

UNIVERSITY OF ILLINOIS EXTENSION

Pumpkins & More



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Spicy Pumpkin Pound Cake

- 2 1/2 cups cake flour
 - 1 1/2 teaspoons baking powder
 - 1/2 teaspoon salt
 - 1/2 teaspoon ground ginger
 - 1/2 teaspoon ground nutmeg
 - 1 1/2 teaspoons ground cinnamon
 - 1/2 teaspoon ground cardamom
 - 4 eggs, at room temperature, separated
 - 1/2 teaspoon cream of tartar
 - 1 cup unsalted butter, at room temperature
 - 1 tablespoon Bourbon whiskey or 2 teaspoons vanilla extract
 - 2 cups lightly packed brown sugar
 - 1 cup unsweetened pumpkin puree, canned or fresh
 - Powder sugar for dusting the cake
1. Preheat oven to 350°F. Position rack in lower third of oven. Spray a 10-inch tube pan or 12-cup Bundt cake pan with vegetable spray and set aside.
 2. In a large mixing bowl, sift together the flour, baking powder, salt, ginger, nutmeg, cinnamon, and cardamom. Set aside.
 3. Separate eggs. Place yolks in a small bowl and whites in a large mixing bowl.
 4. In another large bowl, beat the butter until smooth. Add the brown

sugar a half-cup at a time beating well after each addition. Beat in Bourbon whiskey or vanilla and continue beating for about 3 minutes.

5. Beat the yolks with a fork then add to sugar mixture, one-third at a time. Using a rubber spatula, scrape down sides of bowl as you mix.
6. Add pumpkin puree and beat until smooth. With a wooden spoon, stir in 1/3 of the flour mixture. Beat just until dry ingredients are incorporated. Continue adding remaining flour in two batches. Set aside.
7. Add cream of tartar to egg whites and beat until soft peaks form. Gently fold whites into pumpkin batter.
8. Spoon batter into prepared pan. Gently spread batter evenly around pan. Bake for 45 to 50 minutes. Allow the cake to cool in the pan for 10 minutes, then invert onto a cake plate. Allow to completely cool. Dust with powdered sugar.

Makes 16 servings

Pumpkin Crèmes Brûlées

Crèmes Brûlées (krehm broo-LAY) is rich French cream and vanilla flavored custard. The literal translation is "burnt cream," which refers to the scalded cream or milk in the recipe. Traditionally the entire surface is sprinkled with granulated sugar just before serving. The custard is then placed under heat so that the sugar quickly caramelizes and becomes brittle. Although this step can be omitted, the brittle sugar creates a delicious flavor and texture contrast to the smooth, creamy custard beneath. This recipe is the American version of Crèmes Brûlées, which uses pumpkin as the flavor base. It is very easy to make. Enjoy.

- 3 cups milk
- 1 1/2 cup pumpkin puree, canned, frozen or freshly prepared
- 1 cup light brown sugar, packed
- 5 eggs, lightly beaten
- 3 tablespoon unsalted butter or margarine, melted
- 1 1/2 teaspoon pumpkin pie spice

- 1/2 teaspoon vanilla extract
- 1/2 cup sugar, divided

1. Preheat oven to 350 degrees.
2. In a small saucepan, heat milk to just below boiling, bubbles will form all over the surface (scalded milk is heated to 180 to 185°F).
3. In a medium bowl, lightly beat eggs with a wire whisk. Add pumpkin, brown sugar, butter, spice, and vanilla. Mix until well blended.
4. Gradually whisk in hot milk. Mix well until all ingredients are combined.
5. Evenly divide pumpkin mixture among 12 six-ounce custard cups. Place cups in two 9x13 inch baking pans. Place pans on oven rack and add hot tap water to the pans until the water is halfway up sides of cups.
6. Bake 35-40 minutes. Check after 35 minutes. Custard centers should be slightly wobbly. Remove custard from oven and allow to cool in water bath. Cover with plastic wrap and refrigerate.
7. Just before serving, preheat oven broiler. Sprinkle 2 teaspoons sugar on each custard. Arrange on a baking sheet and place under hot broiler. Broil until sugar melts and bubbles. Watch closely to prevent burning. Sugar should be lightly brown and caramelized. Or hold a propane kitchen torch (also called a salamander) about 2-inches from custard tops to caramelize sugar. Serve at once. Refrigerate leftovers for up to 5 days.

