



BETWEEN THE ROWS
WENDY SCHMIDT

Pumpkin’s plentiful purposes

Since we’ve experienced some freezing weather, all pumpkins should have been harvested by now. Many were used for Halloween decorations for the porch. You could pick up a few for making pumpkin bread (even some to freeze), or pies for the remaining holidays. Everything is better made “from scratch,” but I find it easier to make recipes from canned pumpkin (which is usually squash). Even better if you grew pumpkins in your own garden.

Nowadays there are many colors and shapes of pumpkins. Sometimes the best tasting pies are made from squash. Then of course, you can use sweet potatoes or yams for your baking.

In 1967 I lived in downtown Portland, in the Park Blocks directly across from the Art Museum. My roommate had the simplest and best pumpkin pie recipe:

VICKI LIBBY’S PUMPKIN PIE

2 cups pumpkin
3/4 cup sugar
Large can evaporated milk
3 large eggs
1/3 teaspoon nutmeg
dash of salt,
1 teaspoon cinnamon
1/4 teaspoon ginger
1 teaspoon allspice
1 teaspoon vanilla
One raw pie shell

Mix all the ingredients and pour into the raw pie shell. This makes a large or two small pies. Bake at 350 F until the middle of the pie is still a little jiggly. Cool completely.

Pumpkin bread is a great thing and can be frozen for later use. My mom had a good recipe:

PUMPKIN BREAD

4 cups sugar
4 cups pumpkin
1 cup oil
5 cups sifted flour
4 teaspoons baking soda
1 tablespoon salt
1 tablespoon cinnamon
1 teaspoon cloves
1 cup raisins
1 1/2 cups chopped nuts

Mix pumpkin, sugar and oil well. Sift dry ingredients together and add to the pumpkin mixture. Add raisins and nuts. Bake in 3 loaf pans at 350 F for about an hour or until done. I usually skip the loaf pan and bake the batter as muffins instead. Muffins are convenient and bake faster.

Wishing you all a happy Thanksgiving. If you have garden questions or comments, please write to greengarden.column@yahoo.com. Thanks for reading!

Tips For First-Time Thanksgiving Dinner Cooks



A Thanksgiving table set for two with all the traditional holiday dishes, including roast turkey.

Gretchen McKay/Pittsburgh Post-Gazette-TNS

RELAX, ROOKIES

By Gretchen McKay
Pittsburgh Post-Gazette

PITTSBURGH — Thanksgiving in normal times means getting together with family and friends to celebrate the many blessings of the past year. Tradition calls for a giant turkey with all the fixings, spirited conversation around the dinner table and a fight over leftovers.

These are not normal times.

With the coronavirus still spreading, the Centers for Disease Control and Prevention is advising small in-person gatherings this year to protect individuals and families from the virus. Even Dr. Anthony Fauci is famously skipping spending the holiday with

his three adult daughters, and according to recent surveys, almost 30% of Americans will host only immediate family on Nov. 26.

That means a lot of young adults and others who might otherwise have gone home or to a friend’s house to enjoy home cooking on Thanksgiving will instead be preparing dinner for themselves this year — even if they aren’t particularly well-versed in the kitchen.

The holiday meal has so many moving parts that it’s no wonder some cooks are consumed by fear. It’s even worse if you’re doing it for the first time, without the gadgets, cookware, dinnerware and knife skills a seasoned cook has at the ready.

To those rookie chefs, we say: Take a breath. With equal measures of preparation, convenience and courage, a tasty Turkey Day still is within reach.

Gaynor Grant, director of Gaynor’s School of Cooking on the South Side, said learning to cook is like learning a new language. “The older you are when you start doing it, the harder it is.”

“I find it relaxing after a full day,” said Grant, who started her culinary training in 1973. “But for others it’s a chore that takes a long time if you haven’t been taught the basics.”

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Pandemic putting a strain on local food bank

By Kaleb Lay
The Observer

LA GRANDE — The spread of COVID-19 in Oregon has contributed to at least one additional kind of spread across the state: the spread of hunger.

According to projections from the hunger-relief organization Feeding America, nearly one in three children and more than one in six people overall in Union, Baker, Wallowa, Grant and Umatilla counties were food insecure in 2020.

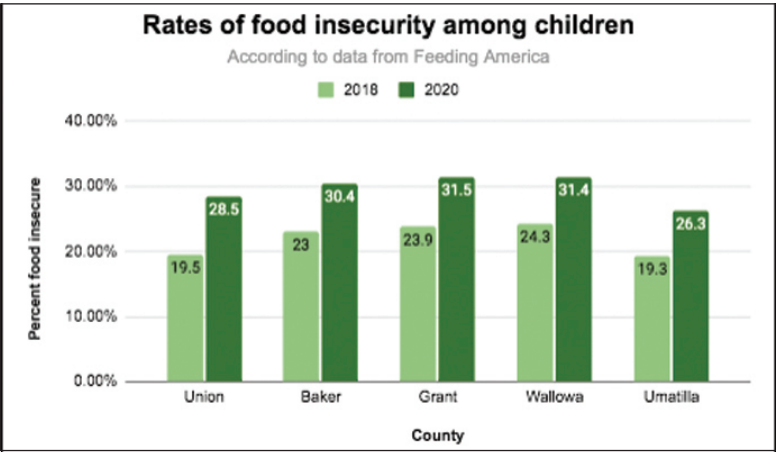
Food insecurity is a term used to describe an inability to provide enough

“I’m starting to worry ... I’m feeling the squeeze at the moment to fill food pantry orders.”

— Audrey Smith, manager, Northeast Oregon Regional Food Bank

food to meet an individual or household’s dietary needs. Rates of food insecurity rose in every county in Oregon from 2018 to 2020, leading to significant increases in demand for resources from local food banks and straining their ability to provide for those in need. Feeding America attributed the rise to the COVID-19 pandemic.

“To be honest, normally we’ve always had enough food for folks that have needed it,” said Audrey Smith, manager of the Northeast Oregon Regional Food Bank (NORFB), a service of Community Connection of Northeast Oregon. “But with food pantry numbers remaining kind of high and our supply kind of dwindling over the last few months of the pandemic, I’m starting to worry ... I’m feeling the squeeze at the moment to fill food pantry orders.”



Kaleb Lay/The Observer

See **Food Bank** / Page 2B This graphic depicts the rise in childhood food insecurity rates.