



Henry/Stark Counties

358 Front St. Galva, IL
(309) 932-3447
Tues, Wed, Thur. 8 am - 4 pm

Mercer County

910 13th St. Viola, IL
309-513-3100
Tues, Wed, Thur. 8 am - 4 pm

Rock Island County

321 W 2nd Ave. Milan, IL
(309) 756-9978
Mon-Fri. 8am - 4 pm

Visit our website: extension.illinois.edu/hmrs

Pumped for Pumpkins

By Kristin Bogdonas, nutrition and wellness educator

Eat Local

Illinois is the top producer of pumpkins, harvesting about 2-4 times as many pumpkin acres as any of the other top States. Nearly 80% of these acres are devoted to pie filling and other processing uses so there is a very good chance the pumpkin in your next dessert likely came from Illinois farms.

Nutritious and Delicious!

Pumpkins are not only delicious but also packed with beta-carotene, which converts to Vitamin A in the body. This powerful antioxidant offers disease protection and combats aging.

Fun Facts:

- Cooking pumpkins enhances the bioavailability of beta-carotene, helping your body absorb more nutrients.
- They are low in calories (49 cal/cup), a good source of fiber (3g/cup), and rich in Vitamin E, iron, and potassium.
- Don't overlook the nutrient-dense seeds, which are high in Vitamin E and heart-healthy monounsaturated fats.



In the Kitchen with Pumpkins

For cooking, choose pie pumpkins with 1-2 inches of stem to keep them fresh longer. For homemade puree, use one pound of raw, untrimmed pumpkin for each cup of finished puree. Get creative by incorporating pumpkin into both sweet and savory dishes this fall. It adds creaminess to pasta, soups, chili, and stews.

Flavor Pairings:

- Sweet: Cinnamon, nutmeg, ginger, cloves
- Savory: Cayenne, turmeric, rosemary, thyme, basil, cumin

Pumpkin Chili Recipe (6 servings)

- 1 lb. ground beef (or try ground turkey or half diced mushrooms and half meat)
- ½ cup onion, chopped
- 1 can (15 ounces) pumpkin
- 2 cups water
- 1 can (15 ounces) kidney beans
- 1 pkg. taco seasoning mix
- 1½ tsp. chili powder
- 1 cup reduced-fat shredded cheese (optional)
- ½ cup low-fat sour cream (optional)



Directions:

1. Wash hands with soap and water.
2. Add beef and onion to a large saucepan. Cook until meat is brown and onion is soft. Drain excess fat.
3. Add pumpkin, water, beans, taco seasoning mix, and chili powder.
4. Bring to boil. Cover and simmer 30 minutes.
5. Garnish with cheese and sour cream, if desired.

Find more information on pumpkin history, varieties, recipes, farm locations, growing tips and fun facts at the Illinois Extension website: **Pumpkins and More at extension.illinois.edu/pumpkins/**

Nutrition & Wellness



Eating for Eye Health | Lesson for Living Webinar, Tues Oct 8, 10 a.m.

Age-related eye diseases are the leading cause of blindness and vision problems in the United States, but luckily, you can do things to reduce your risk. Learn about the most common types of eye disorders, the role of nutrition in eye health, and what you can do to protect your eyes.

Register at go.illinois.edu/2024HCELessons

Apples are Awesome!

It's apple season! The leaves are changing colors, and your local orchards are filled with apples. Illinois Extension has great resources to learn how to juice, freeze, can, and dehydrate apples.



- Canning Pie Filling? Do you have Clear Jel®? go.illinois.edu/CanningPieFilling
- Canning Foods at Home go.illinois.edu/CanningFoodsAtHome
- Preserving Apples (PDF) go.illinois.edu/PreservingApples

Try this Squash, Apple, and Cranberry Casserole from Eat.Move.Save for a tasty combination!

Ingredients

- 3 cups cubed winter squash (butternut or acorn)
- 2 cups cubed baking apples (Granny Smith)
- 1/2 tsp nutmeg
- 1 tsp cinnamon
- 1 tbsp brown sugar
- 1/4 cup dried cranberries



Instructions

1. Preheat oven to 350°F.
2. Combine squash and apples in an 8x8-inch pan.
3. Sprinkle with nutmeg, cinnamon, and brown sugar, then top with cranberries.
4. Cover with foil and bake for 45-60 minutes, until tender.

Note: Modified from USDA's "Squash Apple Casserole."



Community Seminar Series: Autumn Health Picks 2024, Wednesdays, Oct 9 to Nov 13, Noon

Get research-based information on complex health issues in this free online series, where experts from the University of Illinois offer holistic solutions to address health challenges. Pick and choose those that interest you. Series is free.

