



I want to say **THANK YOU** to all who helped make the Doniphan County Fair such a **Wonderful success!**

**Your support and contributions are tremendous! Thank you for giving your time and talents to the 4-H Youth!**

**ATCHISON  
TROLLEY AND  
BUTTERFLY  
HOUSE ON THE  
PRAIRIE, VAN TRIP**



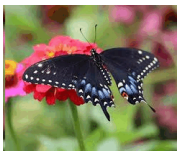
*Thursday, October 20<sup>TH</sup>*

**8:00 a.m.** - Leave from Doniphan County Extension office, Troy

**8:45 a.m.**- Arrive Atchison Chamber of Commerce for Trolley Tour (tour included in cost)

**11:00** - Gateway to Kansas shopping

**12:00** - Lunch -Paolucci Restaurant ordering off the menu (NOT included in trip price )



**1:30** - Tour Butterfly House (admission included in cost)

**4:30** - Arrive Troy

**COST - \$16**

**PLEASE REGISTER BY OCTOBER 13<sup>th</sup>**

**CALL THE EXTENSION OFFICE AT**

**785-985-3623**

**Please make checks payable to:**

**Doniphan County Homemakers Council**



**FALL EVENT -  
FRIDAY,  
NOVEMBER  
4<sup>TH</sup>**

All EHU members and guests are welcome to join us for a morning of fun lessons and laughter!

We will start the morning at 9:30 a.m. with registration, coffee, juice & cookies.

We will also be having Holiday craft/food booths. Please call the office to reserve a table if you would like to set one up.

We will have a noon potluck luncheon.



### **Club Duties:**

**Pollyanna** - Name tags, registration and in charge of prize drawings. Each club is asked to furnish a \$10 gift for the drawings.

**Moray Friends** - Morning coffee, juice & cookies.

**Bendena** - Set up for potluck lunch, \*table service is provided.

**Helping Hands** - Coffee, tea, water & ice for lunch

**Happy Time** - Table Decorations.



Karen Dodge has retired from Doniphan Extension. Please help me welcome Norma Garlington as our new Office Professional!

## Warm Up with Waffles!



The first week of September is designated as Waffle Week! Enjoy healthy and delicious waffles by including: Fresh

fruit on top such as blueberries and strawberries. A whole grain waffle mix, or substituting whole wheat flour for half of the flour in your recipe. A limit on the number or size of waffles you eat.

If you're preparing several foods that get "done" at different times, you can hold most hot foods for about 15 to 20 minutes in a preheated oven set to 200 to 250 degrees F. Place waffles in a single layer on a baking sheet to prevent soggy. Freeze leftover waffles for a quick breakfast by popping them in the toaster.

## To Double Dip or Not!

We've all seen it happen. You're at a party and people are gathering around the snacks and someone double dips a chip in the dip. Is it really that bad? According to



a study by Clemson University, possibly. Researchers found that bacterial counts increased significantly after a person dipped a chip, ate it, then dipped the same chip again. Salsa dips had more bacteria compared to chocolate or cheese dips. As a control, they dipped bitten chips into water and found similar bacterial counts. If a person is already sick, double dipping could spread disease such as the flu or whooping cough. For most people, the risk may not be great to double dip. In fact, sneezing or coughing onto food or not washing your hands poses a much greater risk of becoming ill.

**PUMPKINS** offer far more than a door-stop at Halloween. Think safety when planning to preserve pumpkins. Pumpkin is a low acid vegetable and requires special attention to preparation and processing.



Home canning is not recommended for pumpkin butter or any mashed or pureed pumpkin or winter squash. In 1989, the USDA's Extension Service first published the Complete Guide to Home Canning that remains the basis of Extension recommendations today, found in the 2015 revision.

The only directions for canning pumpkin and winter squash are for cubed flesh. In fact, the directions for preparing the product include the statement, "Caution: Do not mash or puree."

The best way to preserve mashed pumpkin or winter squash is freezing. For more tips on preserving pumpkin, including freezing, drying and pickling, see <http://nchfp.uga.edu/tips/fall/pumpkins.html>.



