

Domestic Engineer

October 2019

Prairie County Homemakers,

Happy Halloween!

We had a productive Fall Council meeting in Fallon. The annual Homemaker Fall Banquet is scheduled for Wednesday, November 6th at 6 p.m. at the Community Presbyterian Church. Invite a guest to share in this enjoyable evening. Club banquet assignments are included in this newsletter.

Hope you are enjoying the beautiful autumn weather!

Sincerely,



Sharla Sackman

Prairie County Extension Agent

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Holiday Potpourri

December 2019

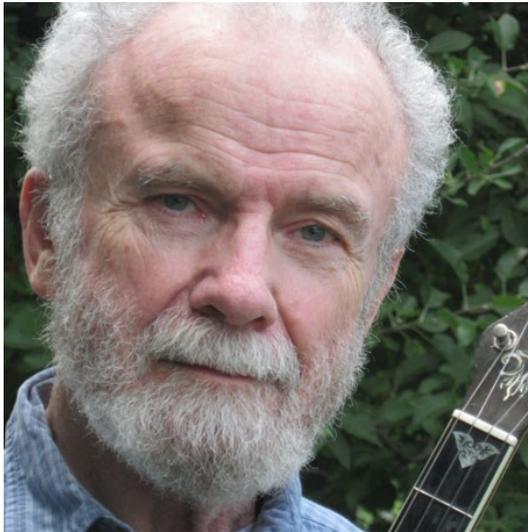
More info next month!

2019 Homemaker Fall Banquet Speaker

Bill Rossiter will be the Homemaker Fall Banquet Speaker with his program, “Brother, Can You Spare a Dime? Laughin’ to Keep from Cryin’”

During the Dirty '30s, network radio and Hollywood followed Washington's lead in sturdily ignoring the Depression, assuring us that “Life is Just a Bowl of Cherries,” and that “prosperity is just around the corner.” But the rural and small-town musicians, the ones who never made the charts, played a different tune. They saw the Depression for what it was and poked wicked fun at Wall Street, greed, the American dream and, especially, at Herbert Hoover (“Look here, Hoover, see what you done. You went off fishin’, let the country go to ruin”). Montana was “ahead of the curve” when it came to dust bowls, grasshopper plagues and economic hard times. Montana newspapers from the '20s tell of bank failures, crop losses, and deserted homesteads—issues not widely reported in the rest of the nation until a decade later. “Brother, Can You Spare a Dime?” views the Depression, with a glance at Montana's early start, not through history and literature, but through songs and “illiterature,” looking at what happened to the common folks most affected by it. This bareknuckle report on the state of the union during the Dirty '30s is accompanied by banjo, guitar and autoharp.

Bill Rossiter spent ten years as an actor, club, and coffeehouse entertainer during the 1960s and early 1970s before going on to teach literature and folklore for 25 years. He chaired the Humanities Division at Kalispell's Flathead Valley Community College before retiring in 1999. In 2015 he received the Governor's Award for Service to the Humanities in Montana.



Since about 1980 he has traveled throughout the Northwest, presenting songs and stories from various eras of American history, as well as teaching Elderhostels and short courses for teachers on the use of folklore in the classroom. Rossiter has a large repertoire of “roots music,” and has performed for western and heritage museums, arts and cultural centers, town festivals, and library series. He has performed and written music for theater and public television. He recently traveled throughout Idaho and Montana with the Smithsonian Institution's traveling exhibits, “Barn Again!,” Key Ingredients” and “New Harmonies.”

Rossiter makes use of his background in folklore and literature to adapt and create presentations for specific groups and themes, and often writes a song for the sponsoring group or occasion.



Humanities Montana is Montana's state humanities council. Established in 1972, we are one of fifty-six councils across the nation that the National Endowment for the Humanities created in order to better infuse the humanities directly and effectively into public life.

For 47 years, Humanities Montana has helped strengthen communities through grants and special programs that reach into every corner of our state. We produce, fund, create, and support humanities-based projects and programs, eye-opening cultural experiences, and meaningful conversations. We connect people, inspire ideas, and deepen mutual understanding.

When to Harvest Apples

Do Apples Need a Frost?

NDSU Carrington Research Extension Center

Apples are our largest fruit crop in North Dakota. They bring pleasure to those growing them and bring many, many questions to University, Extension and CREC personnel.



