

Cooperative Extension Service OGAN FMAK

In this Tssue:

Mark Your Calendars 1 Traininas 3-5 Highlights 6-7 KSU - Apples Pumpkin Pasta 8 9 Lessons 10 Pumpkin Butter

> Family & Consumer Sciences Agent for Logan County



Rachel Hance

Logan County Extension Service 255 John Paul Ave. Russellville, KY 42276 270-726-6323

2025. All county officers/chairmen invited to attend. • Your annual Homemaker dues of \$12 are due to the Logan County

Extension Office by December 1, 2025!

Mark Your Calendars!

Mammoth Cave Area Homemaker Annual Day October 16, 2025.

• Mammoth Cave Area Homemaker Leadership Training October 30,

 Logan County Homemaker Council Meeting / Christmas Party is December 9, 2025.

4-H Reality Store

The 4-H Reality Store is scheduled for November 10, 13-14 at the Logan County Extension Office. If you would like to volunteer at that event for any length of time please let me know so I can get your name added to the volunteer list.

Homemaker Leadership Training

The Mammoth Cave Area Homemaker Leadership Training has been scheduled for Thursday, October 30, 2025 at the Warren County Extension Office. This training will begin at 10 AM and will conclude by noon. All county officers and chairmen are encouraged to attend. Please let the Extension Office know whether or not you will be able to attend.

Cooperative **Extension Service**

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE. FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating Lexington, KY 40506





Homemaker Club Meetings

FOLLOW THE LOGAN COUNTY EXTENSION HOMEMAKERS
ON FACEBOOK!

Any changes in leader trainings will be announced!

O & H Homemakers President Donna Washington 270-893-1467 Meets 3rd Monday @ 2:30 PM

South Union Meets 2nd Wednesday @ NOON

Neighbors President Emily Hayes 270-542-4287 Meets 4th Tuesday @ 11 AM

Sew Fun Quilting Homemakers President Sue Jordan 270-542-6403 Meets 3rd Saturday 9 AM—3 PM

Corinth
President Sharon Travis
270-539-4604
Meets 3rd Thursday @ 10 AM

If your club has participated in an outing, event or activity that you would like to highlight in our monthly newsletter please feel free to send me information and pictures!

Homemaker Leader Trainings

October Leader Training
Christmas Decorations from Natural
Resources" Multi-County Lesson
See flyer included in this newsletter

November Leader Training

"Decorative Gift Wrapping"

Multi-County Lesson

See flyer included in this newsletter

No December Leader Training

No leader training

ATTENTION ALL MEMBERS AT LARGE AND ALL NEW MEMBERS:

OUR CLUBS WOULD LIKE TO INVITE YOU TO ATTEND THE MEETING DAY OF YOUR CHOICE, WHICHEVER WORKS BETTER FOR YOUR BUSY SCHEDULE.

A LITTLE
PROGRESS EACH
DAY ADDS UP
TO BIG RESULTS







During their September monthly meeting. Corinth Homemakers took time to do a craft project making button pumpkins!







MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

DATE

Flavors of Fall: Apples

There is nothing better than a bite from a sweet, crisp apple especially if it is picked right off the tree. Farmers markets in Kentucky have fresh apples available from as early as July to as late as November. Most varieties are either green, yellow, or red.

While historians believe the apple originated in Asia, early settlers planted apple trees in the United States in the 1700s. U.S. Apple reports there are more than 100 apple varieties grown commercially, and 90 percent of the production is 1500.



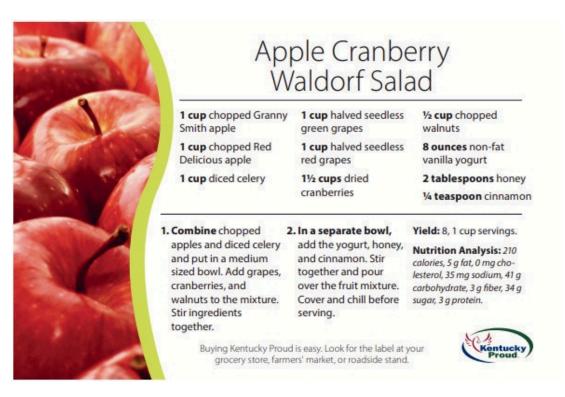
While a fresh apple is best, apples are successfully kept in controlled-atmosphere (CA) storage that regulates the temperature and the atmosphere. CA storage seals the apples in an environment that is around 2 percent oxygen and carefully manages temperature, humidity, nitrogen, and carbon dioxide. Since apples continue to ripen after they are picked, CA storage slows this process, essentially putting the apple to sleep. This allows for extended storage of four to six months, meaning most apples you see at the store out of season have been stored this way. Which apples should you buy? That depends on what you are using the apples for — cooking, baking, drying, or eating raw. To cook with them, use these measurements: one pound of apples is equal to two large, three medium or four small apples; that one pound of apples yields three cups of diced fruit or two cups of peeled, sliced fruit; and two pounds of apples is enough for a 9-inch pie. Apples recommended for pies and applesauce include Braeburn, Jonagold, Cortland, Winesap, or McIntosh. For baking, try Fuji, Winesap, Granny Smith, and Rome. Gala apples are great for drying.

Look for apples that are free of bruises and firm to touch. To store small amounts of apples for one to four weeks, place in the refrigerator away from strong odors. Apples stored at room temperature will soften about 10 times faster than if refrigerated. For eating, try the varieties of McIntosh, Fuji, Red Delicious, Gala, Crispin, Braeburn, or Honeycrisp. There are many other popular varieties available at your local markets that could become your favorites, if you just try them.