## Recipes submitted by the Happy Time Homemakers Club

### *Buttermilk Pecan Chicken - submitted by Ruthie*

*Tharman*

2 Cut up small fryers	1 cup ground pecans
½ cup buttermilk	1 Tbsp. salt
1 egg- beaten	1/8 tsp. pepper
1 cup flour	1/4 cup pecan halves

1 stick of butter

Preheat oven to 350 degrees. Melt butter in 9x13 pan. In a mixing bowl mix together milk and eggs. In a separate mixing bowl combine dry ingredients, including the ground pecans. Dip the chicken pieces in the milk and eggs mixture and then dredge into the flour mixture. Place chicken skin side down in the 9x13 pan turn in butter then sprinkle with pecan halves. Bake at 350 degrees for 1 and ½ hours until brown.

**Yield:** 8 servings 2 pieces per serving. **Nutrition**

**Facts:** 800 calories. Total fat 59g, cholesterol 280mg, sodium 1180mg, dietary fiber 2g, total carbohydrates 16g, sugars 2g, protein 52g.

### *Zucchini Pie - submitted by Ruthie Tharman*

#### **Filling**

1 ½ tsp. Cream of Tarter  
1/8 tsp. Salt  
2 Tbsp. Flour  
1/8 tsp. Nutmeg  
1 ½ tsp. Cinnamon  
1 1/4 cup Sugar  
1 large Zucchini  
1 Tbsp. Lemon juice

#### **Topping**

½ cup Sugar  
1 cup Flour  
1 Stick of Butter

#### **Crust**

1 raw 9" pie shell

Preheat oven to 375 degrees. Peel and cut lengthwise 1 large Zucchini. Scoop out seeds and slice into 1/6" pieces to resemble apple slices. Par boil Zucchini slices for 10 minutes in ½ cup of water and drain. In a large mixing bowl add lemon juice to Zucchini and coat. Mix filling ingredients and then add to zucchini. Place filling into pie shell. In a separate bowl crumble together Topping ingredients, and sprinkle over Zucchini pie. Bake for 45 minutes.

**Yield:** 1 Pie. 8 servings. **Nutrition Facts:** 290 calories. Total fat 6g, cholesterol 15mg, sodium 140mg, dietary fiber 1g, total carbohydrates 60g, sugars 45g, protein 2g.

### *Peach Pie Filling- submitted by Opal Jamvold*

#### *Ingredients*

	1 quart jar	7 quart jar
Fresh sliced peaches	3 ½ cups	6 quarts
Sugar	1 cup	7 cups
Clear Jel	1/4C. +1 Tbsp	2C.+ 2Tbsp.
Cold water	3/4 cup	5 1/4 cups
Cinnamon (optional)	1/8 tsp.	1 tsp.
Almond extract (optional)	1/8 tsp.	1 tsp.
Bottled Lemon Juice	1/4 cup	1 3/4 cups

**HOT PACK-** Select ripe, but firm peaches. To loosen skins, submerge into boiling water for approximately 30 to 60 seconds, then place into cold water for 20 seconds. Slip skins off. Cut peaches into ½ inch wide slices. Blanch peaches. Combine sugar, Clear Jel and Cinnamon in a large saucepot. Add water and almond extract. Stir and cook over medium high heat until mixture thickens and begins to bubble. Add lemon juice and boil sauce 1 minute more stirring constantly. Fold peaches into thickening mixture and continue to heat mixture for 3 minutes. Fill jars without delay leaving 1 inch head space. Remove air bubbles. Wipe jar rims. Adjust lids and process immediately in a boiling water bath. Pints or quarts 30 minutes.

**Yield:** 8 servings in a quart. **Nutrition Facts:** 130 calories. Total fat 0g, cholesterol 0mg, sodium 0mg, dietary fiber 1g, total carbohydrates 33g, sugars 31g, protein 1g.

### *Favorite Chip Dip- submitted by Katrina Tharman*

1 8oz. Cream Cheese  
1 16 oz. Bottle Salsa

Blend together with mixer or blender. Enjoy!

**Yield:** 3 cups. (12 - 1/4 cup servings). **Nutrition Facts:** 80 calories. Total fat 7g, cholesterol 20mg, sodium 200mg, dietary fiber 0g, total carbohydrates 3g, sugars 1g, protein 1g.

Recipes are due by October 14<sup>th</sup> from  
the Moray Friends Homemakers Club.