

PANHANDLE PATH TO HEALTHY LIVING



October 2017

Volume 1, Issue 8

Fall is in the Air

I'm so excited for October! This is one of my favorite times of the year! Cute fall décor, cool evenings, and the beautiful fall foliage later this month. Another great thing about this time of year are the pumpkins and apples! Apples are so much fun to learn about! Did you know that in United States over 2,500 varieties of apples are grown? And World Wide, there are over 7,500 varieties of apples grown? That's a lot of apples! Some more fun facts about apples are that they are grown in all 50 states in America, the largest apple recorded weighed three pounds, and apples are a member of the rose family! I enjoy learning about apples and the wide variety that we have here in America. But most importantly, it takes two pounds of apples to make one 9-inch pie! Happy readings!

Kay Rogers



Path to Wellness.....Pumpkins!

How to Choose the Right Pumpkin

by Jeannie Nichols, Michigan State University Extension

Whether you grow your own pumpkins, shop for them at the farmers market, roadside stand or supermarket – choose pumpkins that have reached full maturity.



- Fully mature pumpkins have hard, tough rinds. Pass by the ones with sunken or moldy spots, cuts or punctures. Well-attached stems are also important if you want to store your prize pumpkins for later display or use. Then put them in a cool, dry, well-ventilated place. A temperature of 45 to 50 degrees Fahrenheit is best. If they are not bruised or damaged, they can keep for three to six months.
- There are different varieties of pumpkins.
 - Jack-O-Lantern or carving pumpkins are usually bred for their larger size and are not eating quality. The varieties used for decorating usually are coarse-grained or have a watery texture and can also taste pretty flat.
 - Pie pumpkins are best to use for cooking and baking. They are small, sweet, and meatier and have less stringy fiber than carving pumpkins.
- How to cook pumpkin
 - If you have made pumpkin pie out of fresh pumpkin you know it is amazingly delicious and pretty easy to do. A medium five-pound pumpkin will give you about 4½ cups of cooked pumpkin. To cook a pumpkin follow these seven steps;
 - Rinse the pumpkin well and dry it with a clean towel or with paper towels.
 - Using a long knife cut the pumpkin in half and then into wedges.
 - Scoop out the insides and save the seeds for roasting.
 - Cook the pumpkin wedges in boiling water, steam, a pressure cooker, in the oven or micro-wave. You will know it is done when it is tender when pierced with a fork.
 - Peel the pumpkin wedges leaving the soft pulp then mash.
 - Keep out only what you will use within three to four days. Put the rest of the cooked pumpkin in rigid containers (leaving ½ inch headspace) then label, date and freeze to use later.
- Try preserving pumpkin
 - Freezing pumpkin results in a better product than canning pumpkin. If you decide to can pumpkin do not mash or puree it, but instead, leave it in chunks and pressure can it.
 - It is important to always follow directions carefully when preserving your pumpkin by using research-based recipes such as those found at the National Center for Home Food Preservation and So Easy to Preserve.

October 2017

Important Dates:

Community Quilting Club

Dates: September 26th, October 24th, and November 28th.....

Classes will continue on the 4th Tuesday of each Month.

Time: 12:00 NOON

Locations: Agrilife Extension Office

Cost: Free

All ability levels are welcome! Bring your own lunch!

Eat Smart, Live Strong for Seniors

Thursdays in October: 5th, 12th, 19th and 26th

Location: Dalhart Senior Center 10 AM- 11 AM

Location: Hartley Community Building 4 PM- 5 PM

Instructor: Kay Rogers

Cost: Free

A Fresh Start for A New You

Thursdays in November: 9th, 16th, and 30th

Location: Dalhart Senior Center 10 AM- 11AM

Location: Texline Community Building 4 PM- 5 PM

Instructor: Kay Rogers

Cost: Free



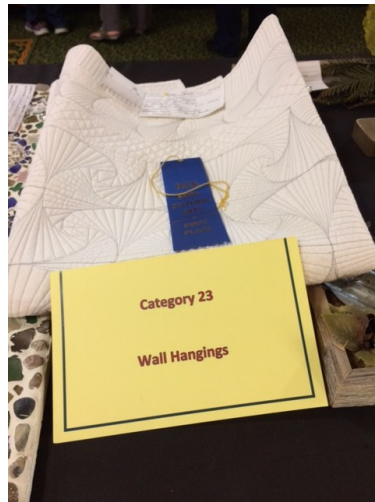
Path to Dallam & Hartley Counties

Watch KAMR Studio 4

From 4:00 to 5:00 PM

Studio 4 highlights events happening in our Panhandle region. You might even see someone you know!

***We had a great time at the State TEEA Conference at Horseshoe Bay!
Thank you for sending us! Three first place ribbons in cultural arts;
Two for Opal Lewis and one for Belinda Rivas!
Congratulations ladies!!***



Path to Youth Development.....