Register at go.illinois.edu/AutumnPicks2024

Webinar Topics:

Nearby Nature & Socializing: Tips to Boost Well-Being | Oct. 9, Noon

Discover practical strategies for improving your health through nature and social interaction.

When Silence Grows Louder: Aging & Hearing Loss Oct. 16, Noon

Learn about age-related hearing loss, its effects, and how to manage it.

School-Based Agriculture for Nature Solutions Oct. 23, Noon

Explore how school food forests can address climate change and boost well-being.

When Tech Meets Care: AI Supporting Older Adults Oct. 30, Noon

See how AI is revolutionizing aging care and addressing ethical concerns.

Add Spice: Enhancing Foods with Global Seasonings | Nov. 6, Noon

Learn how to incorporate global spices into your meals for more flavor and variety.

Mindfulness & Resilience: Transform Aging Nov. 13, Noon

Discover how mindfulness and resilience can help navigate the challenges of aging.



Discover the Benefits of Engaging with Nature | Four Seasons Gardening | Tues. Oct 8, 1:30 pm

In a culture increasingly dominated by technology and highly manipulated landscapes, connecting with nature can seem impossible. Explore what we are missing when we lose our connection to nature and gain inspiration that will help to prioritize nature connections, even as winter approaches and day lengths shorten.

Register at go.illinois.edu/FourSeasons.



October 10 @ 1 PM | Actions for Illinois Residents to Combat Climate Change | Everyday Environment

While there are many strategies to reduce risk and adapt at global and regional scales, individuals can also take action. Learn how you can address climate change in your home, landscape, and community in this free webinar. Explore how paying attention to what's on your plate, checking the energy efficiency of your home, and getting active in your local community are all ways to be a climate-conscious global citizen.

Sign up at go.illinois.edu/climatechangeactions

Tree ID Walk, Village of Hamlet, Mon., Oct 7, 11 am - Noon

Join us for a Tree ID Walk in the Village of Hamlet in Mercer County, where you'll learn to identify tree species by their leaves, bark, and shape, explore native and introduced tree species, and discuss best practices for maintaining urban tree health. Light hiking on uneven terrain. Suitable for all ages and skill levels. We will meet at 1671-Hwy 94 Aledo, IL 61231 (off street parking.)



Sign up at go.illinois.edu/TreeWalk



Gardening in the Air Virtual Symposium | Learn new skills to help make dream gardening projects a reality: Saturday, Oct 19, 9 am - 12:30 pm

Join us for Gardening in the Air, a free one-day, nine-session webinar on Saturday, Oct. 19, featuring horticulture experts from across the Midwest. Mix and match sessions to create your own experience.

Register by Oct 13 at go.illinois.edu/GIA

Gardening in a Changing Environment

Pick Me: How New Plants Are Chosen (9 a.m.)

Learn how garden staff choose plants for sales and explore the decision-making process.

Gravel Gardens & Water-Wise Gardening (10:15 a.m.)

Discover techniques for creating water-efficient gardens and the benefits of gravel gardening.

Urban Forestry for the 21st Century (11:30 a.m.)

Explore how urban forests help mitigate climate change and improve pest and disease management.

Edible Vegetables

History and Culture of Vegetables (9 a.m.)

Discover the origins, uses, and significance of major vegetables worldwide.

Colorful Vegetables (10:15 a.m.)

Explore the traits behind the vibrant colors and unique characteristics of popular cultivars.

Vegetable Gardening for Small Spaces (11:30 a.m.)

Learn methods for growing vegetables in limited spaces, from raised beds to container gardens.

Nature Critters

Attracting Birds to Your Garden (9 a.m.)

Learn how to attract and enjoy birds in your yard through smart gardening practices.

Expecting the Spotted Lanternfly (10:15 a.m.)

Get ready for the arrival of this invasive species with identification, reporting, and management tips.

Better Flower and Garden Photography (11:30 a.m.)

Discover simple techniques to elevate your garden photography, whether using a DSLR or smartphone.

Register by Oct 13 at go.illinois.edu/GIA For accommodations, contact Tracy Muliiken at tmully@illinois.edu or 309-756-9978.



NATIONAL 4-H WEEK

October 7-12, 2024

We are kicking off the month with National 4-H Week, a time to celebrate and welcome new members to join the 4-H adventure!

4-H - Where Youth can Belong, Lead, & Learn.

