

Focus on Families First

Falling for Fall

By Ruzanne Behrens

Well, fall has arrived with the splendid colors many of us look forward to every year!

We are so lucky to live in the northeast during this time. Make sure you stop and enjoy Mother Nature's artwork. With fall being here, I find that my neighbors and I tend to be like the squirrels and chipmunks, scurrying around to do all the uncompleted chores to prepare for winter. I thought it might be good to mention some of the chores I find help with preparing for winter.

I hope that everyone has secured firewood or fuel oil by now. With the high price of heating fuel, I have found it works best just to buy 100 gallons at a time instead of filling my whole 250-gallon tank. I don't wait until it is empty to fill it; even if it is half full, I will put 100 gallons in, since it is easier for me to pay small bills than big ones. Check your furnace air filter and give the furnace a trial run. If you heat with a woodstove, make sure your chimney and clean out are clean before starting a fire. Placing an insulation blanket over hot water tanks can save energy and hence money. Use rope caulk for leaky windows and check the weather stripping on your doors. These are both inexpensive fixes that stop cold air from entering your home.

Remember to put a blanket in your car with some bottles of water, nonperishable snacks, flares, a flashlight and a brightly colored neon piece of fabric to tie to the antenna so people see you in blinding snowstorm when stranded. Check your tires for plenty of tread and make sure they are winter tires. Replace worn windshield wipers and make sure you have the right amount of antifreeze in your coolant tank.

If you grew a garden this year here are some tips for putting it to rest from the Old Farmers Almanac: Leave carrots, garlic, horseradish, leeks, parsnips, radishes, and turnips in the garden for harvesting through

early winter. Mark them with tall stakes so that you can find them in snow, and cover with a heavy layer of mulch.



Pull up tomato, squash, pea, and bean plants. If they're disease-free, compost them, otherwise either burn them or discard separately. Pull up and put away the stakes.

Before the ground gets too hard, remove all weeds and debris to eliminate sites for insects and disease

to overwinter.

Gently till the soil to expose any insects that plan to overwinter; this will reduce pest troubles in the spring. Once most of the garden soil is exposed, add a layer of compost, leaves, manure (if you have it), and lime (if you need it). Gently till into the soil.

If some areas have hopelessly gone to weeds, cover them with black plastic and leave it in place over the winter and into the spring to kill sprouting seeds.

Remember to keep eating healthy and exercising. Many schools and malls have times for people to walk for fitness.

Seasonal Fruit & Vegetables



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|--------------------|------------------|-----------------|
| • Dry beans | • Collard greens | • Winter Squash |
| • Lima beans | • Cucumbers | • Rutabagas |
| • Beets | • Eggplant | • Swiss Chard |
| • Broccoli | • Garlic | • Turnips |
| • Brussels sprouts | • Herbs | • Apples |
| • Cabbage | • Kale | • Cranberries |
| • Carrots | • Leeks | • Grapes |
| • Cauliflower | • Lettuce | • Pears |
| • Celery | • Onions | |
| | • Parsnips | |
| | • Peas | |
| | • Potatoes | |
| | • Sweet Potatoes | |
| | • Pumpkins | |





Ann's Fantastic Fruit Salad

Prep Time: 30 Min Servings: 8

Ingredients

- 1 Ruby Red grapefruit - peeled, segmented, and chopped
- 1 large navel orange - peeled, segmented, and chopped
- 2 Granny Smith apples - peeled, cored, and diced
- 1 (15 ounce) can pineapple chunks, drained (juice reserved)
- 1 (10 ounce) jar maraschino cherries, drained and halved
- 1 cup grapes, halved
- 2 bananas, sliced
- 1/2 cup sweetened flaked coconut
- 1/2 cup chopped walnuts
- 1-teaspoon white sugar, or more to taste

Directions

Mix grapefruit, orange, apples, pineapple, maraschino cherries, and grapes in a large bowl. Mash slightly with the back of a wooden spoon to release juices. Add bananas, coconut, walnuts, and sugar; stir to coat. Cover and refrigerate to blend flavors, at least 1 hour.



Carrot Sweet Potato Mash

Serves 4

Ingredients

1 lb carrots, peeled & chopped
1 lb sweet potatoes, peeled & chopped
3 garlic cloves, peeled & bashed
1 tsp cumin seeds, toasted
2 Tbsp butter

Directions

Put the carrots, sweet potatoes and garlic in a large pan of salted water, bring to boil, and then cook for 12 minutes. Add cumin seeds, butter and seasoning, roughly mash, then serve immediately.



Pumpkin Pie Quinoa Parfaits

serves 2

Ingredients

- 2 cups Greek yogurt
- 2/3 cups pumpkin puree
- 2 teaspoons pumpkin spice
- 1-teaspoon cinnamon
- 1/8 cup graham cracker crumbs
- 1/4 cup dry quinoa
- Pecans for garnish

Directions

Prepare quinoa according to directions. While cooking, mix yogurt, pumpkin and pumpkin spice together. Fill the bottom of two glasses with 1/4 cup graham cracker crumbs each. Spoon 1/2 cup of yogurt pumpkin mixture into glass. Once quinoa is finished, season with cinnamon and let cool – I place mine in the fridge for 5 minutes. Once cool, add 1/2 cup quinoa to parfaits, then top with remaining Greek yogurt. Sprinkle with pecans.