Makes 12 servings

Pumpkin (or Squash) Pancakes

These pancakes can be prepared Butternut Squash, Hubbard Squash or other variety of winter squash. Use canned pumpkin puree, freshly prepared puree, or frozen puree which has been thawed. Cold leftover

pancakes are an appetizing snack.

- 1 cup all purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon pumpkin pie spice
- 1 egg, slightly beaten
- 2 cups pumpkin puree
- 1/2 cup molasses, or maple syrup
- 3-4 tablespoons buttermilk or milk
- 2 tablespoons unsalted butter, or margarine, melted
- 1/2 cup chopped pecans or hazelnuts, optional
- Powdered sugar for dusting

1. In a large bowl, sift together flour, baking powder, salt, and pumpkin pie spice. Set aside.

2. In another bowl, beat egg slightly. Add pumpkin or squash puree, molasses or syrup, milk or buttermilk and melted butter or margarine. Mix until smooth.

3. Blend in the dry ingredients all at once. Mix until batter is smooth. Allow batter to rest for 30 minutes or more.

4. Stir nuts into batter, and add additional tablespoon of buttermilk or milk if batter is too thick.

5. To make pancakes, spoon a heaping tablespoon of batter onto a lightly greased preheated griddle or heavy skillet. With the back of the spoon, flatten batter to about 1/2-inch thickness. Cook slowly until bubbles appear on top and bottom is golden brown. Lift edge to check. Turn and cook until other side is golden brown.

6. Place on a platter and set platter in a warm oven. Continue making pancakes until all batter is used. Makes about 24, 3-inch pancakes. Serves 4 to 6 people. Garnish with powdered sugar or serve with corn syrup,

maple syrup or your favorite pancake syrup.

Pumpkin-Amaretto Cheesecake

This is a spirited version of an old fashioned favorite. It is sinfully rich. However, an occasional piece of cheesecake can fit into a well balanced diet. Moderation is the key. Bake and refrigerate this cheesecake a day ahead for best results.

- 11 whole graham crackers, crushed (about 1-1/2 cups crumbs)
- 1/4 cup sugar
- 1/3 cup unsalted butter or margarine, melted
- 2 eight-ounce packages reduced fat or fat-free cream cheese, at room temperature
- 1 cup packed light brown sugar
- 2 cups fresh pumpkin puree or 1 16 ounce can solid pack pumpkin
- 2 egg yolks and 4 egg whites
- 1-1/2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 2 tablespoons flour
- 2 tablespoons: whipping cream and Amaretto
- Whipped cream, optional

1. Preheat oven to 325°F.
2. In a 9-inch springform pan, mix graham cracker crumbs, sugar and melted butter.
3. Using your clean fingers, press the mixture evenly onto the bottom and sides of the pan.
4. Bake 8 minutes. Remove from oven and cool.
5. In a large bowl using electric mixer (or place directly in a food processor) whip cream cheese until smooth. Stir in brown sugar; blend until thoroughly mixed.

6. Add pumpkin and add egg yolks one at a time, blending after each addition until smooth.
7. Add 1/2 the egg whites at a time, blending well after each addition.
8. Add cinnamon, nutmeg, flour, Amaretto and whipping cream, stir to blend.
9. Pour mixture into prepared crust. Set springform pan in a large roasting pan and fill with 1/2 inch tap water. Bake 1 hour, or until knife inserted in center comes out clean.
10. Remove from oven, chill 6 to 8 hours (or overnight) in the refrigerator. To serve, top with whipped cream if desired.