4-H programs challenge youth to “learn by doing” with fun, hands-on activities. They can learn, practice, and demonstrate new skills while exploring the interests that are important to them. In 4-H, youth are brought together in clubs led by caring adults who welcome them as a part of the larger 4-H family.

4-H members range in age from 8 to 18, and youth who are 5 to 7 years old may join 4-H as a Cloverbud. The cost to join 4-H for the year is \$20.

New members can get more information by contacting 4-H staff in their county or fill out our new member interest form: [@go.illinois.edu/4-HNewMemberInterest](https://go.illinois.edu/4-HNewMemberInterest)

Join the Rock Island County 4-H Teen Federation!

**Oct 8, 6:30 PM, Illinois Extension
321 W 2nd Ave., Milan, IL.**



Start building your citizenship, leadership, and life skills as a member of the new 4-H Teen Federation! We're on a mission to create a cohesive and unified club for Rock Island County 4-H teens. If you're 11 or older and a 4-H member, this is your chance to be part of something exciting!

At Teen Federation, you'll have the opportunity to:

Make a difference through service events in the county
Strengthen leadership skills while working with peers
Have fun with games, snacks, and creative planning
Join us for our first meeting on Oct 8th!

Sign up at go.illinois.edu/RITeenFed

For more information, contact club leader Lori Tharp
309-781-2824

Start your 4-H Adventure with us today!



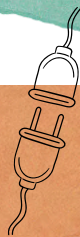
EXPLORE PASSIONS, IGNITE POTENTIAL

4-H offers 150+ hands-on project areas to explore - from arts to robotics, cooking to forestry, interior design, to shooting sports, and more!



UNPLUG AND ENGAGE

4-H is a place youth and teens can unplug and engage in real-world activities.



MAKE NEW FRIENDSHIPS & CONNECTIONS

Everyone is welcome! Meet new friends, explore your passions, and build skills that will last a lifetime.



BECOME A HERO: VOLUNTEER

We need dedicated leaders to inspire youth. Lead a club or start one in your neighborhood. Share your talents as a 6-session Special Interest Club leader. 4-H staff is here to help!



START YOUR 4-H ADVENTURE!

Discover endless possibilities with 4-H!
Connect at go.illinois.edu/4-Hlearnbydoing
or call your county 4-H office.



Rock Island County 4-H 309-756-9978
Mercer County 4-H 309-513-3100
Henry/Stark Counties 4-H 309-932-3447



Wonder Series

The Science of Awe

Outstanding October

By Elaine Kaple, 4-H Metro Youth Development Educator

"I'm so glad I live in a world where there are Octobers."

-Anne from Anne of Green Gables by Lucy Maud Montgomery



Welcome to installment number three of the 4-H Wonder Series. The series centers on the emotion **"awe"** and how it can benefit youth (and people of all ages) by helping to make us happier, healthier and more connected. Awe is the feeling we get when something leaves us breathless, inspired, or mystified. It gives us a sense of being in the presence of something greater than ourselves, something immeasurable. There are many ways to help facilitate the feeling of awe. ***This month covers awe through nature, scientific exploration, social experiences, engaging in meaningful traditions, and awe induced by the "spooky!"***

September's edition of the 4-H Wonder Series offered an exploration of how **immersion into nature** is a great way to experience awe. For October, we continue that exploration as we focus on the changing of seasons and nature's colorful show during this time of year in the Midwest. Take this opportunity to see when the fall leaves will be changing color in your neighborhood! For the Quad Cities, the color change is predicted to be well under way by mid-October and will peak near the end of the month. Check out the Fall Foliage Prediction Map at the following website: <https://smokymountains.com/fall-foliage-map>

The wonders of science can also inspire awe as we explore the inner workings of the world around us.

The process of foliage color change is fascinating! During spring and summer, trees are producing a lot of chlorophyll which is how plants turn sunlight into sugar to feed themselves. This makes the leaves green. But when the days in fall begin to get short, less and less chlorophyll is produced and the leaves begin to reveal other colors like yellow, orange, and red! As winter draws closer in late fall, the trees begin to go into self protection mode and start to cut off resources to the leaves, which causes them to fall.