One of the most commonly held beliefs about apples is that they need a frost to become sweet and ripe. This is not true. The warm days and cool nights of fall drive sugar production. Apples can withstand light frosts but a frost is not needed to complete the ripening process.

When temperatures fall below 28 degrees, ice crystals can form within the cells. The amount of damage depends on the temperature and also how long that cold temperature lasts. If the day is cold and cloudy prior to the freeze event, the fruit will freeze faster than if the day had been warm and sunny. If your apples are frozen on the tree, don't touch them until they thaw. These apples will need to be used promptly.

If you feel your apple variety regularly requires a frost to finish, the tree probably has too long of a growing requirement for our climate. If you eventually replace your tree or add another one, consult nurseries specializing in apples – and especially consider the notes on Minnesota [apple varieties](#).

Maturity vs Ripeness:

A 'mature' apple has reached maximum size, has accumulated all of its starches and can ripen if removed from the tree. It stores the best.

A 'ripe' apple is ready to eat right off the tree. It does not store as long.

Start looking for your first fruit on the southern side of the tree and in the outer branches. Taste the apples: Mature are slightly starchy and crisp while ripe have the great flavor you are looking for. Look at the background color: the skin on the shaded side of the fruit should turn from green to yellow when mature and with varying shades of red when ripe. The seeds of mature and ripe fruit will be dark brown. Pick a few fruits: the stem should break free easily when the fruit is lifted and rotated gently. When fruit starts falling, the apples are ripe and should be harvested immediately.

SLOW COOKER APPLE CRISP

Ingredients :

6 large apples	3 cups rolled oats
¾ cup brown sugar	1/8 tsp. salt
2 tsp. cinnamon, divided	5 Tbsp. butter
1 tsp. lemon juice	

Preparation :

After apples have been washed, cored, and sliced, place them into a large bowl. Top the apples with ½ cup brown sugar, 1 teaspoon cinnamon, and lemon juice. Toss to combine. Place the apple mixture in the bottom of the slow cooker. In the same large bowl, combine oats, remaining brown sugar, cinnamon, and salt. Stir until combined. Cut the butter into the bowl and stir, forming a sand-like texture. There will be small chunks of butter, which is normal. Sprinkle the mixture on top of the apples. Turn the slow cooker on high and cook for 2 hours with the cover on. After two hours, remove the lid of the slow cooker and continue to cook for another hour. Serve with Greek yogurt or ice cream of your choosing.

Pumpkin Pie Smoothie

smoothie 

Ingredients:

1 banana, frozen
1/2 C vanilla Greek yogurt
1/4 t cinnamon
1/4 t pumpkin pie spice
1/2 C milk
2 T honey
2/3 C pumpkin puree
1 C ice

Directions:

Add all of the ingredients to a blender and blend until smooth.



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**FOOD
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This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP

Pumpkin Cheesecake Whoopie Pies

Prep Time 10 minutes Servings 12 whoopie pies

Ingredients

Pumpkin Cookies

1 box (15.25 oz) spice cake mix
1 can (15 oz) pumpkin puree
1/2 cup vegetable or canola oil

Whipped Cheesecake Filling

1 box (3.4 oz) cheesecake instant pudding mix
2 cups heavy whipping cream

Instructions

Heat oven to 350 degrees. Line two cookie sheets with parchment paper or spray with cooking spray.

In a mixing bowl, combine cake mix, pumpkin, and oil. Stir together until completely mixed and combined.

Use a small cookie scoop, or drop dough with a spoon, onto the cookie sheet. It will end up being about 2 tablespoons of dough. The cookies won't spread much while baking so you can fit 15 per cookie sheet.

Cook for 14 minutes. Let cool completely.

To make the cheesecake whipped cream: add the cheesecake pudding mix (dry, do not prepare) and the heavy whipping cream into a bowl. Use a hand held blender, or bowl of a stand mixer, and whip until stiff peaks form. This takes about 3-4 minutes.

Either spread the cheesecake whipped cream between two cookies or put some into a large bag (like a Ziploc) and cut the corner and pipe onto one cookie and then press the other on top.

Serve immediately or for best taste put in the fridge for about 2 hours before serving. Leftovers need to be stored in the fridge.

