

Rowan County Family & Consumer Sciences



NEWSLETTER

September / October 2025

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🍁 Welcome, September and October 🍁

Fall is in the air, and comfort food is simmering on the stove. Whether you're drawn to crisp mornings, golden leaves, or cozy evenings, autumn might just be your favorite season. Let's hope for skies that stay clear, friendships that grow deeper, and moments that remind us how beautiful change can be.

As we step into Fall 2025, let's carry positivity in our hearts and offer reassurance to the family and friends who walk beside us. Here's to warmth, togetherness, and the magic of the season.

August-November is also time for 2026 Homemaker enrollment; you may want to sign up and join this year. For \$10.00 you may join a Homemaker Club, or we could develop a new club for you and your friends such as Quilt Club.

Whether you're looking for something low-key like mailbox membership or want to dive into more social experience with the Town and Country Club, it's a great way to stay engaged. And the idea of starting a new club—like a Quilt Club—is especially exciting. You could tailor it to your interests, gather a few friends, and create something special. Imagine monthly meetups, shared projects, maybe even a community quilt that tells a story. So Let's join today by filling out the attached form and mailing it to the Rowan County Extension Office, 600 West Main Street, Morehead, KY or just drop it off at the office.

See you soon, Peggy.



Peggy F. Jones

County Extension Agent for
Family & Consumer Sciences/
4-H Youth Development

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Disabilities
accommodated
with prior notification.

Pumpkin Basics

Canned Pumpkin

- Canned pumpkin is convenient and available year round.
- Unopened canned pumpkin is safe to eat for up to 5 years after the 'use by' or 'best by' date if the can has no dents, rust or swelling.
- Once opened, canned pumpkin can be kept in the refrigerator for 3 to 4 days.



Pumpkin is a very good source of vitamins A and C, potassium and fiber.



Winter Luxury



Baby Boo



Jack Be Little



Fairytale



New England Pie

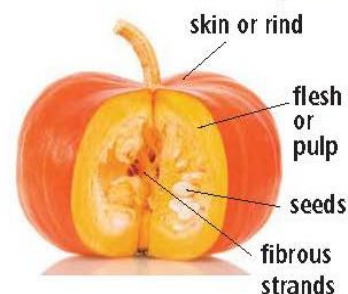


Baby Pam

Shop and Save

- ☀ Pumpkins are a type of winter squash available in October and November.
- ☀ Pumpkins grown for cooking are called "pie pumpkins" and usually weigh from 2 to 10 pounds. Their flesh makes a smooth and flavorful puree.
- ☀ Choose pie pumpkins that are firm and heavy for their size, without cracks or soft spots.
- ☀ Each pound of uncut pumpkin will provide 1 to 1½ cups of cooked puree.
- ☀ Seeds can be dried and saved for growing pumpkins next year.

The Parts of a Pumpkin



Pumpkins grown for carving are often large and have a thinner wall of flesh that can be cooked but the texture and flavor are not pleasant.

Store Well Waste Less



- Store whole pumpkins in a cool, dark and dry place for up to 3 months.
- Scrub pumpkins under running water before cutting or cooking. Once cut, wrap tightly and store in the refrigerator for up to 1 week.
- Freeze cooked or unused canned pumpkin to use later. Package in airtight containers and use within 1 year.
- Roast the seeds from any type of pumpkin.

Pumpkin Breakfast Cookies

- 1 can (15 ounces) pumpkin (1¾ cup)
- 1 cup packed brown sugar
- 2 eggs
- ½ cup vegetable oil
- 1½ cups all-purpose flour
- 1¼ cups whole-wheat flour
- 1 Tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- ¼ teaspoon ground ginger
- ½ teaspoon salt

- 1 cup raisins or other dried fruit
- 1 cup chopped nuts, any type

Preheat oven to 400 degrees F. In a large bowl, stir together pumpkin, brown sugar, eggs and oil. Mix well until smooth. In another bowl, stir the flours, baking powder, cinnamon, nutmeg, ground ginger and salt together. Add to the pumpkin mixture and mix well. Stir in raisins and nuts. Drop the dough by a tablespoon on to a greased baking sheet, 1 inch apart. Gently flatten each cookie with the back of a spoon. Bake 10 to 12 minutes until tops are dry and begin to brown. Makes 48 cookies.

Source: Foodhero.org/Oregon State University

Family Fun Through Active Play

Staying active is part of a healthy life for all ages. Here are some fun ways to get moving together as a family.