Another way to induce awe, that we don't always seek out on purpose is, fear. Who wants to be scared?! However, in October we have a unique opportunity to combine the **benefit of social connection through shared rituals or cultural practices** and the sometimes spooky traditions of the season. Each year many people are eager to start celebrating fall with pumpkin spice, colorful fall decorations, and for those that enjoy Halloween that also means some spooky decorations, costumes, and tricks & treats! So gather your friends and family, grab the flashlights, and turn off the lights as you tell some not- too -spooky stories that may just inspire some surprises and awe! Check out some story ideas here or try making up your own! <https://koa.com/blog/kid-friendly-spooky-campfire-stories/>

References:

- 17 Not So Scary Spooky Stories for Kids. (2023, September 26). Retrieved from: <https://koa.com/blog/kid-friendly-spooky-campfire-stories/>
2024 Fall Foliage Prediction Map. (n.d.) Retrieved from <https://smokymountains.com/fall-foliage-map>
Allen, S. (2018, September 26). *Eight Reasons Why Awe Makes Your Life Better*. Greater Good Science Center. https://greatergood.berkeley.edu/article/item/eight_reasons_why_awe_makes_your_life_better.
Keltner, D., & Haidt, J. (2003). Approaching awe, a moral, spiritual, and aesthetic emotion. *Cognition and Emotion*, 17(2), 297-314. <https://doi.org/10.1080/02699930302297>



Hands-on Activities for Youth (and those young at heart)

Ahhh, sweet crisp Fall! During October we enjoy harvest days, a bounty of pumpkins, beautiful fall leaves, cinnamon spiced treats, and lots of cozy crafting opportunities. Enjoy these activity ideas!



Preserving Fall Leaves

Capture the vibrant colors of fall and enjoy the beauty of the season year-round with preserved leaves! Using glycerin replaces the water in the leaves, keeping them soft, pliable, and colorful while preventing brittleness and decay. This process allows for long-lasting use in crafts and decorations. Follow these steps.

Supplies

- Vegetable glycerin
- Water
- Bucket or large bowl
- Fall leaves

Instructions

1. Pick freshly colored fall leaves, like maple, for best results.
2. Mix 1 part glycerin with 2 parts water and boil.
3. Pour about 2" of the mixture into a container.
4. Submerge leaves, weighing them down if needed, and soak for 3-5 days.
5. After soaking, remove leaves and let them dry before using them for decoration.

More October themed activities to inspire awe:

- Toasting marshmallows
- Carving pumpkins
- Drying flowers
- Gourd crafts: Birdhouses or beeswax candles
- Plant fall bulbs (that will bloom with flowers in the spring)
- Leaf rubbings

Try this yummy spiced **Pumpkin Pancake Recipe from Eat.Move.Save.** (With the help of an adult. Always wash your hands before cooking).

Ingredients

- 1 cup flour
- 1 cup whole wheat flour
- 2 tsp baking powder
- 1/2 tsp salt
- 2 tbsp brown sugar
- 1 tsp pumpkin pie spice
- 3/4 cup pumpkin puree
- 1 3/4 cup nonfat milk
- 3 tbsp vegetable oil
- 3 eggs, lightly beaten

Instructions

1. Mix flours, baking powder, salt, sugar, and spice in a bowl.
2. In another bowl, combine pumpkin, milk, oil, and eggs until smooth.
3. Stir wet ingredients into dry mix until moistened.
4. Cook on a greased skillet until bubbles form, then flip and cook until golden.
5. Serve warm with powdered sugar or syrup.

For more, visit: [Eat.Move.Save*](https://eat-move-save.extension.illinois.edu/eat/recipes/pumpkin-pancakes).



References:

*Pumpkin Pancakes. (n.d.) In Eat.Move.Save online recipe collection. Retrieved from <https://eat-move-save.extension.illinois.edu/eat/recipes/pumpkin-pancakes>



Gain Insights from Experts at the **Illinois Extension Farmland Owners Conference Nov 25, Illinois Valley Community College, Ogelsby, IL**

Owning farmland comes with its own set of unique challenges, whether you're actively working the land or overseeing its management. To help current and future landowners navigate these complexities, University of Illinois Extension is hosting the Farmland Owners Conference on Nov. 25 from 8 a.m. to 3 p.m. at Illinois Valley Community College in Oglesby. Gain insights from university and industry experts to help you make informed decisions about managing your land and ensuring its long-term success.

This one-day event will cover critical topics including:

- Negotiating cash rent.
- Understanding current land values and appraisals.
- Soil fertility: Protecting your investment.
- Solar energy on your land.
- Maintaining profits while protecting the environment.
- Types of insurance you need for your farm.
- Navigating Farm Service Agency forms and requirements.
- Estate planning.
- Organic production.

