDAY No Gain! Challenge

Eat Smart, Move More, Maintain, No Gain!

Rather than focusing on trying to lose weight, this FREE 7-week challenge provides participants with tips, tricks, and ideas to help maintain your weight throughout the holiday season.

The Holiday Challenge runs from November 13—January 1

- Weekly Newsletters
- Daily Tips
- Survive a Holiday Party
- Host a Healthy Thanksgiving
- Manage Holiday Stress
- Weekly Challenges
- Healthy Holiday Recipes
- Prizes ad Weekly Winners
- Support through Social Media
- Share progress on [Facebook](#)

Sign Up Today! It's Budget Friendly! It's Easy!

Register by emailing: kl-smith@tamu.edu
Kathy Smith, Parker County FCH Agent
Phone: 817-598-6168

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The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

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