



SIMPLY GOOD FOOD

PUMPKINS

The pumpkin was already a staple in the neighborhood before Plymouth Rock, cultivated by the native American tribes and eaten roasted, boiled and stewed. At the first Thanksgiving feast in 1621, pumpkins - named for the medieval European squash "pompion" - were on the menu along with the turkey, corn and other American dishes.

Pumpkins come in all sizes from the Jack Be Littles' (8 ounces) to the Atlantic Giants (over 100 pounds). Also popular varieties include sugar or pie pumpkins, jack o'lantern and big mac. Some of the more unusual varieties include the pink banana and the white ghost.

Pumpkin is rich in vitamin A and contains valuable other nutrients such as potassium, vitamin C, iron, riboflavin, calcium, protein, phosphorous and magnesium. Pumpkin is a good source of dietary fiber, is low in sodium and fat and has only about 80 calories in one cup.

Store fresh pumpkins in a cool, dry place between 50 - 60 degrees. Storing in a refrigerator is not recommended because of the humidity

Sources: Libby's

Whirlpool Report

The Good Housekeeping Illustrated Cookbook

Season: October

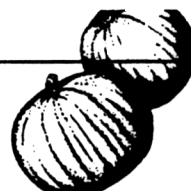
Look for: Firm, bright pumpkins, free from blemishes.

To store: Store in cool, dry place. Use within 1 month.

To cook: Microwave, bake or boil until pulp is tender.

Seasonings: Cook with allspice, cinnamon, cloves, ginger, nutmeg.

To serve: Eat hot as vegetable, in pies or bread.



Boiling method: Clean out the seeds and membrane. Cut the pumpkin in pieces, cover with water in a kettle or large saucepan and cook until tender. Then drain and peel outer skin. Put pumpkin meat through a food mill, sieve, food processor, or blender.

To bake: Slice pumpkin in half and clean out seeds and membrane. Place halves face down (cut side down) in a baking dish. Bake in a 325° F oven 45-50 minutes. Peel outer skin and put pumpkin meat through a food processor or blender. You may also mash it easily with a potato masher.

Microwave Method: Cut in half, scoop out the seeds and place one half, rind-side up, on a glass pie plate or utility dish. Cook in the microwave on high for 20-25 minutes, or until tender in the center.



PUMPKIN PEANUTTY SPREAD

½ cup solid pack pumpkin
½ cup peanut butter
2 tablespoons honey
¼ teaspoon cinnamon

2 tablespoons chopped peanuts
Celery sticks
Carrot sticks

Combine pumpkin, peanut butter, honey, and cinnamon; mix well. Chill. Before serving, top with nuts. Serve with vegetable and fruit dippers.

PUMPKIN SHELL CASSEROLE

1 small pumpkin about seven inches in diameter
2 cups peeled chopped apples
1 cup raisins
1 cup chopped pecans

⅓ cup sugar
1 teaspoon lemon juice
¼ teaspoon cinnamon
¼ teaspoon nutmeg

Preheat oven to 350 degrees. Wash and dry pumpkin, slice off top and use for lid. Scrape out seeds, fill with fruit. Add sugar, lemon juice, cinnamon and nutmeg. Mix well. Return lid to pumpkin. Place pumpkin on cookie sheet. Bake until apples are tender. Begin checking doneness after forty minutes. May take 1 hour and forty-five minutes.

PUMPKIN PARTY PUNCH

46 ounces apple juice or cider
1 can (30 oz.) pumpkin pie mix

1 quart vanilla ice cream
1 quart lemon-lime soda, chilled

Combine apple juice and pumpkin pie mix; mix well. Chill. Just before serving, combine pumpkin mixture and ice cream in punch bowl; stir until smooth. Gently stir in soda. Makes 4 ¼ quarts.

Supporting State Extension Goal: Health, Safety and Well Being

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