

Food for Thought

Pumpkins can be used for much more than carving

After the colonists came to America, they used pumpkin in side dishes, desserts, stews, soups, and even beer. They had a good idea when it came to baking with pumpkin, but many of us would choose a pumpkin spice latté over pumpkin ale (and save the ale for the stew).

When it comes to baking with pumpkin, sugar pumpkins, also known as pie pumpkins, have the best flavor. While Jack-o-lantern pumpkins are grown for their large shell, sugar pumpkins are grown for their flavorful insides. With a thicker shell, these types of pumpkins are delicious when baked and have the tasty flavor of their squash relatives.

When it comes to homemade soups and stews, sugar pumpkins also make delicious, edible bowls. Whether you want to add extra vegetables to your diet or simply want to add a decorative touch to your dinner table, add a few of these pumpkins to your shopping list.

After baking just until the inside of the pumpkin is tender, each individual pumpkin can be served as its own serving bowl. The baked pumpkin adds delicious flavor to the other ingredients and can be eaten just as you would baked squash. As cute, edible decorations, you might find that children who otherwise wouldn't eat squash as a side, will scoop out the roasted pumpkin with their stew or soup. The Pumpkin Stew recipe includes more specific directions for baking pumpkin serving bowls.

PUMPKIN STEW

- 2 pounds beef stew meat
- 4 T olive oil, divided
- 6 cups water
- 4 beef bouillon cubes
- 1 can (14.5 oz.) diced tomatoes, not drained
- 4-6 medium potatoes, peeled and cut into 1-inch cubes
- 6 medium carrots, sliced
- 1 large sweet onion, diced
- 1 tsp pepper
- 1 tsp salt
- 6 sugar pumpkins

Preheat oven to 350°F.

In a Dutch oven or other heavy pot, brown meat in 2 T oil. Add water, bouillon, tomatoes, potatoes, carrots, onion, pepper, and salt.

Bring all ingredients to a boil. Cover and simmer until vegetables are tender.

Meanwhile, remove tops of pumpkins and set aside. Discard seeds and loose fibers from inside. Place pumpkins on a large cookie sheet. Scoop stew into pumpkins and replace the tops. Brush outside of pumpkins with remaining 2 T of oil.

Bake for 1-1/2 hours or just until the inside of the pumpkins are tender (do not over-bake). Serve in bowls or on plates.

Note: If you like extra broth, add an extra cup or two of water.
Serves 6.

THAI PUMPKIN SOUP

It is unlikely that the Colonists used either curry paste or ginger in their soup, nevertheless, this soup is warm and soothing; the ginger gives it a little kick.

- 2 T vegetable oil
- 2 small onions, chopped
- 3 cloves garlic, crushed
- 1 T finely grated fresh ginger
- 1 T Thai red curry paste
- 1 small pumpkin, peeled, seeded and cubed
- 1 can (13.5 oz.) coconut milk
- 3 cups chicken broth
- 2 tsp tomato paste
- 1 T freshly squeezed lime juice
- Coriander and chili pepper flakes for garnish (optional)



Heat oil in a large pot. Saute onions until translucent. Add garlic, ginger and curry paste and cook briefly. Add all remaining ingredients except lime juice, coriander and chili pepper. Bring to a boil, reduce heat and simmer, uncovered, for 20 minutes or until pumpkin is tender.

Remove from heat and let cool slightly. Transfer to blender and purée until smooth. Add lime juice.

Serve garnished with coriander and pepper flakes, if desired.
Serves 4 to 5.

PUMPKIN SHEET CAKE with CREAM CHEESE FROSTING

This recipe serves 20-25 people and is great for a pot luck, or a large gathering of any sort

- 2-1/4 cups pumpkin puree
- 3 cups sugar
- 1-1/2 cups oil
- 6 eggs, slightly beaten
- 3 cups flour
- 1 T baking soda
- 1 T ground cinnamon
- 1/2 tsp salt



Preheat oven to 350°F.

In a mixing bowl, combine pumpkin, sugar, and oil. Beat in eggs. Add flour, baking soda, cinnamon and salt. Mix just until blended.

Pour batter into a greased 15 in. x 10 in. x 1 in. jelly roll pan. Bake 40 minutes or until cake tests done. Cool completely before frosting.

Cream Cheese Frosting

- 8 oz. cream cheese, softened
- 5 cups confectioners' sugar
- 3-4 T milk
- 1 tsp vanilla

Beat together cream cheese, sugar, milk and vanilla. Spread over cake.

HOMEMADE PUMPKIN SPICE LATTÉ

If you like pumpkin spice lattés and can't afford to buy one every day, you might want to try the recipe below. Depending on the quality of your coffee and whether or not you grind it fresh, this pumpkin spice latté is quite tasty.

Please see page 21

Church Directory

VERNONIA FOURSQUARE CHURCH

Carl Pense, Pastor
850 Madison Avenue, Vernonia
503 429-1103

Sunday Worship Service: 10:30 a.m.
Children's Sunday School

SEVENTH DAY ADVENTIST

Larry Gibson, Pastor
2nd Ave. and Nehalem St., Vernonia
503 429-8301

Morning Worship, 11:00 a.m.
Sabbath School 9:30 a.m.

ASSEMBLY OF GOD

Wayne and Maureen Marr
662 Jefferson Ave., Vernonia,
503 429-0373

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

ST. MARY'S CATHOLIC CHURCH

Rev. Luan Tran, Administrator
960 Missouri Avenue, Vernonia
503 429-8841
Mass Sunday 12:00 Noon
Religious Educ. Sunday 10:30 a.m.

FIRST BAPTIST CHURCH

Pastor John D. Murray
359 "A" Street, Vernonia
503 860-3860

Sunday School 9:45 a.m.
Sunday Worship Service 11:00 a.m.
Wednesday Prayer Meeting 7:00 p.m.

VERNONIA COMMUNITY CHURCH

Ralph Young, Pastor
957 State Avenue, Vernonia
503 429-6790

Sunday Bible Classes 9:00 a.m.
Family Praise & Worship 10:30 a.m.
Wednesday Prayer 6:30 p.m.
Thursday Ladies Study 7:00 p.m.
Nursery 10:15 a.m.

Vernonia Community Preschool

VERNONIA CHRISTIAN CHURCH

Sam Hough, Minister
410 North Street, Vernonia
503 429-6522

Sunday School 9:45 a.m.
Sunday Worship 11:00 a.m.
(meets in Youth & Family Center)
Various Home Group Meetings

PIONEER BAPTIST FELLOWSHIP

John Cahill, Pastor
939 Bridge Street, Vernonia
503-429-1161

www.pbfalive.com
Sunday School 9:30 a.m.
Sunday Morning Worship 11:00 a.m.
Thursday Prayer 7:00 p.m.

NEHALEM VALLEY BIBLE CHURCH

Gary Taylor, Pastor
Grant & North Streets, Vernonia
503 429-5378

Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Nursery available
Wednesday Service 7:00 p.m.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Marc Farmer, Branch President
1350 E. Knott Street, Vernonia
503 429-7151
Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.
Relief Society, Priesthood and
Young Women, Sunday 12:10 p.m.