

Consuming Thoughts

by
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Today's consumers are increasingly concerned about healthy eating. They want good taste while keeping a careful eye on the amount of calories and fat they are consuming. One of the most celebrated farm-grown foods that is available this time of year also fits the bill as an excellent health food is the pumpkin. This fruit of the vine is marketed as a vegetable and in addition to its good nutritional value, it offers taste, versatility and convenience.

Pumpkin is the richest fruit-vegetable source of Vitamin A in the form of beta-carotene. According to medical studies, beta-carotene-rich foods as part of a healthful diet may help lower the incidence of some cancers. Medical experts say this nutrient also plays a role in good vision, healthy skin, a strong immune system, and bone and teeth development.

Pumpkin is also a good-tasting source of dietary fiber. One-third cup pumpkin contains three grams of fiber. A full third of the pumpkins solids in a can of pumpkin is dietary fiber, which health experts say is vital to good health—and is often deficient in American diets.

The American Medical Association and other health organizations recommend including several servings of fiber-rich foods every day, since it is believed that a healthful diet requires 10-25 grams of fiber per day to maintain normal functioning of the intestinal tract. Other proven benefits of fiber include moderating blood cholesterol levels and actually reducing cholesterol in those with high levels, and moderating the rise in blood sugar following a meal.

To increase your intake of diet-

ary fiber, try the following tasty pumpkin ideas:

•Add 2 tablespoons pumpkin per serving to hot oatmeal. Heat with water before cooking oatmeal. Serve with brown sugar. Or, sprinkle with cinnamon-sugar.

•Thicken soups, sauces, beans, and chili. Combine 1/4 to 1/2 cup pumpkin to baked beans, barbecue beans, or chili. Heat as directed.

•To improve glazing consistency of barbecue sauce on beef, pork, or poultry, add 1/2 cup pumpkin to a 15-16 ounce bottle of barbecue sauce.

•Even a sweet tooth can be boosted with additional nutrients and fiber: In small saucepan, combine contents of one packet (approximately 3 ounces) butterscotch and pie filling mix, 2 cups milk, and 1/2 cup pumpkin. Cook as directed on package.

•Add 1/2 cup pumpkin to liquid ingredients called for on package of spice cake mix. Bake as directed. Or, add 1/4 cup to the liquid ingredients of your favorite gingerbread mix (14-ounce size). Bake as directed.

•For rich and nutritious breads and cereals: Add 1/4 cup pumpkin to liquid ingredients called for in biscuit recipe (10 to 12 biscuits) on box of variety baking mix.

•Prepare your favorite pancake mix. Follow directions using 2 cup proportion dry mix, plus 1/2 cup pumpkin, 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground allspice, egg and liquid ingredients called for on package directions. Cook as directed. Note: If batter is too thick, add 1 to 2 tablespoons of milk or water to achieve pouring consistency.

After you try some of these



Students from Byram County, New Jersey learn the importance of getting enough calcium through milk and dairy products at the Jefferson Lakes Day Camp. Campers are participating in a milk and cookies relay, trying not to spill the milk or drop a cookie. The team with the most milk at the end of the race won. The American Dairy Association and Dairy Council, Inc. taught the children that by consuming the most milk on a daily basis and by reaching their recommended daily allowance of calcium, they too will win in the end, with stronger, healthier bones.

Property Management For Landlords

WEST CHESTER (Chester Co.)—Penn State Cooperative Extension will sponsor a three-evening seminar, "Residential Property Management for Part-time Landlords," on Mondays, November 6, 13 and 20, 7:00-9:00 p.m. at the Extension office, Suite 370, Government Services Center, 601 Westtown Road, West Chester.

Robert J. Thee, Ph.D., and guest speakers will cover the most important aspects of managing residential rental property including tenant selection and the Fair

Housing Act; leases; tenant relations; the new legislation on the eviction process, dealing with district court; marketing your units; what housing codes and regulations you need to know; maintenance and upkeep procedures; establishing costs and rental fees; and taxes and recordkeeping.

Speakers will include local management consultants, code enforcement office, district justice, accountant, and experienced landlords.

The registration fee is \$12 and registration is required by October 30. Call the Extension office at (610) 696-3500 for details.

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