

**WTNS Radio OSU Extension Update for October 4, 2021**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about cookbooks, and as always, look at some upcoming programs from OSU Extension.

My tween daughter has only one request when it comes to screen time. "Can I please look at Pinterest?" She loves all the creative ideas for crafts and hair styles, but also for recipes. Short video clips speed through how to make anything from low-fat and low-carb, flavorful veggies to decadent desserts.

I'll admit that I like to occasionally scroll through Pinterest recipes myself. But sometimes, well, there is nothing like the tried-and-true recipes I've been making for years. Whether on a card in my recipe box or on a dog-eared page of a tattered cookbook, these are more than just recipes. They are the ingredients to my culinary history.

October is National Cookbook Month. In this age of bright and colorful online communication, it made me wonder if the cookbook is still relevant. I typed "cookbook" into an Amazon search and came up with over 100,000 results. I guess there are still plenty of cookbooks available.

It is a bit entertaining to discover the current best-selling cookbooks. Snoop Dog has one titled "From Crook to Cook: Platinum Recipes from Tha Boss Dogg's Kitchen." An editorial in Forbes earlier this summer recommended ten best cookbooks. Their recommendation for best overall cookbook is "Vegetable Kingdom: The Abundant World of Vegan Recipes" by Bryant Terry. There were also suggestions for Russian, Mexican, Korean, and Middle Eastern cuisine.

My cookbook shelf is not nearly this diverse or exciting. But it is special. After moving a few times in the past decade, I reduced my inventory substantially. If I had never made a recipe from it, then I donated it. I think I gave away two full boxes. Now I just have the books that truly mean something to me.

My mom received Betty Crocker's New Picture Cook Book copyright 1961 from my Aunt Carol. My aunt was her 4-H advisor and was the woman in her life that taught her to cook and to sew. This cookbook remains well-loved. For Christmas 1988 mom gave me an updated version of Betty Crocker's Cookbook. It is my go-to for pie crust and especially for pancakes.

Then most every other book is a homemade compilation. These cookbooks were a staple fundraiser for many a civic group or extracurricular organization. One of my favorite recipes is from the River View Musical Bears Cookbook. On page 57 you find Mary Mattison's Southern Party Potatoes. Mrs. Mattison was my beloved piano teacher. And Aunt Susie's Pumpkin Bar recipe is on page 131 of the Delta Kappa Gamma Coshocton County Women Educators Cookbook from 1990.

But the most used cookbook in our house is the treasured "Marrison Family Recipe Book," compiled by my sisters-in-law several years ago. It features recipes from my husband's childhood, college years, and his days teaching in Indiana. Favorites include quick beef stroganoff, white chili soup, mom's meatloaf, "the pizza thing," dill pickles, and mom's spaghetti sauce. I really can't imagine not having these flavors in my life.

I asked on Facebook if anyone still use recipes from old cookbooks. There was overwhelming positive response. These types of recipes are usually quite personal with ties to family and friends. I enjoy now more than ever looking through my community cookbooks to see familiar names of contributors, many of whom have now passed.

I heard on the radio this week that reduced inventories will result in shortages of Christmas gifts on the shelves. Why not create a legacy cookbook or recipe box this year for your loved ones?

Today I'll leave you with this quote from Pat Conroy, "A recipe is a story that ends with a good meal."

The Coshocton County Fair continues through Thursday and this year's Fall Foliage and Farm Tour will be October 16 and 17.

Also, I will be teaching a Holiday Jams and Jellies Class at Clary Gardens on Thursday, November 4. We'll be making some uniquely flavored jams and jellies, perfect for Christmas gifts. Stay tuned for more details!

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!