- **Animal walks:** Support your child to mimic animal movements like crab walks, bear crawls, or frog jumps. This adds fun while staying active.
- **Obstacle course:** Use household items like chairs, cushions, and boxes to make a course. Time your child as they steer through the course. Make it daring, fun.
- **Dance party:** Have an unplanned dance party where you can move freely to your favorite music. It's a great way to boost your mood and get the heart pumping.
- **Nature scavenger hunt:** Take a walk in the park or our backyard with a list of items to find leaves, rocks, or flowers.

Source: Healthy Choices Newsletter July/August 2025

Shopping Tips When Cooking for 1 or 2

Buying food in bulk or large packages might be cheaper, but if you throw out half of the food, it can be more costly than buying a smaller amount. Plus, buying smaller portions will allow you to enjoy more types of food. If you choose to buy in bulk, try to buy when the food is on sale for the most savings. Be sure to plan how to safely store foods to keep them fresh and cut food waste. Buy single packaged servings of items when it makes sense. Try wrapped cheese slices, single containers of low-sodium soup, or small bowls of fruit in 100% juice. Read the label on canned foods

to choose ones lower in sodium, saturated fat, and added sugar. Compare prices to see if food items fit in your budget. Source: Healthy Choices Newsletter July/August 2025

Nutrition As We Age

Good eating habits across the lifespan help prevent long-term health issues. It is never too late to support healthy eating. Older adults face higher risks of health issues like heart disease, cancer, and weak bones. These risks are due to changes in metabolism and loss of muscle and bone mass. The good news is these risks can be reduced by eating healthy foods and staying active.

While older adults often don't need as many calories, their need for nutrients is high. Older adults are also faced with life-long health issues. Some people use lots of meds. As we get older the makeup of our body often changes. Eating healthy and making each bite count is very helpful in this age group.

Key points for older adults

- **Eat a balanced diet.** Older adults should eat more fruit, vegetables, whole grains, and dairy while cutting down on added sugars, saturated fat, and salt.
- **Eat enough protein.** Protein helps prevent the loss of lean muscle mass. Often, older adults don't get enough protein. Most older adults get the right number of meats, poultry, and eggs, but it is also good to eat more seafood, dairy, and beans, peas, and lentils. These protein sources add calcium, vitamin D, vitamin B12, and fiber. The ability to absorb vitamin B12 can decrease with age and with certain meds. Older adults should eat high foods in B12. They should talk with their doctor about the use of supplements to raise vitamin B12 intake.

Source: Healthy Choices Newsletter July/August 2025

Food joke: Why shouldn't you tell secrets in a cornfield? Answer: *There are too many ears!*

Source: Foodhero.org/Oregon State University



Talking about money isn't always easy. Maybe you grew up in a household that talked openly about finances. Or, perhaps money was something not discussed with children. Now as an adult, financial conversations are stressful. If you share expenses with someone, having healthy money conversations can reduce stress and improve relationships. Healthy communication about money can also increase your family's financial well-being, which means having financial security and financial freedom of choice in the present and the future.

Don't Skip Money Talks

How and when to bring up money conversations may seem tricky. Will it cause tension? Will it start a fight? These fears can make it tempting to avoid topics. But avoiding those talks doesn't make financial challenges go away. Instead it often increases stress. Research suggests financial stress can cause poor sleep, headaches, trouble concentrating, anxiety, depression, or even hopelessness. Conversely, healthy financial conversations can increase relationship satisfaction, create shared goals, reduce conflict, and buffer stress.

Whether talking with a spouse, parent, or child, start money conversations from a place of curiosity and ask open-ended questions like those below. This fosters connections and invites thoughtful responses. It shows that you care about the person, and not just the "money."

- How do you feel when we talk about money?
- What is something you'd like to save for this year?
- How do we decide what is important to spend money on?
- Is there anything you'd like us to do differently with our money?

As you talk through money topics and values, take turns answering questions, be honest in your responses, and try not to interrupt. Listen carefully so all points of view are heard.

"Money Conversation Tips"

- **Pick a good time.** Don't talk when you're rushed, tired, or upset. Choose a quiet time when you can focus.
- **Be kind and clear.** Use "I" statements like, "I feel worried about our credit card bill." Don't blame or generalize.
- **Work toward a goal.** Whether paying off debt or planning a vacation, it is easier to talk about money when working toward something positive.
- **Use tools to help.** Use digital resources like PowerPay (<https://ukfcs.net/USUPowerPay>), a free debt reduction tool from Utah State University Extension that offers personalized debt elimination plans.
- **Don't tackle everything at once.** Take one step at a time. Start with topics that will move you closer to a financial goal.
- **Ask a professional.** If talking about money leads to fights or hurt feelings, it may be helpful to visit a financial therapist or counselor.