- 2 tsp English mustard powder
- 2 cups milk
- 3.5 oz cheddar, grated

Directions

Cook the macaroni following pack instructions, adding the cauliflower for the final 4 mins.

Melt the butter in a pan, then stir in the flour and mustard powder and cook for 2 mins. Gradually add the milk, stirring all the time to get a smooth sauce. Add three-quarters of the cheese and some seasoning to the sauce. Drain the macaroni and cauliflower and stir into the cheese sauce. Transfer to an ovenproof dish, then sprinkle over the remaining cheese and flash under a hot broiler until golden and bubbling.



Decadent Pumpkin Muffins

Prep Time: 25 Min Servings: 24

Ingredients

- 3 1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons salt
- 1-teaspoon baking powder
- 1-teaspoon ground nutmeg
- 1-teaspoon ground allspice
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground cloves
- 2 cups canned pumpkin puree
- 1 1/2 cups white sugar
- 1/2 cup light brown sugar
- 1/2 cup applesauce
- 1-cup fat free vanilla yogurt
- 4 egg whites
- 1 egg
- 2/3 cup water
- 1-cup raisins

Directions

Preheat oven to 350 degrees F

Line two 12 cup muffin pans with paper muffin liners.

In a medium bowl, mix the flour, baking soda, salt, baking powder, nutmeg, allspice, cinnamon, and cloves. In a large bowl, beat together the pumpkin, white sugar, brown sugar, applesauce, yogurt, egg whites, and egg. Blend the flour mixture into the sugar mixture, alternating with the water, to form a smooth batter. Fold in the raisins. Transfer to the prepared muffin pan.

Bake 16 to 18 minutes in the preheated oven, until a toothpick inserted in the center of a muffin comes out clean. Cool on wire racks.

(Allrecipes.com 9/22/2012)

Cauliflower and Macaroni and Cheese

Ingredients

- 1 Lb macaroni
- 1 head cauliflower, broken into pieces
- 2 Tbsp butter
- 2 tbsp plain flour



October 20, 2012

★
Good Work!



families first

In Essex County
20th Anniversary

*Families First will celebrate 20 years of
service to Essex County families on*

★ *October 20, 2012* ★

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Families Together in the Adirondacks Conference

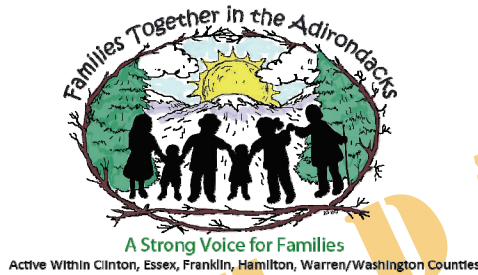
"Let Us Be Your Guide" Series

Nothing About Us Without Us!

Friday, October 26, 2012

11 A.M. — 3:30 P.M.

Clinton Community College, Plattsburgh, NY



**Presentation by
Michael B. King, BA, BSW**

Staff Education & Development Coordinator Mountain Lake Services

STAR Awards Catered Luncheon Ceremony

**Meet and Celebrate Outstanding Community Leaders
who have been supportive of kids and families with special needs**

This event, made possible by
the Developmental Disabilities Planning Council of New York State (our funding source for this project) and
Families First in Essex County (our umbrella agency), and the generosity of Clinton Community College.
FTAdk is a chapter of Families Together in New York State.

Please call Robin at 518-873-9544 to confirm your reservation

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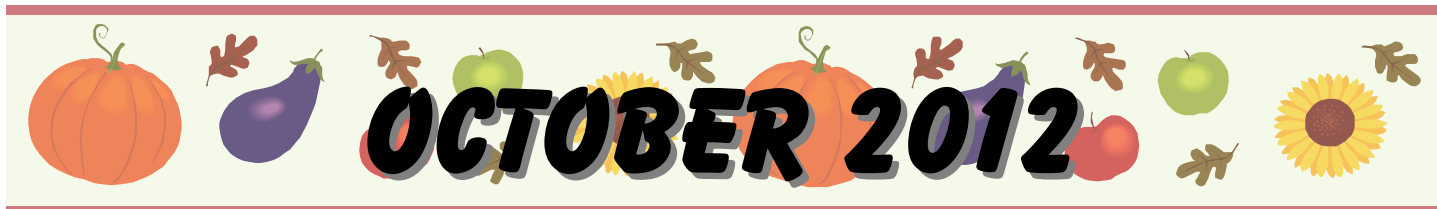
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Open

Monday—Friday 8:30 am—4:30 pm

Food Shelf

Mon, Wed, Fri 9 am— Noon

(special arrangements may be made for other times by appointment)

NOTE: Food Shelf will be closed on days that STAFF MEETINGS are held



Prevent Child Abuse
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A Strong Voice for Families
Active Within Clinton, Essex, Franklin, Hamilton, Warren/Washington Counties

EHS: Early Head Start
ETS: Educational Training Series
FSG: Family Support Group
FTAdk: Families Together in the Adirondacks
FTNYS: Families Together in New York State
LEICC: Local Early Intervention Coordinating Council
PCANY: Prevent Child Abuse New York
Rec Group: Recreation Group (in Port Henry)
TBA: To be announced
YE: Youth Empowerment

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- All activities will take place at Families First and children must be accompanied by adults unless otherwise noted.
- Activities are subject to change and may be closed, leaving them available only to families receiving higher level services (HCBS Waiver, ICM and Family Support).