



HCSF Newsletter



October
2009

October is here and fall is in full swing! The autumn harvest brings an abundant crop of fruits and vegetables, from many varieties of apples to colorful squashes. And, of course, pumpkins- just in time for Halloween!

Pumpkins as well as a variety of winter squash are in season! How to make them last:

Squash		Peel, cut into pieces and simmer in boiling water until just tender. Cool and place in freezer bags, remove air, seal and label. Keeps up to 3 months.
Pumpkin		Peel and simmer in boiling salted water until tender. Mash, cool and pack into plastic containers leaving headspace. Freeze up to 3 months. Alternatively, peel and cut into pieces. Bake until almost done. Pack into freezer bags when cool; remove the air, seal and label. Keeps up to 3 months.

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:

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

Slow Cooker Chunky Applesauce

Simmering this sauce in a slow cooker fills the house with a wonderful aroma!



Ingredients:

- 8 to 10 large tart apples, peeled and cut into chunks
- Sugar substitute equivalent to 1/2 cup sugar (check the box for exact amount) OR 1/2 cup sugar
- 1/2 cup water
- 1 teaspoon ground cinnamon

Directions:

Combine apples, sugar or sugar substitute, water and cinnamon in a 3-qt. slow cooker; stir gently.

Cover and cook on low for 6-8 hours or until apples are tender. Yield: 5 cups.

Serving Size: 3/4 cup Calories: 93, Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Sodium: 77 mg, Carbohydrate: 25 g, Fiber: 4 g, Protein: 1 g

Spooky Good Ghost Cookies

Ingredients:

- 2 egg whites
- 1/2 tsp vanilla extract
- 1/8 tsp cider vinegar
- 1/2 cup sugar
- Orange food coloring
- 1 1/2 tsp miniature chocolate chips
- Wax paper



Directions: Place egg whites in a small bowl; let stand at room temperature for 30 minutes. Add extract and vinegar; beat on medium speed until soft peaks form. Gradually beat in sugar, 1 tablespoon at a time, on high speed, until stiff glossy peaks form and sugar is dissolved, about 6 minutes. Beat in food coloring if desired.

Cut a small hole in the corner of the plastic bag. Fill bag with egg white mixture. Pipe 1-1/2-in.-diameter ghosts onto wax paper-lined baking sheets. Add two chips on each for eyes.

Bake at 250° for 40-45 minutes or until set and dry. Turn oven off; leave cookies in oven for 1 hour. Carefully remove from wax paper. **Store in an airtight container.**

Yield: 2-1/2 dozen



Haunted Halloween Hands

Recipe Ingredients:

Clear plastic gloves (available at beauty supply or drug stores)
Candy corn
Air popped popcorn
Yarn

Directions:

Rinse gloves. Once dry, stick one candy corn at the tip of each finger, pointy side up, for fingernails. Fill the glove with popcorn. Use yarn to tie a bow at the wrist.



Edible Eyeballs

Recipe Ingredients:

Carrots (peeled)
Cream Cheese (reduced fat, or fat free)
Pitted black olives



Directions:

Slice carrots into 1-inch-thick chunks, top each with a small dollop (about 1 tsp) of cream cheese and one half of a pitted black olive.

Healthy Sandwiches and Snacks in a Hurry

Got a picky eater on your hands or a little monster excited about Halloween? Cookie cutters aren't just for cookies anymore! Use shapes such as leaves, ghosts or pumpkins to cut out sandwiches to tempt kids to try something new or to get them to sit for a meal before the big night. How about spooky tuna ghosts or PB&J pumpkins?



Snack ideas: toasted pumpkin seeds, popcorn balls, apple slices with peanut butter or some cheese, homemade trail mix (go ahead and throw in a few candy corn to make it seasonal!).
A healthy snack will keep their energy up for all the festivities.

Fun Halloween Themed Games & Activities



Frightful Scavenger Hunt: Make a list of Halloween items or decorations you might see around your neighborhood, then take a walk and check off those you find. Look for pumpkins, scarecrows, black cats, ghosts and witches!

Navigate a Maze: Local farms often have corn mazes open to the public. Try your luck at navigating one and let the kids burn off some energy on a warm fall day!



Hide the pumpkin: Go to a nearby patch and purchase a small pumpkin. Move the pumpkin every night so kids can wake up and find it. You can put it in cabinets, under chairs, or in the shower. Kids will love the excitement and challenge every day leading up to Halloween!