Communicating Through Conflict

It is normal to have different opinions about money - from small things like how much to spend on vacations, hobbies, gifts, or groceries to larger things like estate planning, saving for retirement, or paying off debt. Rather than waiting for a money emergency to start a conversation, have regular check-ins scheduled on your calendar. Talking regularly about money helps everyone stay on the same page.

Source: MoneyWise Newsletter August 2025



IT'S NOT TOO LATE TO DEVELOP A HOLIDAY BUDGET

The holidays are quickly approaching. While holidays give people time to spend with loved ones, all the extra purchases for gifts, food and decorations can quickly escalate. If you have not been saving all year, you might be starting to feel the financial pinch that can come with the season.

Developing a budget can help start your financial preparation for the holidays. Budgets give you a great idea of the amount of money you will need to get through the holidays and will help you avoid impulse buying. It is important for you to include all holiday purchases when developing a budget. Think of all the events, travel, charitable donations and gifts that you have planned for the season.

Remember to list food and other entertainment costs if you plan on hosting holiday celebrations. Be sure to list each person you plan to give a gift to and the amount you plan to spend on them—no matter how small.

Once you have established a budget, review it. If you are not comfortable with the amount of money the season's festivities are going to cost, a budget can help you find areas where you can make cuts. For example, maybe you can make decorations instead of buying them or use your own utensils, plates and glasses instead of purchasing paper or plastic. You may also have some people on your gift list that might enjoy a non-monetary gift, (like assistance completing a project or just your time). If you still need to tighten your belt further, prioritize your purchases. Your family may rather have a big meal together than lots of presents.

Remember your budget as you head to the stores. Consider keeping a copy of the budget in your wallet to keep you on track and to avoid impulse purchases. Try to use cash or your debit card whenever possible to avoid paying interest on credit card purchases well after the season has ended.

Source: Alex Elswick, Extension Associate for Family Resource Management/UK Exclusive November 1, 2018.

KIDS PAGE



FALL SEASON



WORD SEARCH

Find the words listed below and mark them.

R	A	K	E	B	P	U	M	P	K	I	N
C	C	E	G	J	I	L	O	N	S	S	M
H	F	D	H	K	N	M	A	P	Q	W	U
E	L	E	A	V	E	S	C	R	U	E	S
S	C	A	R	E	C	R	O	W	I	A	H
T	S	U	W	Y	O	X	R	A	R	T	R
N	V	T	Z	U	N	Y	N	E	R	E	O
U	H	E	D	G	E	H	O	G	E	R	O
T	Z	Q	U	M	B	R	E	L	L	A	M

- SCARECROW
- PINE CONE
- ACORN
- PUMPKIN
- LEAVES
- MUSHROOM
- SQUIRREL
- HEDGEHOG
- RAKE
- CHESTNUT
- SWEATER
- UMBRELLA





Make HALLOWEEN Safe & Sweet

Halloween is just around the corner and children will be transformed into princesses, cowboys, superheroes and an assortment of other characters. Doorbells will ring and sweet voices will yell, “trick or treat,” as tossed candy echoes off plastic pumpkins. While Halloween is a joyous occasion for most children, it can be stressful for parents trying to control the amount of sugar and candy their child consumes.

Many parents are making concerted efforts to cut back on sugar for a variety of reasons including reducing cavities, eliminating excess calories and improving overall health.

When selecting treats for all the visiting goblins, consider alternatives to candy such as prepackaged snack bags of pretzels, sugar-free gum, granola bars or small boxes of cereal. Non-food items such as pencils, spooky erasers, small bottles of bubbles, trading cards, stickers, coupons for free items or other appropriate party favors are also great alternatives, especially if you know that you will have visits from children with food allergies. Before heading out for an evening of fun, feed your little ghosts and goblins a healthy snack or a light meal. This can help curb appetites and make it easier to monitor food and candy consumption throughout the evening.

An easy way to monitor your child’s consumption so they do not end up with a bellyache or headache is to allow them to select a couple pieces of their favorite candy once they return home, then set a limit for each day after. This simple act is also a great way to teach or reinforce counting and sorting by the type of item and color.

A great way to continue the fun is to create a special container or jar with your child. After the fun of sorting and counting, fill the jar three quarters full of the smaller items they received. Each day, allow the child to reach in and pull out two to three items. It will be a surprise for both of you and make having to wait a little more exciting. Also, remember to only stop at homes of people you trust and who have their porch lights on. Many communities have special events during trick or treat night as a safe alternative to going door-to-door. Local churches, businesses and schools may also sponsor events before or during Halloween.