One medium apple with skin counts as a fruit serving according to USDA's MyPlate and contains about 95 calories. An apple supplies 14 percent of your Daily Value (DV) of vitamin A and 11 percent of the DV of vitamin C. Antioxidants, such as vitamins A and C help prevent excessive free radical damage, which research shows reduces the risk of chronic disease.

Since they are rich in pectin and mild acids, apples help digestion, including a healthy dose of prebiotics. Each apple averages four grams of fiber which helps to slow digestion. In a large study reported in JAMA Internal Medicine, participants who ate at least one small apple per day required fewer doctor visits, hospital stays, and prescription medications than those who didn't eat apples. The old adage of an apple a day, keeps the doctor away, may well be true.

Try this recipe for a flavorful fall salad made with apples!



References:

www.usapple.org/the-industry/apple-varieties https://www.choosemyplate.gov/eathealthy/fruits

Davis, M.A., Bynum, J.P.W., Sirovich, B.E. (2015). Association Between Apple Consumption and Physician Visits. JAMA Internal Medicine, 175(5), 777-783.

Source: Dr. Sandra Bastin, RDN, LDN, Extension Professor, Foods and Nutrition Specialist

Megan Treadway

Area Extension Agent for Family and Consumer Sciences

400 East Main Avenue, Bowling Green, KY 42101

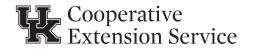
(270) 282-0982

megan.treadway@kysu.edu



KYSU.EDU/AG | @KYSUAG

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Kentucky State University, University of Kentucky, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Cheesy Pumpkin Pasta Bake





This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 5 minutes Cook time: 35 minutes

- Nonstick cooking spray
- 2cupsdrypennepasta (or any short pasta such as bowtie)
- 11/2tablespoonsunsalted butter, divided
- 1 small, sweet onion, diced
- 1can(15ounces)pumpkin puree (not pumpkin pie filling)
- 1 cup low-fat milk
- 1cupsharpcheddarcheese, shredded
- 1/2cupgratedparmesan cheese, divided
- 1teaspoondried thyme
- 3/4teaspoon salt
- 1/2teaspoon ground black pepper
- 3/4teaspoon nutmeg (optional)
- 3/4cup panko breadcrumbs
- **1.** Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2. Preheat oven to 350 degrees F.
- **3.** Spray a 2-quart baking dish with nonstick cooking spray and set aside.
- **4.** Cook pasta according to package instructions. Drain and set aside.

- **5.** While pasta cooks, in a large skillet over medium heat, melt half of the butter. Add the onion and cook until tender, about 3 to 5 minutes.
- 6. Reduce heat to low and add the pumpkin puree, milk, cheddar cheese, 1/4 cup parmesan cheese, thyme, salt, pepper, and nutmeg (if using) to the skillet. Stir to combine until cheese is melted and the sauce is smooth. Add
- the pasta to the sauce and gently combine. Pour into the prepared baking dish.
- **8.** Melt the remaining butter in a small bowl and add panko breadcrumbs. Stir to combine and sprinkle evenly over the pasta.
- **9.** Bake uncovered for 20 to 25 minutes or until heated through.
- **10.** Sprinkle with the remaining 1/4 cup parmesan before serving. Refrigerate leftovers within two hours.

Makes 8 servings Serving size: 1 cup Cost per recipe: \$13.09 Cost per serving: \$1.64

Nutrition facts per serving:

240 calories;9gtotal fat; 5gsaturatedfat; 25mgcholesterol; 400mgsodium;30g total carbohydrate; 3g dietaryfiber;4g totalsugars;0gadded sugars;11gprotein;0% Daily Value of vitamin D; 15%DailyValueof calcium;10%Daily Value of iron; 2% Daily Value of potassium

Source:

Adapted from Loves Grow Wild, https:// lovegrowswild. com/2014/10/cheesypumpkin-pasta-bake

Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.







Pumpkin Butter is a Great Fall Treat!

Pumpkin butter is a fall favorite. It is similar to apple butter in that pumpkin is slowly cooked down with water or apple juice, white or brown sugar, and some spices. However, there is a big difference between pumpkin butter and apple butter. Apple butter can be safely canned in a boiling water bath canner while pumpkin butter cannot. Pumpkin butter must always be refrigerated or frozen. Fruit jams, jellies, preserves, and butters rely on the acid that is naturally present in the fruit, along with sugar, for safe food preservation. Apples are naturally acidic. Pumpkins are not. Pumpkins are a low-acid vegetable. Without the acid to aid in safe food preservation, you cannot rely on sugar alone to prevent the growth of pathogens.

Research has shown that acidity levels vary considerably even between batches of pumpkin butter made using the same recipe. In addition, there was significant difference in thickness between batches of the same formulation. No single recipe has been found to produce a consistently safe product. At this time, there are no recommendations for canning pumpkin butter and storing at room temperature. Any pumpkin butter recipes you try should be served immediately or stored refrigerated or frozen.

Easy Pumpkin Butter
1 can (29 ounces) pumpkin puree
3/4 cup apple juice
1 cup brown sugar
2 teaspoons ground cinnamon
2 teaspoons ground ginger
1 teaspoon ground nutmeg
1/2 teaspoon ground cloves



Combine all ingredients in a large pot, and bring to a boil. Reduce heat; simmer 30 minutes or until thickened. Stir frequently. Ladle into clean containers. Serve immediately or store refrigerated.

References: National Center for Home Food Preservation

https://nchfp.uga.edu/index.html#gsc.tab=0 and

https://www.pumpkinpatchesandmore.org/pumpkinbutter.php

Source: Annhall Norris, Extension specialist, Food Preservation and Food Safety

