

Family & Consumer Sciences Newsletter



National Pumpkin Month

October is National Pumpkin Month, a celebration of one of autumn's most iconic symbols. As the air cools and leaves change color, pumpkins feature prominently in traditions like Halloween jack-o-lanterns and Thanksgiving pies, making them essential to fall festivities. Beyond decorations and desserts, pumpkins are also nutritionally beneficial. They are low in calories and rich in vitamins and minerals, making them a healthy addition to your diet. Pumpkin puree, for example, is a versatile ingredient that can enhance smoothies, soups, and baked goods.

This month, you can sign up for TWO Fall water bath canning sessions in either Wilkes County or Yadkin County. Participants will learn how to safely preserve apple butter or spiced tomato jam! ServSafe is back, and this class will be held October 20-21 for any food service operator who is in need of certification. Check the "Community Events" section for more details. If you want to stay updated on the Family & Consumer Sciences program in the upcoming months, please send your email or mailing address to cpjohns5@ncsu.edu to join our mailing list.

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A nutrition Fact Sheet



Pumpkin

Nutrition Facts

Pumpkin is packed with fiber, potassium, and vitamins A and C. It has no fat, sodium, or cholesterol. One cup of pumpkin provides 50% of the daily recommendation for vitamin C and 450% of the daily recommendation for vitamin A.

Buying and Storing

☐ **Buying:** Choose a well-shaped pumpkin that is firm and slightly heavy. It should have tough skin with the stem attached and without any wrinkles or blemishes. Look for a pumpkin that is heavy for its size.

Storing: Store in a cool, dry place. Cooked pumpkin can be stored in an airtight container in the refrigerator for 4 to 5 days. Pumpkin puree can be frozen for later use.

Preparing and Cooking

☐ **Preparing:** Wash off dirt with cool water.

☐ **Baking:** Preheat oven to 375°F. Remove stem; cut in half crosswise. Remove seeds and pulp. Save seeds to roast or to plant in your garden! Place pumpkin halves in pan, cut side down. Bake for one hour or more, depending upon the size of the pumpkin. Pumpkin is done when it is tender and begins to fall apart. Scrape cooked pumpkin out of shell.

Steaming: Place peeled pumpkin pieces in a small amount of boiling water. Cook until the squash is tender, about 5 minutes. Drain well.

☐ **Microwaving:** Arrange pumpkin halves, cut-side up, in a shallow, microwave-safe dish. Cover with microwave-safe plastic wrap or a glass lid and cook until tender, about 7-10 minutes. Let stand 5 minutes after cooking. Alternatively, cut pumpkin into chunks before microwaving. Cooking time will be about 6 to 8 minutes.

Ways to Enjoy

☐ Puree pumpkin by using a blender or mashing cooked pumpkin.

☐ Make a pumpkin pie yogurt parfait: pumpkin, pumpkin pie spice, and cinnamon, layered with lowfat yogurt.

Try a pumpkin smoothie with pumpkin, banana, yogurt, milk, pumpkin pie spice, and a little honey or maple syrup.

Add a few Tablespoons of pumpkin to your oatmeal, along with walnuts, raisins, and cinnamon.

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at

1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

Quick and Easy Pumpkin Soup

Yield: 6 servings • Serving Size: ¾ to 1 cup

- 1 (16 oz) can 100% pure pumpkin or 2 cups cooked, mashed pumpkin
- 2 cups vegetable broth
- 1½ teaspoons dried basil
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- 1 cup nonfat milk

1. In a medium stock pot, combine the pumpkin, vegetable broth, and spices and bring to a boil.
2. Once boiling, lower the heat and simmer for 15 minutes.
3. Remove from heat and add the milk slowly, making sure it does not boil.

Tip: Add spices to taste. Experiment with different spices, such as thyme, oregano, cumin, etc.

Nutrition Facts	
6 servings per container	
Serving size	¾ cup to 1 cup (198g)
Amount per serving	
Calories	50
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 1mg	6%
Potassium 77mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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Pumpkin Pancakes

Yield: 8 servings • Serving Size: 2 pancakes

- 1 egg, slightly beaten
- 1½ cups nonfat milk
- ½ cup pumpkin
- 2 Tablespoons vegetable oil
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 Tablespoons packed brown sugar
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 1½ teaspoons pumpkin pie spice*
*Or 1 teaspoon cinnamon, ¼ teaspoon nutmeg, and ¼ teaspoon ground ginger

Toppings (optional): lowfat yogurt, banana slices, or maple syrup

1. Preheat griddle or frying pan over medium heat.
2. In large bowl, beat together eggs, milk, pumpkin, and oil.
3. Add flours, sugar, baking powder, salt, and spices; mix until moistened. (Batter will be thick.)
4. For each pancake, pour ¼ cup batter onto hot griddle. Use a spatula to spread batter into 4 inch circle before mixture sets.
5. Cook until surface bubbles and appears dry. Turn; continue cooking 2 to 3 minutes.
6. Serve with yogurt, banana slices, or syrup (optional).