When you get home, dump all the loot and take time to thoroughly inspect each item before giving it to your child. Throw away all damaged items, potential choking hazards or food in torn or opened packages. Be sure to look for pin holes or other signs of tampering. Planning and providing structure is a great way to make trick or treat safe and fun for your child.

Source: Jennifer Bridge, Meade County Family and Consumer Sciences
Extension Agent/UK Exclusive October 18, 20218

LUNCH BREAK

Packing Lunches for Happy Energetic Kids!

Lunch is a nice break from work and play at school. It is also an important time for children to refuel for the rest of the day. Here are some tips for packing a delicious and nutritious lunchbox.

- **Balance is key.** Children need a mix of protein, carbohydrates and fats throughout the day. This variety fills their belly, fuels their mind and body and helps regulate energy and emotions during the day. Even more importantly, this combination is the recipe for a tasty lunch.

- **Protein Power.** Protein in the lunchbox is key for helping children feel satisfied throughout the day. Include something like a hardboiled egg, beans, roasted turkey or chicken, nut butter, yogurt or cottage cheese.

- **Colorful carbohydrates.** Fruit and vegetables are colorful ways to add energy and flavor. Whole grains are another great source of energy. These include foods like oats, brown rice, quinoa, popcorn, and whole-grain pasta, bread and crackers. These higher-fiber carbohydrate choices will provide a steady release of energy, keeping your child energized throughout the day.

- **Flavorful fats.** Flavor makes food tasty to eat. Fat is one important part of flavor, and a little goes a long way. Oils, dips and dressings are great flavor boosters for vegetables and whole grains. Nuts, seeds, cheese, yogurt and avocado also have nutritious and delicious fats.

- **Pull it together with a theme.** Now that you know the parts and pieces of a lunch, how do you

put it all together? Having a go-to list of ideas can make it easy to pull together what you have in the kitchen. Tex Mex, snack platter, pizza and breakfast are a few ways to piece together foods. For example, breakfast for lunch could include a hard-boiled egg with peppers, string cheese, grapes and whole-grain crackers. It could also be a whole-grain waffle with nut butter or yogurt, banana and cucumber.

- **Pack at your peak.** Are mornings hectic? Pack lunches the night before. Does it work better to do everything at once? Take extra time on Sundays to pack lunches for the week. This makes it a grab-and-go in the morning rather than a back and forth of figuring out what to pack.

- **Have children take the lead.** With some guidance about what kinds of food to include, children can pack their lunches. Consider laying out all the ingredients and guiding them through putting it together. For older children, you can provide a menu of lunch options, and they can assemble everything. To give children even more independence, you can give them a checklist of healthy options. Provide structure by telling them how many choices to pick from each category. Younger children will need help, but they will enjoy being part of the process.

Once you have a delicious and nutritious lunch packed, make sure to include an ice pack. This keeps food safe until it is time to eat.

Resources: Academy Nutrition Information Services Team. (2021, May 1). *Banishing Brown Bag Boredom*. Kids eat right. <https://www.eatright.org/food/planning/away-from-home/banishing-brown-bag-boredom>

The Nutrition Source. (n.d.). *Packing a Healthy Lunchbox*. Harvard T.H. Chan School of Public Health. <https://www.hsph.harvard.edu/nutritionsource/kids-healthy-lunchbox-guide/>

Source: Courtney Luecking, Extension specialist for nutrition and health /UK Exclusive August 14, 2025

Food joke:

What kind of apple isn't an apple?

Answer: A pineapple!