Makes 10 servings

Pumpkin Nut Bread

An old family favorite, pumpkin nut bread makes a wonderful snack, breakfast or dessert. This recipe makes one large loaf or 2 mini loaves for gift giving. The bread also freezes well. Freeze on a plate 6 hours, wrap frozen loaf in heavy duty aluminum foil and return to the freezer for up to six months.

- 2 cups all-purpose flour or 1 cup whole wheat flour and 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon each: salt and nutmeg
- 1 cup fresh pumpkin puree or 1 cup solid pack canned pumpkin
- 1 cup sugar
- 1/2 cup skim milk
- 2 eggs, slightly beaten
- 1/4 cup vegetable oil

- 1/2 cup each: chopped pecans and black walnuts (may substitute raisins or any combination to equal one cup)
1. Preheat oven to 350°F.
 2. Sift together flour, baking powder, baking soda, ground cinnamon, salt and ground nutmeg.
 3. In a large mixing bowl, combine pumpkin, sugar, milk and eggs. Mix well.
 4. Add dry ingredients, oil and nuts mixing until just moistened. Batter will be slightly lumpy. Do not over mix.
 5. Spoon batter into well greased (use vegetable oil) 9 x 5 inch loaf pan or two 7-1/2 x 3 3/4 inch loaf pans, may use aluminum pans.
 6. Bake (in the middle of the oven) large loaf for 65 minutes or two mini loaves for 50 minutes or until a wooden pick inserted in the center comes out clean.
 7. Cool 10 minutes in the pan. Use a knife to go around the edge of the pan to loosen bread from the sides of the pan, invert, cool on a cooling rack or plate. Slice and serve.

Roasted Pumpkin Seeds

Don't waste the seeds after cooking your pie or making jack-o-lanterns. Instead, roast and salt the seeds for a delicious and nutritious snack. Let the children slosh through the fibers in pursuit of the slippery seeds, it is so much fun.

- 1 quart water
- 2 Tablespoons salt
- 2 cups pumpkin seeds

- 1 Tablespoon vegetable oil or melted, unsalted butter
1. Preheat oven to 250°F.
 2. Pick through seeds and remove any cut seeds. Remove as much of the stringy fibers as possible.
 3. Bring the water and salt to a boil. Add the seeds and boil for 10 minutes. Drain, spread on kitchen towel or paper towel and pat dry.
 4. Place the seeds in a bowl and toss with oil or melted butter.
 5. Spread evenly on a large cookie sheet or roasting pan.
 6. Place pan in a preheated oven and roast the seeds for 30 to 40 minutes. Stir about every 10 minutes, until crisp and golden brown.
 7. Cool the seeds, then shell and eat or pack in air-tight containers or zip closure bags and refrigerate until ready to eat.

Yield 2 cups

Pumpkin Apple Soup

Serve this soup on a cold winter's night with a green salad and crusty bread. You are guaranteed to become a shining star. You can make the stock below or substitute five cups chicken stock or vegetable stock. You can buy canned chicken or vegetable broth or use what you have in the freezer already. You may want to enhance canned stock by simmering it with the apple peels and other ingredients. If you are saving seeds for roasting, don't use them in the stock. Listen, as long as you start with about five cups of flavorful stock or broth you can make this soup. Soup making is not an exact science, so relax and do whatever your time and energy level may permit. Be creative and enjoy the soup.

To make the stock (if using prepared stock, skip to Step 3)

- Seeds and strings from the pumpkin
- 3 crisp, flavorful apples quartered (Granny Smith, Winesap, etc.)
- 3 cups fresh or frozen pumpkin puree - (see Pumpkin Purchase & Puree Preparation)
- 1 head garlic, unpeeled
- 1 large onion, quartered
- Zest of 1/2 orange
- 1-1/2 teaspoon salt
- 6 cups water

