

# Garden to Table: Pumpkin Edition!

## The History of Pumpkins

- Pumpkins are a type of winter squash that are native to the Americas.
- Plants in the genus Cucurbita include all seasons of squash: zucchini, kabocha, spaghetti, pattypan, acorn, butternut etc.
- Native Americans grew pumpkins as a staple food, along with corn and beans.
- No one knows where jack-o'-lanterns originated from, but most people think that the tradition was based on Irish folklore and was used as a prank to scare people.



## Pumpkin Facts

- Pumpkins can come in different colors than orange, such as white, peach, blue, and aqua
- The heaviest pumpkin grown was 2,624 pounds!
- Canned or fresh, pumpkins are a great source of potassium and Vitamin A
- Due to their thick skin pumpkins can last months on the counter



## What can I make with pumpkin?

- Pumpkins can be used in savory dishes like soups, curries, and stews
- They can also be used in sweeter foods like pies, cakes, muffins, cookies, and creams
- Pumpkins are a great substitute for sweet potato or butternut in recipes





# Recipes

## Roasted Pumpkin Seeds

### Ingredients

- 1 ½ cups of raw pumpkin seeds
- 2 teaspoons of butter (melted)
- a pinch of salt

Step 1: Preheat oven to 300 degrees F

Step 2: Mix the pumpkin seeds with melted butter and salt.

Spread the seeds out on a baking tray and bake for 45 minutes or until the seeds are golden brown



## Pumpkin Bread

From Deb Perelman of Smitten Kitchen

### Ingredients

- 1 can of pumpkin puree (15 ounces)
- 1/2 cup (120 ml) vegetable or another neutral cooking oil or melted butter
- 3 large eggs
- 1 2/3 (330 grams) cups granulated sugar
- 1 1/2 teaspoons baking powder
- 3/4 teaspoon baking soda
- 3/4 teaspoon fine sea or table salt
- 3/4 teaspoon ground cinnamon
- Heaped 1/4 teaspoon nutmeg
- Heaped 1/4 teaspoon ground ginger
- Two pinches of ground cloves
- 2 1/4 cups (295 grams) all-purpose flour

Step 1: Preheat the oven to 350 degrees F

Step 2: In a large bowl whisk together pumpkin, oil, eggs and sugar until smooth.

Step 3: Sprinkle baking powder, baking soda, salt, cinnamon, nutmeg, ginger and cloves over batter and whisk until well-combined. Add flour and stir with a spoon, just until mixed.

Step 4: Grease a 9x5 loaf pan and put the pumpkin bread batter into the pan.

Step 5: Place the pan in the oven and cook for 50-60 minutes until a toothpick comes out clean.

Step 6: Let the bread cool for at least 10 minutes then remove from the pan.

\*This can also be made into 18 standard muffins, just bake for 25 to 30 minutes.