PRAIRIE FARE: TRY SOME TAILGATING TREATS DURING FOOTBALL SEASON

By: Julie Garden-Robinson, NDSU Extension Service Food & Nutrition Specialist

I looked at the stapled thick packet of instructions on my first day as a member of the NDSU Gold Star Marching Band. I was a teenager at the time. I studied the multiple pages of maps of the football field with compass directions and arrows. I was an “x” on the map on some yard line.

What had I signed up for, anyway? I was supposed to find my spot and be ready to play as we marched to the drum cadence. Then I was to move according to the maps on the next pages. I needed to memorize my music and the “movement playbook” that varied for each song. The maps could have been written in Egyptian hieroglyphics. I had no clue what all these symbols meant. I hadn’t paid much attention to the markings on football fields at that point in my life. I was supposed to play my flute, move my feet in unison with everyone around me and navigate around the field in time to the music. I also needed to breathe now and then.

After that first day, I was ready to quit. I was worried about being the point on the trademark star formation. Would I accidentally turn and march in the opposite direction of everyone else? How embarrassing would that be? Trust me: No one in my family asks me for navigational instructions. I talked to the band director after rehearsal. I told him I didn’t think I could do this. He chuckled, and he didn’t let me quit. “Give it a couple days, Julie,” he advised me.

I became much more persistent and learned from the experienced marchers around me. I played in the band for three years, and quite soon, navigating the field was old hat to me and I was training in the “newbies” the next year. We played in the rain, sleet and snow on the old outdoor field. Through the years, the band director teased me about nearly quitting band after the first day, even after I graduated.

Whether you are lounging on your sofa, sitting in the stands or marching in a band, football season brings lots of excitement. We all have favorite game day snacks. Can you think of some popular items to enjoy during games? You might like chili, pizza, meatballs, chips and salsa, spinach and artichoke dip, wings, quesadillas or a wide variety of snacks. Here are some ideas on ways to make tailgating a little easier on the waistline:

If you like chili made with beef, choose lean or extra-lean ground beef. For a change of pace, try making “white chili” with chicken or turkey breast and various white beans.

If pizza is your go-to game-day food, load up pizza with fresh vegetables, use low-fat cheese and try a whole-grain thin crust. Use turkey pepperoni instead of regular and add an extra kick with some crushed red pepper.

How about some meatballs? To trim fat and calories, choose a leaner cut of meat, such as extra-lean ground beef. Drain excess fat before adding sauce, then serve with fat-free barbecue sauce or a marinara sauce.

Hungry for chips and salsa? Try using baked tortilla chips for dipping instead of regular chips. Compare sodium levels of your favorite brands of chips.

Do you like spinach and artichoke dip? Avocados are high in heart-healthy monounsaturated fat. They also contain vitamin E, a disease-fighting antioxidant. Spinach is an excellent source of eye-healthy pigments, plus many vitamins and minerals. To slim down your dip recipe, use light or fat-free sour cream or mayonnaise. Try using whole-grain bread for dipping.

Do your guests expect your famous homemade wings or chicken nuggets when they visit on game day? Try using a slow cooker or the oven in place of deep-fat frying to prepare wings. Make homemade baked chicken nuggets instead of wings.

If quesadillas are your go-to game-day food, try using low-fat cheese or less regular cheese. Use grilled chicken breasts and load the quesadillas with veggies. Serve them with chunky salsa.

See <https://tinyurl.com/NDSUGameDaySnacks> to view "Your Game Plan: Healthful Snacking for Sports Fans."

I like all kinds of chili on the cooler days of fall, so here's a tasty chili recipe to enjoy.

White Chicken Chili

- 1 medium onion, chopped
- 1 (4-ounce) can chopped green chilies
- 2 (16-ounce) cans Great Northern beans, cooked (may substitute soaked, cooked dry beans)
- 3 tsp. ground cumin
- 3 c. cooked chicken or turkey, diced
- 2 (14-ounce) cans reduced-sodium chicken broth
- 2 c. Monterey Jack cheese or other cheese of choice
- Cheese, chips, sour cream and salsa (optional)

Combine 3 cups of broth, onion, chilies, beans and cumin. Simmer for an hour. Add 1 to 1 1/2 cups cheese and chicken. Cook until chili is thick and add additional broth as needed. Top with shredded cheese, nacho chips, sour cream and salsa if desired.



Makes 12 servings. Each serving has 220 calories, 6 grams (g) fat, 25 g protein, 14 g carbohydrate, 5 g fiber and 410 milligrams sodium.