Nutrition Facts	
8 servings per container	
Serving size	2 pancakes (138g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 530mg	23%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 3g Added Sugars	6%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 134mg	10%
Iron 2mg	10%
Potassium 181mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Pumpkin Bread

Total Time

Prep: 15 min. Bake: 65 min. + cooling



Recipe and photo from tasteofhome.com

Ingredients

- 1-2/3 cups all-purpose flour
- 1-1/2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 3/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 2 large eggs, room temperature
- 1 cup canned pumpkin
- 1/2 cup canola oil
- 1/2 cup water
- 1/2 cup chopped walnuts
- 1/2 cup raisins, optional

Directions

1. Preheat oven to 350°. Combine first 8 ingredients. Whisk together eggs, pumpkin, oil and water; stir into dry ingredients just until moistened. Fold in walnuts and, if desired, raisins.
2. Pour into a greased 9x5-in. loaf pan. Bake until a toothpick inserted in center comes out clean, 65-70 minutes. Cool in pan 10 minutes before removing to a wire rack to cool completely.

Community Events

Happy Fall!

Join the Wilkes & Yadkin County
Cooperative Extension FCS Agents for
some fun hands-on

Water Bath Canning Workshops!

APPLE BUTTER & TOMATO SPICED JAM

October 10th | Apple Butter

1p-2:30p | Wilkes County Extension
416 Executive Dr., Wilkesboro | \$5

October 17th | Spiced Tomato Jam

4p-5:30p | Yadkin County Extension
2051 Agricultural Way, Yadkinville | \$5

**Contact Chelsea Johnson to register
at Chelsea_Johnson@ncsu.edu or
336-849-7908 or scan the QR code**





YADKIN COUNTY COOPERATIVE EXTENSION PRESENTS...

SERVSAFE

**OCTOBER 20-21, 2025
YADKIN COUNTY AGRICULTURAL AND
EDUCATIONAL BUILDING BANQUET
HALL**

**COST: FULL COURSE \$150 (INCLUDES BOOK, EXAM,
SUPPLIES, AND REFRESHMENTS)**

**EXAM ONLY \$100 (MUST PROVIDE PROOF THAT AN
ONLINE COURSE HAS BEEN TAKEN AND PASSED)**

TIME: 9:00AM - 4:00PM (CERTIFICATION EXAM ON SECOND DAY)

***REGISTRATION FEE CAN BE PAID IN PERSON FROM 8 AM-4:30 PM
MONDAY THRU FRIDAY AT 2051 AGRICULTURAL WAY, SUITE 201
YADKINVILLE, NC 27055**

****GENERAL REGISTRATION PERIOD FOR THIS
COURSE IS SEPTEMBER 8 - OCTOBER 10, 2025.****

***FOR MORE INFORMATION, CALL CHELSEA JOHNSON AT
(336) 849-7877 OR E-MAIL CHELSEA_JOHNSON@NCSU.EDU**

N.C. COOPERATIVE EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER.
IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT, N.C. COOPERATIVE EXTENSION WILL HONOR REQUESTS FOR REASONABLE
ACCOMMODATIONS MADE BY INDIVIDUALS WITH DISABILITIES. PLEASE DIRECT ACCOMMODATION REQUESTS TO CHELSEA JOHNSON,
CPJOHNS5@NCSU.EDU OR 336-849-7908. REQUESTS CAN BE SERVED MORE EFFECTIVELY IF NOTICE IS PROVIDED AT LEAST 10 DAYS BEFORE THE
EVENT.

Public Events Calendar

OCTOBER

Some events require advance registration and payment. Please call 336-849-7877 or email Chelsea_Johnson@ncsu.edu for inquiries.

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 Salsa Making Class - East Bend Library 11A-12P	8	9	10 Water Bath Canning - Wilkes (Apple Butter) 1P-2:30P	11
12	13	14	15	16	17 Water Bath Canning - Yadkin (Spiced Tomato Jam) 4P-5:30P	18
19	20 Servsafe	21 Servsafe Extension at Home 10A-11A	22	23	24	25
26	27	28	29	30	31	



Extension At Home

Helping You Improve Your Life!



Every Third Tuesday of The Month 10:00 am ET



Find us at go.ncsu.edu/extensionathome

July 15 - Freezer Meals Ready When You Are

August 19 - Inside Food Recalls

September 16 - Clean Your Home: The Green Way!

October 21 - Holiday Budgeting Magic

November 18 - Caregiving During the Holidays

December 16 - Be Winter Ready



NC Cooperative Extension is an equal opportunity provider.

Yadkin County Cooperative Extension

**2051 Agricultural Way, Suite 201
Yadkinville, NC 27055**

336-849-7908

Monday - Friday ~ 8AM - 5PM

Want to keep up with what Yadkin County FCS is doing? Like us on Facebook! Search Yadkin County Cooperative Extension.

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@YadkinCountyFCS

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In compliance with the Americans with Disabilities Act, (N.C. Cooperative Extension or NC State) will honor requests for reasonable accommodations made by individuals with disabilities. Please direct accommodation requests to: Chelsea Johnson at 336-849-7908. Requests can be served more effectively if notice is provided at least 10 days before the event.