PEAS AND CARROTS

Indiana FSSA’s Division of Aging  October 2022

“A healthy outside starts from the inside.”

-Robert Urich

PUMPKIN

FAST FACTS
- Pumpkin is a type of cucurbitaceae fruit, such as cucumbers, gourds, melons and squashes
- Every part of the pumpkin plant can be eaten, including the flowers, leaves, stems, and seeds
- Pumpkins mature in early autumn
- Characterized by a hard orange rind with distinctive grooves
- It has two classifications, summer and winter

IMPORTANT NUTRIENTS
- Fiber - good for your gut and heart
- Magnesium - helps build bones and teeth
- Vitamin A - keeps tissues and skin healthy
- Vitamin C - helps with wound healing
- Potassium - needed for muscle contraction

SELECTION & STORAGE
Choose a pumpkin with firm tough skin that are heavy for its size. Avoid moldy or sunken skins.
Uncut pumpkins can be kept in a cool dry place for up to 6 months.

IDEAS FOR SERVING
- Incorporate into baked goods, like muffins or bread
- Roast pumpkin as a side dish and season with spices to add additional flavor
- Toast and lightly salt the seeds

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In Connect Alliance
Older Adults: Care for yourself one small way each day

Engage in creative social activities like painting, gardening, or new hobbies.

Find new ways to safely connect with family and friends, get support, and share feelings.

Treat yourself to healthy foods and get enough sleep.

Take care of your body and get moving to lessen fatigue, anxiety, or sadness.

cdc.gov/coronavirus
12 Great Ways to Use... Greek Yogurt

Greek yogurt is a key ingredient in the Mediterranean Diet. It is thicker and creamier than regular yogurt since most of the whey has been strained out, and it has a delicious tangy flavor. Plus, it contains twice the protein of regular yogurt and less lactose as well, making it suitable for some people who suffer from lactose intolerance. Eaten plain, it’s a perfect snack. Used in cooking, it thickens, moistens, and supports fresh flavors. And it serves as an excellent stand-in for mayonnaise. Here are some easy ways to use it:

1. Mix Greek yogurt with lemon juice and capers to create a sublime sauce for salmon.
2. Top a bowl of oatmeal or granola with Greek yogurt and fresh berries. Or, layer granola, Greek yogurt, and fresh fruit in a glass to make a breakfast parfait.
3. Spoon Greek yogurt on top of a dish of roasted vegetables.
4. Combine Greek yogurt with minced garlic, fresh herbs, and extra-virgin olive oil for an instant salad dressing.
5. Make a delicious dressing for chicken or seafood salad by combining Greek yogurt, Dijon mustard, and dried or chopped, fresh tarragon.
6. Blend Greek yogurt with honey, a squeeze of fresh lemon juice, and a dash of cinnamon to make a quick sauce for berries or peaches.
7. Use Greek yogurt instead of cream in cold soups.
8. Make a smoothie using Greek yogurt, fresh or frozen berries, and ice.
9. Top pizza dough with Greek yogurt, roasted vegetables, and shredded cheese, and bake at 425°F for about 10 minutes.
10. Combine yogurt, diced cucumbers, garlic, and a bit of extra-virgin olive oil to make a dip for whole grain bread or vegetables.
11. Combine Greek yogurt with a bit of unsweetened peanut butter for an instant snack.
12. Enjoy Greek yogurt topped with honey and chopped walnuts for a dessert treat.

Learn more about healthy food choices at www.oldwayspt.org.
Common processing requirements of "all-natural" sweeteners

**Stevia**
Leaf to augmented powder

The development of Stevia involves multiple steps that transform the leaves of the stevia plant into a powdered form. Stevia production starts when leaves are harvested, dried, and steeped in hot water. Next, the product is filtered and centrifuged multiple times to concentrate the sweet components of the extract. Manufacturers will then separate these concentrates and purify them, typically using an ingredient such as ethanol. Because stevia is relatively new, many manufacturers combine it with other ingredients, such as dextrose, inulin, or erythritol, to even out the flavor.

Source: stevia.com

**Monk Fruit Extract**
Fruit to liquid to powder

Creating a monk fruit extract takes multiple steps, starting with the picking of the monk fruit. The fruit is crushed and mixed with hot water. Next, the liquid is filtered, leaving a clear juice consisting of fructose sugars and sweet antioxidants. These two compounds are mechanically separated. The sweet antioxidants go through a further processing step of spray drying to turn the liquid product into a powder.

Source: Naturally

**Brown Rice Syrup**
Grain to concentrated syrup

Brown rice syrup is derived from cooked, brown rice. The cooked rice is fed enzymatic, which breaks down the starch in the rice into simple carbohydrates. The resulting product is strained to remove the starch, then boiled. When boiled, liquid evaporates from the product, concentrating the sugars into a low-water syrup.

Source: boxerpedia.com

**Agave Nectar**
Plant to evaporated syrup

Agave nectar is derived from the juice of agave leaves, which mainly grow in Mexico and Latin America. The leaves are picked and pressed, which releases the agave juice. The juice is then heated, which converts the complex sugars into simple sugars and concentrates the liquid into a syrup. The syrup is filtered and further thickened through controlled evaporation.

Source: Wholesome Sweeteners Inc.

**Maple Syrup**
Sap to highly evaporated syrup

The process of making maple syrup starts in early spring, when sap is collected from maple trees. The sap is then boiled, which evaporates the water, concentrating the sweetness of the liquid. The syrup is then filtered to remove any sediment and is graded based on color and flavor.

Source: MapleSugar.com

**Cane Sugar**
Starch refined into crystals

Cane sugar comes from sugar cane stalks. The stalks are harvested and sent to factories to undergo a process to convert the ingredient from starch to sugar crystals. During the final step, the sugars are crushed with large rollers, which separates the sugar into crystals. These crystals are then heated and refined through evaporation to purify the juice. Finally, the pure juice is boiled, which forms sugar crystals. These crystals are further refined and shaped into large blocks, which are then sold as refined cane sugar.

Source: The Sugar Association

To learn more about honey, an all-natural, unprocessed sweetener and flavor, visit honey.com.
Perfectly Pumpkin Whole Wheat Pancakes

Recipe Courtesy: https://food.unl.edu/recipe/pumpkin-whole-wheat-pancakes

Yield: 10-12 pancakes  Serving Size: 1 pancake

Nutrition Information:
Calories 128, Total Fat 3.5g, Saturated Fat 0.7g, Sodium 270 mg,
Total Carbohydrates 21g, Fiber 2g, Total Sugars 4.4g, Protein 4.7g

Ingredients:
2 eggs 2 tablespoons vegetable oil
1 1/2 cups low-fat milk 3/4 cup canned pumpkin or pumpkin puree
2 tablespoons brown sugar 1 cup all-purpose flour
1 cup white whole wheat flour 2 tablespoons baking powder
1/2 teaspoon pumpkin pie spice 1 teaspoon cinnamon

Directions:
1. Break eggs into a clean, medium bowl and beat with a fork.
2. Add the oil, milk, pumpkin and brown sugar to the bowl with the eggs.
   Combine all-purpose flour, whole wheat flour, baking powder and spices in
   small bowl.
3. Add dry ingredients to pumpkin mixture. Stir until combined. Pour 1/4 cup of
   batter for each pancake on a lightly oiled and heated griddle or skillet.
4. Cook until the pancakes are full of bubbles and the under-surface is lightly
   browned. Use a spatula and flip. Lightly brown the other side.
5. Store leftovers in a sealed container in the refrigerator for up to 4 days.