Source: Foodhero.org/Oregon

PREPARE AHEAD FOR NATURAL DISASTERS

- September is National Preparedness Month, a month to remind everyone that preparing for emergencies and disasters can help keep them, their families, and communities safe.
- Making a family plan for natural disasters is an important way to keep everyone safe. The first step is to learn about the types of disasters that could happen in your area, such as floods, earthquakes, hurricanes, or wildfires. You can check local emergency websites or visit Ready.gov for more information. Once you understand the risks, sit down as a family to talk about what to do in an emergency. Involve everyone, including children, so they feel prepared and not afraid.
- Next, create a communication plan. Choose two places where your family can meet if you get separated. One should be near your home and one farther away, like a friend's or relative's house in another town. Make a list of emergency contacts and give a copy to each family member. Teach your kids how to call or text someone for help. Show them how to dial 911 in case of an emergency.
- **You'll also want to put together emergency supply kits. Things to put in your kit may include:**
 - Water (1 gallon per person per day)
 - Food that won't spoil (3-day supply)
 - Flashlight and batteries
 - First-aid kit and medications
 - Important documents (ID, insurance) in waterproof bags
 - Cash, maps, and a portable phone charger
 - Comfort items for children (toys, blanket)
- Keep one kit at home and one in your car. Also, think about keeping a copy of important documents with a family member or friend who does not live with you and would likely not be affected by the same situation. You could even offer to swap folders, so each keeps copies for the other, in case of an emergency.
- Make sure your plan includes special care for people who might need extra help, like elderly family members or those with medical needs. Also, find out what plans your child's school or day care has in place during an emergency. Make sure your contact information is up-to-date with them.
- Practice your plan by doing things like family fire drills or walking your evacuation route. This helps everyone remember what to do and feel more confident. Finally, sign up for local emergency alerts and check your supplies every six months to ensure everything is still usable. By planning ahead, your family will be better prepared to stay safe during a disaster. Source: Parent Health Bulletin September 2025





Summer Plant Care tips for Healthier, Longer-Lasting Blooms

By mid-summer, many summer annuals have already produced plenty of flowers, and some may be starting to set seed. Once this happens, plants shift their energy toward maturing seeds instead of producing more blooms. You can encourage fresh flowers by “deadheading,” or removing the faded blossoms. Snip off the spent blooms, give the plant a boost with a liquid fertilizer following the label instructions, and keep it well-watered. This helps redirect energy back into growth and flowering instead of seed production.

Marigolds, zinnias, cosmos, verbena, geraniums and petunias all respond well to deadheading. That said, many modern hybrids of petunias, zinnias, and verbena are bred to keep blooming steadily without it. If your plant is vigorous, green and producing new flowers, you can skip the step.

Container plants often get overgrown or tired-looking by mid-summer. A good trim can spark fresh growth, but sometimes the best option is to replace them entirely. Swapping in new plants can instantly brighten an entryway or patio and give your outdoor spaces a refreshed look.

Regular watering is essential during the hottest months. Annual flowers and vegetable gardens often need water every few days. Deep watering every other day is better than a light sprinkle daily, as it encourages roots to grow deeper. If a good summer rain soaks the soil, you can safely skip your next watering.

If plants lose their rich green color or their growth slows, they may need feeding. Applying a liquid fertilizer as directed on the label can bring noticeable results in just a few days. For best results, water the soil first — feeding dry plants will have little effect.

Trees and shrubs usually require less attention in summer. Established woody plants are fairly drought-tolerant and can often go a week to 10 days without rain. If summer storms damage limbs, prune them back at any time. You can also remove spent flowers from shrubs now but save major pruning for late winter or early spring. Source: UK Exclusive August 14, 2025



2025-2026 Enrollment Form

Rowan County Extension Homemakers

Due by November 3, 2025



First Name _____ Middle Initial _____ Last Name _____

Address _____
Street, Road City State Zip

Club Name _____ Email Address _____

Sex: Female _____ Male _____ Home Phone _____ Cell Phone _____

Work Phone _____ Fax Number _____

Ethnic Background (optional) White _____ Black _____ Hispanic _____ Asian _____ Other _____

Age Group:
15-19 _____ 20-24 _____ 25-34 _____ 35-44 _____ 45-54 _____ 55-64 _____ 65-74 _____ 75+ _____

Yearly Renewal _____ New Member _____ Number of years in Club Membership _____

I, (print full name) _____ hereby grant permission to the University of Kentucky and the Kentucky Extension Homemakers Association, Inc. permission to use photos of any activity that I may participant in for educational, promotional activities, or publications.

Signature _____ Date _____

Witness _____ Date _____

Homemaker fee: \$10.00

Mail box members:

Make check payable to Rowan County Homemakers
600 West Main Street, Morehead, KY 40351

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Lexington, KY 40506



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RECIPE



Pumpkin Apple Muffins

1 ¼ cups all-purpose flour
1 ¼ cups whole-wheat flour
1 ¼ teaspoons baking soda
½ teaspoon salt
1 ½ teaspoons ground
cinnamon

½ teaspoon ground
ginger
½ teaspoon ground
nutmeg
1 ¼ cups honey
2 large eggs

1 ½ cups fresh pureed
pumpkin
½ cup canola oil
2 cups Granny
Smith apples, finely
chopped

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Source: www.fruitsandveggiesmatter.gov