



Cooperative Extension Service

Todd County

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October 2022

Todd County Extension

Family & Consumer Sciences

Newsletter

Pumpkin Butter Is a Great Fall Treat

Pumpkin butter is a fall favorite. It is similar to apple butter in that pumpkin is slowly cooked down with water or apple juice, white or brown sugar, and some spices. However, there is a big difference between pumpkin butter and apple butter. Apple butter can be safely canned in a boiling water bath canner while pumpkin butter cannot. Pumpkin butter must always be refrigerated or frozen. Fruit jams, jellies, preserves, and butters rely on the acid that is naturally present in the fruit, along with sugar, for safe food preservation. Apples are naturally acidic. Pumpkins are not. Pumpkins are a low-acid vegetable. Without the acid to aid in safe food preservation, you cannot rely on sugar alone to prevent the growth of pathogens.

Research has shown that acidity levels vary considerably even between batches of pumpkin butter made using the same recipe. In addition, there was significant difference in thickness between batches of the same formulation. No single recipe has been found to produce a consistently safe product. At this time, there are no recommendations for canning pumpkin butter and storing at room

temperature. Any pumpkin butter recipes you try should be served immediately or stored refrigerated or frozen.

Easy Pumpkin Butter

- 1 can (29 ounces) pumpkin puree
- ¾ cup apple juice
- 1 cup brown sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon ground nutmeg
- ½ teaspoon ground cloves

Combine all ingredients in a large pot, and bring to a boil. Reduce heat; simmer 30 minutes or until thickened. Stir frequently. Ladle into clean containers. Serve immediately or store refrigerated.

References:

National Center for Home Food

Preservation <https://nchfp.uga.edu/index.html#gsc.tab=0> and <https://www.pumpkinpatchesandmore.org/pumpkinbutter.php>

Source: Annhall Norris, Extension specialist, Food Preservation and Food Safety



Shrinkflation

You have likely noticed increased prices when shopping lately, but have you also noticed package sizes are shrinking? This is known as “shrinkflation.” Sometimes called downsizing, shrinkflation occurs when companies maintain their current prices (or even increase their prices ever so slightly) while giving you less product. The size differences are often small enough to keep the physical packaging the same, such as a box of pasta shrinking from 16 ounces to 14 ounces. These small changes can easily go unnoticed. This is an intentional marketing strategy. In fact, manufacturers are counting on consumers not to pay attention to the amount of product. Even small changes in the amount of a food or household item can add up quickly and affect your monthly budget. The less of the item you get, the more often you need to buy it.

To combat shrinkflation, pay attention to slight changes in packaging on the products you buy, from cereal to toilet paper to shampoo. While not all shrinking products will come with new packaging, some may make boxes or bottles taller and narrower to trick the eye into believing it holds more product than it does. Also, be wary of “bonus buys” that promise you’re receiving additional product. Compare the



bonus buy to the regular product to make sure it contains more. When shopping, look for the unit price of an item. Unit prices show you the price per unit, such as pounds or ounces, and is located on the shelf price tag, not on individual packages. Unit prices help you compare different brands and different sizes of the same brand. Finally, keep an eye out for sales and consider stocking up on freezer or self-stable household staples when you find a deal.

References:

https://consumerfed.org/press_release/coping-with-shrinkflation-tips-on-making-ends-meet-as-packages-get-smaller-and-inflation-carries-on/
<https://www.npr.org/sections/money/2021/07/06/1012409112/beware-of-shrinkflation-inflations-devious-cousin>

Sources: Nichole Huff, Ph.D., assistant Extension professor, Family Finance and Resource Management; Miranda Bejda, doctoral student, Family Sciences

Complaint Procedure

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Sincerely,

Jill B. Harris

Jill Harris
Extension Agent for
Family & Consumer Sciences



Upcoming Classes & Activities

November Leader Training – Stress Eating

Have you ever wondered why stress leaves you craving or reaching for favorite comfort foods? Join us for a class where you will learn about why we stress eat, strategies to manage stress eating, and tips for savoring comfort foods. The class will be taught at the **Todd County Extension Office on Tuesday, November 1, 5:00 p.m.** Please RSVP to the Todd County Extension Office and let us if you are planning to attend. To watch the class by **Zoom on November 2 at 10:00 AM**, please contact us for the link.

Hometown Food & Fashion Show

Thank you to everyone who helped make the Food & Fashion Show a success! The feedback has been very positive and the committee is planning another one for 2023!

Area Homemaker Meeting

Christian County will be hosting the Area Homemaker Meeting on **Friday, October 28, 10:00 a.m.** at the Christian County Extension Office in Hopkinsville. The theme is “Our Kentucky Roadmap.” The featured speaker is Blair Thomas-Hess, entertainment will be provided by Tab Brockman; and lunch will be catered by Four Seasons. The registration fee is \$15.00/person and is due to the Todd County Extension Office by **October 14**. You are welcome to dress touristy.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

TIPS FOR MANAGING STRESS EATING

Have you ever wondered why stress leaves you craving or reaching for favorite comfort foods?

Join us for a class where you will learn about why we stress eat, strategies to manage stress eating, and tips for savoring comfort foods.

November Leader Training
Taught by:
Jill Harris
Todd County FCS Agent

Lesson Dates and Times:
November 1, 10:00 AM, Trigg County
November 1, 5:00 PM, Todd County

November 2, 10:00 AM, by Zoom

November 3, 10:00 AM, Lyon County
November 3, 2:00 PM, Muhlenberg Co.

Register by October 28 by contacting your local County Extension Office. They will also have Zoom information




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LEXINGTON, KY 40546



Building
sustainable
with you.



Community Baby Shower

Thank you for your donations to the Community Baby Shower. The moms were very appreciative of your gifts.

Todd County Homemakers Council

Todd County Homemakers Council will meet **Monday, October 24, 5:00 p.m.**, at the Todd County Extension Office Meeting Room.

Homemakers Annual Meeting – December 1

Save the date for the Todd County Homemakers Annual Meeting to be held **Thursday, December 1, 6:00 p.m.** at the Todd County Senior Citizens Center. We will have finger foods, a short business meeting (with officer elections, and some Christmas fun.

Todd County Homemakers

ANNUAL MEETING

**THURSDAY
DECEMBER 1
6:00 PM**

Join us to for finger foods, a short business meeting (including election of officers), scholarship fundraiser, fun, and more fun.

COST TBA **SAVE THE DATE DECEMBER 1, 2022**

Senior Citizens Center, Morris Weathers Drive, Elkton, KY

Homemaker Dues

Homemaker membership dues of \$10 are due to the Todd County Extension Office by **November 16**. (Dues are free for first year members.) With your membership dues, you will also receive the monthly Homemaker lesson in the mail. You are also invited to all Todd County Homemaker events and activities.

Ready, Set, Bake

Learn how to be a better baker by attending the January lesson, "Ready, Set, Bake." It will be taught at the **Christian County Extension Office on Tuesday, January 5, at 10:00 a.m.** The class is hands-on and has a fee of \$3.00 per person. Please pre-register at the Todd County Extension Office by December 15. The class will not be offered on Zoom.



Ready, Set, Bake!

Become a better baker by getting back to the basics. This lesson is designed to give you a better understanding of ingredients and their role in the baking process, as well as demonstrate basic baking techniques. This class will be a hands-on class.

January 5, 2023 10:00 a.m. Christian Co. Extension Office

January 5, 2023 2:00 p.m. Caldwell Co. Extension Office

**\$3.00 Registration fee per person.
Pre-registration required.
Contact your local Pennyrile Area County Extension
Office by December 15 to register.**

