

Healthy Choices

October 2025

Sausage and Sauerkraut

Ingredients:

Serves 4

- 6 medium potatoes, cubed
- 2 tablespoons canola oil
- 1 small onion, halved and sliced
- 1 pound smoked beef sausage, cut into 1/4-inch pieces
- 1 can sauerkraut, drained
- 1/4 teaspoon pepper



Directions:

1. Wash hands with soap and water.
2. In a large skillet, sauté the potatoes in oil until lightly browned, 5-6 minutes.
3. Stir in onion. Sauté until tender 3-4 minutes.
4. Add sausage, and pepper cook until sausage is warm, 5-6 minutes.
5. Add sauerkraut, cook uncovered until heated through, stirring occasionally.

Nutrition Information: Serving size: 1-1/2cup 567 Calories, Total fat 38g, Cholesterol 76mg, Sodium 2043mg, Carbohydrate 36g, Sugar 7g, Fiber 20g

Note: I tried this recipe and was pleasantly surprised how good it was. I added garlic and other seasons to it. Will defiantly make again.

KANSAS STATE
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Extension
Wildcat District

Wildcat Extension District 620-331-2690

<http://www.wildcatdistrict.k-state.edu> Serving: Crawford, Labette, Montgomery,
& Wilson Counties

Pumpkin Picking

What is round, smooth, slightly bumpy, and most often shades of deep yellow and orange? If you were thinking of Oranges, you're not wrong. But, in this article, we are referring to pumpkins!

Native to North America, pumpkins are one of the oldest domesticated plants used as early as 7,000 to 5,500 B.C. Pumpkins are widely grown for food, but also make beautiful fall decorations! Pumpkins are commonly carved into decorative jack-o'-lanterns for the Halloween season.

Pumpkins aren't just pretty to look at; they provide a ton of great nutrition. Pumpkins provide a great source of vitamins A and C, potassium, and fiber.

Pumpkins are a type of winter squash that are available in October and November. If you really take a liking to pumpkin, canned pumpkin is a convenient and readily available option year-round. Unopened canned pumpkin is safe to eat for up to years after the 'use by' or 'best by' date if the can has no dents, rust, or swelling. Once opened, canned pumpkin can be kept in the refrigerator can be kept for three to four days. Store whole pumpkins in a cool, dark, and dry place for up to 3 months. When preparing pumpkins for consumption, ensure that you scrub them under running water before cutting or cooking. Once cut, wrap tightly and store in the refrigerator for up to one week.

Pumpkins grown for cooking are called "Pie Pumpkins" and typically weigh between 2 and 10 pounds. Their flesh makes a smooth and flavorful puree. Choose pie pumpkins that are firm and heavy for their size, without cracks or any soft spots. Pumpkins grown for carving are often large and have a thinner wall of flesh that can be cooked, but the texture and flavor are not always pleasant. Each pound of uncut pumpkin will provide 1 to 1 ½ cups of cooked puree. Pumpkin puree is a great way to add flavor and fiber to your favorite dishes; I enjoy adding it to my morning oatmeal with cinnamon.

There is so much fun to be had with pumpkins; get the whole family involved! When kids help make healthy food, they are more likely to try it!

Show kids how to:

- Gather ingredients and tools for cooking
- Measure and mix ingredients
- Follow proper food safety steps Make decorating the house a fun family activity for everyone!
- Try visiting a local pumpkin patch and letting everyone pick out their own pumpkin. There are big ones and small ones, but most importantly, there are some for everyone!

For more information, please contact Katherine Pinto, Nutrition, Food Safety and Health Agent, kd Pinto@ksu.edu or 620-724-8233.

Being physically active is important for your health. Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.