Putting the soup together

- 1/2 cup apple juice concentrate, thawed
 - 1 apple, washed, cored and diced
 - 1 large onion, diced
 - 3 tablespoons olive oil
 - 1 tablespoon good quality curry powder
 - 5 cups prepared pumpkin/apple stock, chicken or other stock
 - 3 cups pumpkin puree (fresh, frozen or canned)
 - 1 cup evaporated skim milk or half and half
 - Paprika
1. Place all ingredients in a large pot, bring to a boil, turn heat down and simmer covered for 45 minutes.
 2. Let the stock cool for about 30 minutes, strain and discard solids. Measure 5 cups stock, if it is less add water, if it is more use it.
 3. Saute onions in olive oil for about 3 minutes. Add the diced apple and saute for 2 minutes longer. Sprinkle with curry powder and saute one minute longer. Remove from heat and set aside.
 4. Put half the onion/apple saute in a large pot. Add the pumpkin/apple stock and pumpkin puree. Bring this mixture to a boil, turn down the heat, and simmer gently for about 10 minutes. Stir occasionally.

Meanwhile.....

5. Put the other half of the apple/onion saute and the apple juice concentrate in a food processor or blender. Process until smooth. Add to the soup pot. Add evaporated milk and continue cooking until the soup is very hot. Do not boil again.
6. Serve the soup garnished with a spoonful of the apple/onion saute and a dash of paprika.

Yield 6 servings

Pumpkin Nut Bars

- 1 cup cooked pumpkin puree, fresh or canned
 - 1/2 cup butter or margarine (melted)
 - 2 egg whites, slightly beaten
 - 2 cups oats
 - 1 cup brown sugar, packed
 - 1/2 cup shredded coconut, toasted
 - 1/2 cup wheat germ
 - 1 cup chopped salted peanuts, pecans, or almonds
1. Preheat oven to 350°F. In a large bowl, beat egg whites slightly; add pumpkin and melted butter or margarine beat until smooth.
 2. In another bowl combine oats, brown sugar, coconut, wheat germ, and nuts.
 3. Fold oat mixture into pumpkin mixture to form stiff dough.
 4. Press dough into a lightly greased 15 1/2 x 10 1/2 inch jelly roll pan.
 5. Bake 40 to 45 minutes or until golden brown. While still warm, cut into 2x3 inch bars. Yield about 30 bars. Serve warm or cool completely.

Pumpkin Soup Tureen (or Pumpkin Soup Served in a Pumpkin Shell)

Peter, Peter, pumpkin eater
Had a wife and couldn't keep her.
He put her in a pumpkin shell
And there he kept her very well

Was Peter looking for a way to use that gorgeous pumpkin shell? Except for decorated Jack-o-lantern, there have been very few suggested uses of the pumpkin shell down through the ages.

However, the hollow shell makes a picturesque and elegant soup tureen. A large pumpkin shell can hold enough soup for a family gathering or dinner parties while small pumpkin shells are just right for individual servings.

Preparing the pumpkin shell:

1. Select a squat pumpkin rather than one that is upright for balance. Field pumpkins used for jack-o-lanterns do not work well. The Cinderella variety or Rouge Vif d'Etampes, as well as many others has the ideal bowl shape. For more information on pumpkin varieties, visit our website [Watch Your Garden Grow-Pumpkin](#).
2. Start by washing the pumpkin in warm soapy water rinse well and dry.
3. Using a sharp knife, insert the tip about 1/3 of the way down, and cut away the top to form a lid. Scoop out the seeds (reserve for roasting) and stringy mass.
4. Lightly oil the pumpkin inside and out and sprinkle the inside with salt.
5. Place the pumpkin and lid on a parchment lined baking sheet or spray with an oil cooking spray. Bake a 325°F for 1 to 1-1/2 hours depending on the size of the shell.
6. This is the tricky part. An over baked shell will not support the weight of the soup so under-baking is preferred. Bake the pumpkin shell until it begins to soften.
7. Remove from the oven and cool.
8. Gently scoop out some of the soft pumpkin from the wall, being careful not to puncture the shell. Scrape the cooked pumpkin from

the lid as well. Use this cooked portion for the pumpkin soup recipe that follows or freeze it for later use.

