

West Dakota Parent & Family Resource Center Southwest Sessions



NDSU EXTENSION

Hettinger



Nurtured Heart Approach

Learn a set of strategies
to build richer adult/child relationships

Help your child discover their greatness! Join other parents in learning effective parenting techniques to address difficult and intense child behaviors.

See and experience improved behaviors at home, school and in public.

Where: Hettinger Lutheran Church

Date: November 9, 16, 23, 30, December 7, 14

When: 6:00-7:30 pm

Limited Childcare available

Registration required by emailing debra.theurer@ndsu.edu

or calling 701-456-0007



We see lots of colorful pumpkin decorations in the fall. Besides enjoying their appearance, consider eating more pumpkin and reading fun stories about them.

Pumpkins are packed with nutrients, especially beta-carotene and fiber. Our bodies use beta carotene to produce vitamin A, which is good for our skin and eyes.

Using Fresh Pumpkin: You can bake/cook fresh pumpkin in the same way you would canned pumpkin. Rinse cut in half and scoop out the seeds and stringy parts. Spray a baking sheet (with sides) with nonstick cooking spray, or line with foil, and lay the pumpkin flat side down on the sheet. Bake for about an hour, and scoop out and mash or puree the flesh in a food processor.

Savor the Savings

Pumpkin seeds are a crunchy, inexpensive snack especially if you flavor them yourself. What kind of pumpkin works best? Pumpkins for Jack-O-Lanterns usually are larger, with stringier pulp. Sugar pumpkins generally are smaller, less stringy and work well with recipes. Seeds from either type are edible and rich in protein-healthy fats, vitamins and minerals.

After removing the pumpkin pulp, rinse the seeds and blot them with a paper towel. Toss them with a little olive oil. If desired, add more of more of the following; seasoned salt, paprika, chili powder, garlic powder, ranch seasoning, salt, pepper or any other favorite seasonings after tossing them with oil. Place them on a baking sheet and bake at 250F until light brown (40-50 minutes), stirring about every 5-10 minutes.

(Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist Kim Bushaw, M.S., Family Science)
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Nourishing Mind and Body

Depending on their age and experience, children can help rinse, chop and measure ingredients for this tasty soup, and sort and rinse seeds for the pumpkin seed snack.

Creamy and Savory Pumpkin Soup

2c. Finely chopped onions (or adjust to preferences)

2 green onions, sliced thinly, tops included

1/2 c. finely chopped celery

1 green chili pepper, chopped

1/2 c. canola oil (or your favorite cooking oil)

3 (14.5oz) cans chicken or vegetable broth, reduced sodium or 6c. Homemade stock.,

1 (16oz) can pumpkin pure

1 bay leaf

1 1/2 tsp. ground cumin

1 c. undiluted evaporated skim milk

Salt and pepper to taste

Parmesan cheese, sour cream and/or fresh chopped parsley

In a 6 qt saucepan, sauté the onions, green onions, celery, and chili pepper in oil. Cook until onions begin to look translucent. Add broth, pumpkin, bay leaf, and cumin. Bring to a boil. Reduce heat and simmer, uncovered, for 20 minutes, stirring occasionally. Remove bay leaf. Add evaporated milk and cook over low heat for five minutes. Don't boil. Taste and adjust seasoning, if necessary. Add 1/2 tsp salt and 1/2 tsp pepper if desired. Garnish with parmesan cheese and chopped parsley. Serve hot.

Makes 8 servings. Each has 210 calories, 15g fat, 15g carbohydrate, 7g protein, 3g fiber.



Read or listen to the book *How Many Seeds in a Pumpkin?* By Margaret McNamara (author), G. Brian Karas (illustrator). This book, for those children 3-7 years old, uses math concepts such as counting by twos, fives and tens, and estimating. It also contains pumpkin facts. If you are purchasing pumpkins, estimate how many seeds you will find in your pumpkin.



Individually, starting with the biggest child, run try on sessions and take inventory of fall and winter clothing. Let your children pass their out-grown clothing to their little siblings or cousins. Kids grow so quickly! Make lists of needed items and watch for sales. Donate gently used coats, boots and clothing

Distribution provided in part by Stark/Billings and Dunn County Extension Offices.
Funding for SW insert provided in part by Dept. of Human Services—Children and Family Services.