Registration is \$65 and includes refreshments and lunch.
Sign up by Nov. 20 go.illinois.edu/Landowner2024

The Illinois Nutrient Loss Reduction Podcast

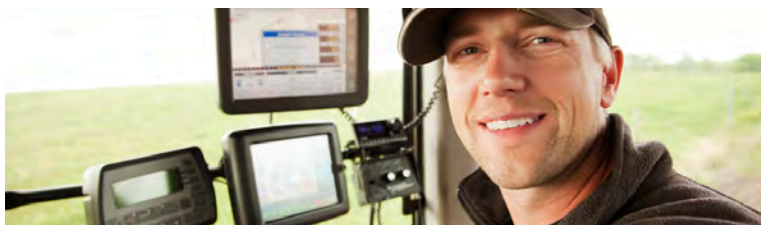


Hear interviews with agriculture and water quality educators from Illinois, Extension, soil and water and other agencies as well as farmers who give tips, explain processes and tell first-hand stories about real-life applications.

INLR Podcast @ go.illinois.edu/INLRpodcast

Read the blog that dives deeper into each topic
INLR Blog @ go.illinois.edu/INLRBlog

Explore Illinois Extension's Upcoming Agriculture Webinars



I-FARM University Learning Webinar Series

Oct 10 | Economics of Adopting Weeding Robots | 11 a.m.

Explore how robot prices, corn prices, the robot weeding efficacy, and a farmer's planning horizon affect how many robots to adopt and to what extent weeding robots can increase farm profitability and reduce weed resistance to herbicides.

Nov 14 | Smart Grazing: AI Integration | 11 a.m.

Learn how advanced technologies can be used to monitor and manage livestock grazing patterns. Gain insights into the design and deployment of these technologies and how they can improve pasture utilization, livestock health, and overall farm efficiency.

Dec 12 | Bridging the Gap: Technology Adoption in Small Holder Farms | 11 a.m.

Explore practical solutions and case studies of successful technology integration in small-scale farming. Learn about the barriers to adoption and strategies to overcome them.

Register for any of these at: go.illinois.edu/IFARM2024



Cultivating Caution: Farm Safety & Wellness

Oct 15 @ 11 a.m. | Resources for Farmers in Crisis

Know where to turn for crisis resources before it happens. When injury, illness, or natural disasters strike, farmers and ranchers need help to continue operating. This program highlights two key resources for farmers in crisis. The Farm Rescue program plants, harvests, hauls, and does chores for free when farmers have an emergency. The AgrAbility program helps agriculture workers with disabilities. Learn about qualifications, what services are available, and how to request assistance from these essential non-profits serving the ag community.

Nov 19: 11 a.m. | Future of Ag Safety: How AI Will Transform Agriculture

Illinois experts look ahead at emerging technologies and innovations that will transform safety in agriculture. Explore cutting-edge research around autonomous equipment, wearable technology, telematics, and digital training tools. Participants will gain insights into how these futuristic solutions could monitor risks, prevent incidents, and improve health outcomes for agricultural workers. Also find out how farmers, researchers, and policymakers can collaborate to fully realize the safety benefits of new agriculture technologies.

Register for either of these at: go.illinois.edu/SafeAg2024



Legal Training for Illinois Small Farms Series

Oct 22, 7-8 PM | Business Structure Basics

Choosing the right business structure for a farm or ranch business shouldn't be hard. In this webinar, producers will learn how to apply straightforward decision-making factors to your situation. We'll walk through the tax advantages and business practices that make the most of your choice. A focus on preventing problems with good governance means whether you are just starting out or you've been on the land for a few decades; this webinar will help you chart next steps.

Register at go.illinois.edu/BusinessBasics

Dec 16, 7-8 PM | Forming an LLC Webinar

If you are curious about the details of an LLC, you're not alone! Get a quick recap of why an LLC is a good risk management tool before going into how to form one, which best practices to implement after it's formed, and regular obligations to keep the LLC in top legal shape. Led by staff from Farm Commons, a nonprofit organization dedicated to empowering farmers to solve their own business law challenges in a community of support.

Register at go.illinois.edu/LLCTraining

Essential Agricultural Tools and Resources



Looking for reliable agricultural resources? Maximize your farming efficiency with expert guides, calculators, and updates.

Check out these valuable tools from Illinois Extension.

- Explore the [Illinois Agronomy Handbook](#)
- Gain CEUs through [CropFlix](#): Online Certified Crop Advisors
- Calculate nitrogen returns with the [MRTN Calculator](#)
- Maximum Return to Nitrogen Access with detailed [Commercial Ag Fact Sheets](#)
- Get information on legislation, regulations, and more in the [Illinois Pesticide Review Newsletter](#).

Scan the QR code for quick links from our website: extension.illinois.edu/hmrs/agriculture-and-natural-resources