Fall Banquet Assignments

Fallon (Registration)

- 2 hot dishes
- 2 salads,
- 1 dessert
- Door prize

Ama de Casa (Decorating)

- 2 hot dishes
- 2 salads,
- 1 dessert,
- Door prize



Ash Creek (Clean up)

- 2 hot dishes
- 3 salads
- 1 dessert
- Door prize

Cabin Creek (Set Up)

- 2 hot dishes
- 2 salads
- 1 dessert
- 2 dozen rolls
- Door prize

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured produce is **pumpkins**



Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of pumpkin is an excellent source* of vitamin A and a good source** of vitamin C. Vitamin A helps keep your vision good, fight infection, and keep your skin healthy.

*Excellent sources provide at least 20% Daily Value.
**Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Mix cubed pumpkin with light olive oil. Roast cubed pumpkin in oven at 400°F until tender. Enjoy warm.



Scoop out the seeds from a pumpkin. Wash and remove all strings from seeds. Dry the seeds and then spread evenly on a baking sheet coated with nonstick cooking spray. Sprinkle with your favorite seasonings. Roast in preheated oven at 300°F for 10 to 25 minutes, turning the seeds once.



Use canned pumpkin to make tasty breads and muffins. Add raisins or chopped nuts for more flavor.



Shopper's Tips

- Look for fresh pumpkins that are bright orange and feel heavy for their size. They should feel firm and not have any soft spots, bruises, or other signs of decay.
- Keep fresh pumpkins in a cool, dark place until you are ready to use them.
- Look for canned pumpkin with no added sugars or sodium. You can use canned pumpkin in any recipe that uses cooked pumpkin.
- For best prices, buy pumpkins at a pick-your-own pumpkin patch or a local farmers' market. They are usually grown nearby and will cost less.

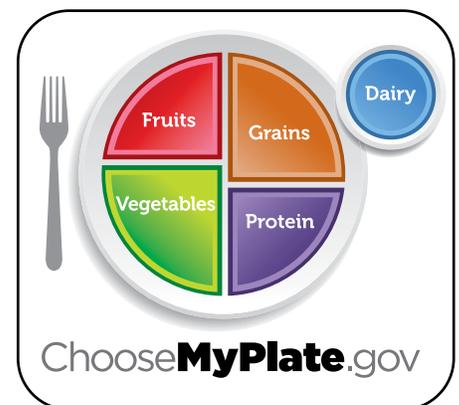
Let's Get Physical!

Fall is a great time to enjoy the colors of the outdoors. Go for a walk or bike ride in your neighborhood. Count the different kinds of trees you see and pick leaves. Try to get all the colors in the rainbow. You can also help rake up the falling leaves to be more active!

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:
www.CaChampionsForChange.net

For more information or to register go to solidfinances.msuextension.org,
Or, contact Joel Schumacher, 406-994-6637, E-mail: jschumacher@montana.edu

All sessions will broadcast from 12:05 p.m. - 12:55 p.m. Mountain Time

Date	Topic	Presenter
DATE	TITLE	PRESENTER
October 30	Home Buying Jargon: What Do I Need to Know?	Joel Schumacher Montana State University Extension Carrie Johnson North Dakota State University Extension
November 6	Renting vs. Buying: Key Factors to Consider	Joel Schumacher Montana State University Extension Carrie Johnson North Dakota State University Extension
November 13	Overview of Extension Resources	Carrie Johnson North Dakota State University Extension
December 4	Retirement Planning: Important Decisions for Early Career Workers	Joel Schumacher Montana State University Extension
December 11	Retirement Planning: Mid-Career Factors to Consider	Joel Schumacher Montana State University Extension
December 18	Retirement Planning: Final Preparation for Retirement Day	Joel Schumacher Montana State University Extension
January 15	Paying for College: How to Plan Before College	Carrie Johnson North Dakota State University Extension
January 22	What to Know About Federal Financial Aid and Student Loans	Carrie Johnson North Dakota State University Extension
January 29	Student Loan Repayment, Consolidation, & Refinance	Carrie Johnson North Dakota State University Extension
February 5	Finances & Stress: Causes, Biological Impacts and Prevention Tools	Joel Schumacher & Michelle Grocke Montana State University Extension
February 26	Families and Legacies: Challenging Decisions	Marsha Goetting Montana State University Extension
March 4	To Quote Shakespeare: To have a trust or a will... Aye, that is the question	Marsha Goetting Montana State University Extension
March 11	Financial and Estate Planning Legal Tools for the Early Stages of Alzheimer's Dementia or other Cognitive Impairments	Marsha Goetting Montana State University Extension