9. Ladle hot soup into the pumpkin and serve. The lid can be used as a cover or you can serve the soup uncovered.

Quick and Easy Creamy Pumpkin Soup

Use your favorite pumpkin soup for the "pumpkin tureen" or use this simple recipe. Although this soup is rich and creamy there is actually no cream in it. The thick body of the soup comes from the pumpkin puree and evaporated skim milk.

- 2 cups finely chopped onions
 - 2 green onions, sliced thinly, tops included
 - 1/2 cup finely chopped celery
 - 1 green chili pepper, chopped
 - 1/2 cup canola or vegetable oil
 - 3 cans chicken broth (14-1/2 oz cans) or 6 cups homemade chicken stock
 - 2 cups pumpkin puree or 1 can (16 oz) solid pack pumpkin
 - 1 bay leaf
 - 1-1/2 teaspoons ground cumin
 - 1 cup undiluted, evaporated skim milk
 - Salt and pepper to taste (Canned chicken broth and canned pumpkin may contain added salt. Taste the finished soup before adding salt, as additional salt may not be needed.)
 - Parmesan cheese and fresh chopped parsley
1. In a 6-quart saucepan, sauté onions, green onions, celery and chili pepper in oil. Cook until onions begin to look translucent.
 2. Add broth, pumpkin, bay leaf, and cumin. Bring to a boil. Reduce heat and simmer, uncovered for 20 minutes, stirring occasionally.
 3. Remove bay leaf. Add evaporated milk and cook over low heat 5 minutes. Do not boil. Taste and adjust seasoning, if necessary. Add 1/2 teaspoon salt and 1/2 teaspoon black pepper, if desired.

4. Transfer hot soup to pumpkin tureen. Garnish with grated Parmesan cheese and chopped parsley. Serve hot. Makes 6 to 8 servings.

Traditional Pumpkin Pie

This recipe is close to the famous classic pumpkin pie, but with less butter and skim milk instead of cream. The flavor is just as good as Grandma's pie. Make your own crust or buy a frozen crust and allow it to thaw for a few minutes at room temperature.

- One 9-inch unbaked pie shell
 - 2 eggs, slightly beaten
 - 2 cups pumpkin puree or 1 can (16 oz) solid pack pumpkin
 - 1 cup firmly packed brown sugar
 - 1 1/2 teaspoon ground cinnamon
 - 1/2 teaspoon salt
 - 1/2 teaspoon ground nutmeg
 - 2 tablespoons melted butter or margarine
 - 1 cup skim milk
 - 1 teaspoon vanilla extract
1. Preheat oven to 425°F.
 2. In a large bowl, add filling ingredients in order given. Mix well with electric mixer or by hand.
 3. Pour into pie shell. Bake 15 minutes. Then reduce oven temperature to 350°F and continue baking for an additional 45 minutes or until knife inserted near the center comes out clean. Cool slightly and serve warm or chilled. Makes one 9-inch pie.

Hurrah for the Pumpkin Pie – Store It Properly

In the U.S. among many cultures, a traditional winter holiday favorite is pumpkin pie. There are many variations on the old-fashioned pumpkin pie that Grandma made, but most recipes still contain eggs, and/or dairy products. For this reason, the pumpkin pie belongs in the refrigerator, not on the kitchen counter.

Too often, pies are stored on the counter before and after the big holiday meal. Many fail to realize that even commercially prepared pumpkin pie filling has a high proportion of milk and eggs, so it is highly perishable.

The high water, protein and sugar content of pumpkin pie provide a prime growing environment for bacteria. When pumpkin pie is kept at room temperature, bacteria can multiply to dangerous levels, possibly causing illness.

Keep pumpkin pie, custard pies and other rich egg-laden desserts hot or cold until ready to serve, then store leftovers in the refrigerator. Fruit pies are safe in the cupboard, pantry shelf or in a pie keeper on the countertop for no longer than two days. After that time, the fruit may ferment or mold, spoiling the pie.

Pumpkin Cheese Risotto

Risotto is a classic Italian rice dish. Although it requires constant watching and stirring it is well worth the time and effort. Do not rinse the rice before cooking it. The starch that coats each grain is important for making creamy risotto. Serve as soon as possible after cooking to prevent gumminess.

