

Pumpkin Facts



- Pumpkins provide 53% of our vitamin A, 20% of our vitamin C, and 564 mg. of potassium.
- Pumpkins were once recommended for removing freckles and curing snake bites.
- Pumpkins are used to make soups, pies and breads.
- Pumpkins range in size from less than a pound to over 1,000 pounds.
- Colonists sliced off pumpkin tips; removed seeds and filled the insides with milk, spices and honey.
- This was baked in hot ashes and is the origin of pumpkin pie.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- The name pumpkin originated from "pepon" - the Greek word for "large melon."
- Native Americans used pumpkin seeds for food and medicine.

FOOD

Ginger Pumpkin Mousse



"Sugar substitute and fat-free milk make this a lighter version of traditional mousse."

- Ingredients**
- 1/2 cup sugar or sugar substitute
 - 1 envelope unflavored gelatin
 - 3/4 cup fat-free milk
 - 3 egg yolks, beaten
 - 1 (15-ounce) can pumpkin
 - 1 tsp. ground ginger
 - 1 tsp. vanilla
 - 1/2 of an 8-ounce container frozen light whipped dessert topping, thawed
 - 3 gingersnaps, halved

Directions

1. In a medium saucepan, stir together sugar and gelatin. Stir in milk and egg yolks. Cook and stir over medium heat until gelatin is dissolved and mixture just begins to bubble. Remove from heat. Stir in pumpkin, ginger, and vanilla. Transfer mixture to a large bowl. Cool about 20 minutes.
 2. Fold dessert topping into pumpkin mixture. Spoon into six 6-ounce tall glasses or serving dishes. Cover and chill about 5 hours or until firm. To serve, top each serving with a gingersnap half.



Gingered Pumpkin Soup

"Here's a good reason to splurge on real maple syrup and maple sugar."

Ingredients

- 1 Tbs. butter
- 2 (15-ounce) cans pumpkin
- 2 (14-ounce) cans chicken broth
- 1 cup half-and-half, light cream, or milk
- Salt and Pepper to taste

Directions

1. In large saucepan; melt butter over medium heat. Stir in pumpkin, chicken broth, half-and-half, maple syrup and ginger.
 2. Bring just to boiling. Season with salt and pepper.
 3. Ladle soup into a serving bowl. If desired, garnish with maple sugar and pumpkin seeds.

Grilled Pumpkin Bowl with Veggies

"Bake, then grill the pumpkin bowls while you quickly sauté the vegetables that go inside."



Ingredients

- 1/3 cup butter, melted
- 2 Tbs. packed brown sugar
- 1 Tbs. chili powder
- 1/4 tsp. ground cinnamon
- 2 - (3-lb.) Pie pumpkins, or 4 (1-1/2 lb.) striped white pumpkins, or a combination of both
- 4 large yellow, red, and/or orange sweet peppers, seeded, cut into 1-inch chunks
- 2 medium red onions cut into wedges (3 cups)
- 2 Tbs. cooking oil
- 1 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 2 cups grape tomatoes, cherry tomatoes or plum tomato wedges
- Snipped fresh cilantro, optional

Directions

1. Preheat oven to 325F. Cut off the top 1/4 of the pumpkin; discard tops; scoop out stringy pulp and seeds. Place pumpkins bowls, cut side down, in a 3-quart rectangular baking dish. Add 2 Tbs. water. Bake for 30-45 minutes or just until tender.
 2. In a small bowl combine melted butter, brown sugar, chili powder, and cinnamon. To grill pumpkin bowls: brush the inside and the cut edges of pumpkins with some of the butter mixture. Set aside remaining butter mixture. Place pumpkins, cut side down, directly on the rack of an uncovered grill over medium-hot coals (gas grill: preheat 10 minutes, reduce heat to medium). Grill 10-15 minutes or until browned. Remove from grill to a platter. Cover loosely with foil to keep warm.
 3. Meanwhile, in a medium bowl toss sweet peppers and onions with cooking oil, salt, and pepper. Heat an extra-large cast iron skillet or grill wok on grill over medium-hot coals. Add vegetable mixture; cook and stir for 6-8 minutes, until vegetables are crisp-tender. Add tomatoes; cook and stir 1-2 minutes. Stir in reserved butter mixture. Toss gently.
 4. To serve, place grilled pumpkin bowls on a serving platter. Spoon vegetable mixture into pumpkin bowls, scooping up some of the pumpkin pulp. Sprinkle with snipped cilantro.



Pumpkin Pie Cake

"Cream cheese frosting gives these bars an extra delicious flavor."

Ingredients

- 1 (29-ounce) can pumpkin
- 1 cup sugar
- 1-tsp. ground cinnamon
- 1/2-tsp. salt
- 1/2-tsp. ground nutmeg
- 1/2-tsp. ground ginger
- 3 eggs
- 1 (12-ounce) can evaporated milk
- 1 box yellow cake mix
- 1 cup chopped nuts
- 3/4-cup butter or margarine, melted

Directions

1. In a mixing bowl, combine the pumpkin, sugar, cinnamon, salt, nutmeg, and ginger. Add eggs. Beat lightly until mixture is just combined.
 2. Gradually stir in evaporated milk; mix well. Pour into a greased 13x9x2-inch baking pan.
 3. Sprinkle cake mix over pumpkin mixture; sprinkle with nuts. Drizzle with melted butter or margarine.
 4. Bake in a 350 F oven for 1 to 1 1/4 hours or until edges are firm and center is almost set. Cool on wire rack. Store in the refrigerator.

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