



October 2008

HCSF Newsletter



It's October! The leaves are changing, the weather is cooling, and **Halloween** is quickly approaching. Check out the back page for fun Halloween activities and healthy snacks!

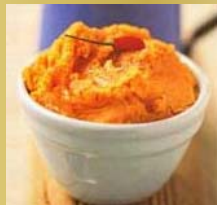
Did the August newsletter inspire you to try **freezing** vegetables? If you froze any **pumpkin**, try it in the recipe below. Fresh or canned pumpkin can be used in place of frozen pumpkin, too!



Saskatchewan Mashed Pumpkin

Ingredients:

3-4 cups pumpkin, cooked and mashed
1 onion
1 tbs. oil (olive or canola)
1 bell pepper
salt and pepper to taste



Directions:

- 1) If using fresh pumpkin, clean one pumpkin and peel it. Bake until soft. Then, mash it with a mixer. OR
- 2) Re-heat canned, fresh, or thawed (if using frozen) pumpkin in a large saucepan.
- 3) Thinly slice the onion and pepper. Add to pan with oil and cook until tender.
- 4) Mix onions and pepper with the mashed pumpkin.
- 5) Add salt and pepper to taste.

*"I love fall! Fall is exciting.
It's apples and cider.
It's an airborne spider.
It's pumpkins in bins.
It's burrs on dog's chins.
It's wind blowing leaves.
It's chilly red knees.
It's nuts on the ground.
It's a crisp dry sound.
It's green leaves turning
And the smell of them burning.
It's clouds in the sky.
It's fall. That's why...
I love fall."*



FALL

"Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all."





Halloween Snacks & Activities



Frozen Frog Eggs

The scariest holiday of the year calls for chilling fare – and these frosty pops fit the bill.

Makes 8

Ingredients:

- 2 Kiwi fruit
- 1 cup of limeade or lemonade
- 1/2 tbsp of honey
- 8 3-ounce paper or plastic cups
- Popsicle sticks
- Tin foil



Directions:

- 1) To make a batch, cut a ripe, peeled kiwi fruit into chunks. Blend the fruit chunks with 1 cup of limeade or lemonade and the honey until the mixture is somewhat smooth (some small lumps are fine).
- 2) Slice a second kiwi into 8 thin pieces and press them into the bottoms of 8 3-ounce plastic or paper cups. Pour the blended mixture into the cups, filling them each about halfway.
- 3) Place the cups in a baking dish and cover them with foil. Insert a Popsicle stick through the foil and into each cup (the foil will hold the sticks in place) and freeze the pops until solid, about 4 hours.
- 4) When you're ready to remove the pops from the molds, you can loosen them by briefly dipping the bottoms of the cups in warm water if necessary.

Mini Peanut Butter Apples

Makes 8 mini apples

You will need:

- apple
- peanut butter
- chopped peanuts or other nuts
- small paper muffin cups, melon baller, 4-inch lollipop sticks



Directions:

Cut the lollipop sticks in half at an angle (the pointy end will go into the apple easier). With a melon baller, scoop little balls out of the apple. Each ball should have a section of apple peel. Push half of a lollipop stick into the peel of each ball. Pat the apple pieces dry. Microwave a small amount of peanut butter to thin it a little. Dip and swirl the mini apples in the peanut butter, then roll the apples in the chopped nuts. Place the mini apples in paper candy cups to set.



Jack - O' - Lantern Candles

Kids love to make jack-o'-lanterns, but sometimes the littlest ones can have a hard time carving them. To make this activity more kid-friendly, use orange column candles and etch faces into them using toothpicks. Color in the etchings with permanent marker. Your "pumpkins" will look great, and the kids will love to carve them without help from Mom and Dad!