- 7 to 8 cups chicken stock, canned or homemade
- 1 tablespoon butter or margarine
- 1 small onion, finely chopped
- 2 cups Arborio rice*
- 1 1/2 cups cooked pumpkin, cut into 1/2-inch cubes
- 6 fresh sage leaves, minced
- Salt and pepper to taste
- 1/2 cup grated Parmesan cheese
- 4 sage leaves for garnish

1. In a saucepan, heat stock to a simmer and holds at a very slow simmer.

2. In a large heavy bottomed saucepan next to stock, heat butter and add onion. Cook over medium heat until translucent. Add rice, stir, and add 1 1/2 cups hot stock.
3. Stir until the rice has absorbed most of the liquid, add another 1 1/2 cups hot stock. Repeat a third time adding pumpkin and sage. Repeat with another 1 1/2 cups hot stock and add salt and pepper to taste.
4. Continue to stir until most of the stock has been absorbed by the rice. After about 25 to 30 minutes, taste. Adjust seasoning if necessary. Rice should be firm but tender (al dente).
5. Leave risotto a little runny before adding the cheese so it will have a creamy not stiff texture.
6. Ladle into soup plates and garnish with a sage leaf.

Makes four servings as a main course or six appetizer servings.

*Arborio rice, the short-grained variety best suited for risotto, is available at Italian and specialty food stores. If you cannot find it, California pearl rice is a good substitute.

Chiffon Pumpkin Pie with Hazelnut Crunch Topping

This version of pumpkin pie is a delicious difference from the traditional pie but it is so good it may become a new family tradition.

- 2 cups pumpkin puree, or one 16 ounce can pumpkin
- 1/2 cup sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 2 eggs
- 1 8-ounce carton low-fat sour cream
- 1/2 cup milk
- 1/2 cup brown sugar
- 3 tablespoons margarine or butter, melted
- 1 cup chopped hazelnuts (filberts) or pecans

- Pastry for nine-inch single-crust pie or one frozen pie crust
1. For pie filling, in a large mixing bowl combine pumpkin, sugar, cinnamon, ginger, and nutmeg. Mix well.
 2. Add eggs, one at a time beating lightly with a rotary beater after each addition.
 3. Stir in sour cream and milk. Mix well. Set aside.
 4. For nut topping, in a medium bowl combine brown sugar and melted margarine or butter. Stir in chopped hazelnuts or pecans.
 5. Line a nine-inch pie plate with pastry. Bake at 350°F for ten minutes. Remove and pour the filling into the pastry shell. Sprinkle evenly with nut topping.
 6. To prevent overbrowning, cover the edge of the pie shell with foil. Bake at 375°F oven 25 minutes. Then remove foil and continue to bake about 20 minutes more or until center appears nearly set when shaken. Cool on a wire rack. Serve chilled. Refrigerate leftovers for up to 3 days.

Serves 8.

Pumpkin Pudding

Makes six servings.

- 4 eggs
 - 1 one-pound can of pumpkin
 - 1/2 cup light molasses
 - 1 teaspoon cinnamon
 - 1/2 teaspoon ginger
 - 1 cup milk
1. Break the eggs into a large bowl, and beat with a fork until light yellow.
 2. Add the pumpkin, cinnamon, ginger, molasses, and milk. Stir well.
 3. Pour mixture into a greased casserole dish. Bake at 350° for 1 hour or until the pudding is firm in the middle.

4. Refrigerate any leftovers.

[More Pumpkin Recipes](#)

http://web.aces.uiuc.edu/wellnessways/pdf/ho_recipesPumpkin.pdf

[Healthy Halloween Treats](#)

Halloween brings out the kid in all of us. It's fun to get dressed up in a costume and parade around the neighborhood or go to a party. Treats are a part of the fun. However, treats don't have to be sticky, gooey candy.

<http://www.urbanext.uiuc.edu/foodforthought/0110.html>

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