P.C. Homemakers Fall Council Meeting

September 18, 2019 7:00 p.m. Fallon Fire Hall

Roll Call -President Arlene Morast called the meeting to order. The Pledge of Allegiance and Women's Creed were recited. Roll call was answered by council officers- President Arlene Morast; Vice President Lois Pfieffe; Secretary Lotty Rambur, and Treasurer Nancy Birkholz; club members from **Ama de Casa**- Dorothy Schroeber, Yvonne Moos, & Jan Warner-**Ash Creek**- Patty Trask, & Bev Reuther- **Cabin Creek**- Eileen Nielsen & Christine Keltner; **Fallon**- Darlene Strobel, Zandy Keller, & Vera Sackman.

Minutes of the Fall Council meeting were read and approved.

Treasurer's Report-The Treasurer's report was given and accepted with an ending balance of \$936.21. The amount received from the pie auction and donations of \$1747.50 was given to the P.C. Fair Board. There was some discussion that there was no need to retain a percentage of the proceeds.

Bills/Correspondence/ Reports- There were no bills submitted and no correspondence.

Unfinished/Old Business-

There were positive comments about this year's fair booths. The picnic theme was a big hit.

Ash Creek reported that there were less bidders this year at the pie auction, but the ones that were there were very generous. The money will be used for general improvement of the fairgrounds. Sharla stated a metal fence will be added to the entrance gate in the very near future.

Fifty- year member Eileen Nielsen was recognized. If anyone knows of any other 50-year member their name needs to be submitted to the Extension Office by October 15th.

The Cowboy Bandstand's general cleanup of sweeping and the trimming of bushes etc. was done by Ama de Casa. Christmas decorating will be done by the Fallon club. Sharla reported that the breaker panels at the Bandstand do work , but they are difficult to reach. Now that LED lights are used, it's best to just keep the lights plugged in rather than bother with a timer.

Ongoing Business

The Fall Banquet is tentatively set for the first week or so in November depending on when the speaker can come. The speaker choices are more limited now than in previous years. It was voted on to have Bill Rossiter as the first choice followed by Beth Judy and Ken Egan as the second and third choices.

Banquet assignments are as follows: **Registration**- Fallon, **Clean Up**- Ash Creek, **Decorating**- Ama de Casa, **Set Up**- Cabin Creek

Cabin Creek volunteered to bring all the buns and the other food assignments are the same as the previous year.

The Christmas Potpourri will be held at the Legion during the first week or so in December and will have it on a Wednesday so the card players can attend. The exact date will be determined by Laura. Eileen Nielsen will contact Laura concerning this. Each club will bring a couple of food items along with a recipe to put in the recipe booklet. It was suggested to bring an ornament or an arrangement and have Laura decorate it.

The Spring Potpourri will be given by Jody Haidle. It was suggested to have it during the last week of March or beginning of April and have Jody decide what she'd like to share.

The Bake Sale/Luncheon will be held at the Legion on February 7th. The chairpersons for the luncheon will be on a rotation basis with members from Cabin Creek & Ash Creek for 2020 and Ama de Casa & Fallon for 2021. Christine Keltner made a motion that was seconded by Yvonne Moos that the proceeds be divided between the Children's Programs and the wrought iron fence for PCH. A decision will be made next spring as to whether we retain a percentage of the proceeds.

Nancy Birkholz will give an updated nursing home list and their birthdays to the different clubs.

Refreshments for Spring Council meeting will be provided by Ama de Casa.

Dues will remain at \$2.00.

Announcements-

Clubs are to give Sharla ideas of what might be of interest to them. Sharla mentioned getting Tara Andrews for the Winter Series in January. Eileen thought that arthritis exercises might be beneficial.

Yvonne Moos, seconded by Lois Pfiefler, made a motion to elect Christine Keltner as president and Nancy Birkholz volunteered to be the treasurer again. The motion was accepted unanimously by the other members. This was followed by the Installation Ceremony for the officers. The meeting was adjourned at 8:30.

A lunch of a delicious variety of bars was served by Fallon.

Respectfully,

Lotty Rambur, Secretary