SAVE THE DATE

Big Fun D1



NOVEMBER 2ND-4TH, 2017



contests

thursday.: food challenge
friday: NQB, food show
saturday: AG quiz bowls, SET poster
Swine Skill-a-thon

4-H...
the **POWER** of **YOUTH**

If you are interested in 4-H, now is the time to get involved!! We have a lot of upcoming projects and activities! Look for the 4-H Newsletter or call the office @ 468-5543 for more information!!

Dallam & Hartley Counties

4-H Dates

October 1-7, 2017
National 4-H Week

October 7, 2017
One Day 4-H
Opportunities at both
Purpose Market and TSC

October 12, 2017
Bi-County Food Show
Rita Blanca Coliseum

October 17, 2017
Dallam County
Food Challenge
Rita Blanca Coliseum

October 23rd
Gold Star Winners and
Distinguished Leader
Reception
Canyon, TX



Path to Protection...October is Breast Cancer Awareness Month

Breast Health



About one in eight women in the U.S. will develop invasive breast cancer during their lifetime.

No.1

Breast cancer is the most common cancer among American women, except for skin cancers.

232,670

Estimated amount of new cases of invasive breast cancer diagnosed in women.

55+

Two of three breast cancers are found in women 55 or older.

2.8 million

Estimated amount of breast cancer survivors in the US.

No.2

Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer.

Breast cancer survivorship has tripled over the past 60 years.

Risk Factors

GENDER

A woman is 200 times more likely than a man to develop breast cancer.

AGE

Your risk of developing breast cancer increases as you get older, and half of all breast cancers are diagnosed in women older than 60.

GENETICS

About 5 to 10 percent of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects inherited from a parent.

FAMILY HISTORY

Risk is higher among women whose close blood relatives have this disease. Less than 15 percent of women with breast cancer have a family member with this disease.

WEIGHT

Being overweight or obese increases breast cancer risk.

RACE

Overall, white women are slightly more likely to develop breast cancer than African-American women, but African-American women are more likely to die of this cancer.

Health Tips



BREAST DENSITY

Having dense breasts makes your chance for breast cancer four times higher.



KNOW YOUR FAMILY HISTORY

5 to 10 percent of breast cancer is hereditary.



NUTRITION

Eat five or more servings of fruit and vegetables daily, limiting processed and red meats. Choose whole grains.



SCREENING

Remember to get annual mammograms and clinical breast exams beginning at 40.



WATCH WEIGHT

Women who gained 21 to 30 pounds since age 18 were 40 percent more likely to develop breast cancer than those who hadn't gained more than five pounds.



PHYSICAL ACTIVITY

Women who walk briskly for 1.25 to 2.5 hours a week had 18 percent less risk than women who are inactive.



ALCOHOL

Limit alcohol consumption to no more than one drink a day — any more than that increases risk by 1.5 times compared to someone who doesn't drink.



SUPERFOODS

City of Hope researchers have discovered that pomegranates, grape seed extract and blueberries all have powerful breast cancer fighting agents.

Symptoms

- Breast or nipple pain
- Nipple retraction (turning inward)
- Swelling of all or part of the breast
- Redness, scaliness or thickening of nipple or breast skin
- Skin irritation or dimpling
- Nipple discharge



Panhandle Path to Healthy Living is a Family and Consumer Sciences information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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TEXAS A&M AGRILIFE EXTENSION SERVICE

Dallam & Hartley Counties

401 Denrock Ave

Dalhart, TX 79022

Postage Required

Return Service Requested

Path to Plate.....

Total Time: 1 Hour

Pumpkin Zucchini Chocolate Chip Bread

3 large eggs
1 cup granulated sugar
1 cup brown sugar
1 cup canned pumpkin puree
1 cup plain Greek yogurt
2 tsp pure vanilla extract
3 cups all-purpose flour
1 tsp baking soda
1 tsp baking powder
1 tsp salt
2 tsp ground cinnamon
1 tsp ground nutmeg
½ tsp ground cloves
2 cups shredded zucchini
1 cup semi-sweet chocolate chips

1. Grease and flour two 9x5" loaf pans. Set aside.
2. Preheat oven to 350 degrees F.
3. In large bowl, combine flour, baking soda, baking powder, salt, cinnamon, nutmeg, and cloves. Whisk to combine.
4. In large bowl with electric mixer, beat together eggs, granulated sugar, and brown sugar.
5. Add pumpkin, Greek yogurt, and vanilla extract, beating until well combined.
6. Slowly add dry ingredients, just until combined.
7. Fold in shredded zucchini and chocolate chips.
8. Pour batter evenly into prepared loaf pans.
9. Bake in preheated oven for 40-50 minutes, or until knife or tester comes out clean.
10. Cool in pan for 20 minutes, then remove from pan and cool on wire rack completely.

Recipe from: Honestcooking.com