

Pumpkin



Pumpkins come in many shapes, sizes, and varieties. Although available year-round as a canned puree, locally grown fresh pumpkin is plentiful and inexpensive in the late fall. Although whole pumpkin can seem intimidating, it can be an easy & nutritious addition to many dishes. Pumpkins are low-calorie, and a good source of vitamins A and C, and potassium.

Cooking

Pumpkin is best served roasted, boiled, steamed, or baked. Roast or bake skin-on, then scoop the “meat” out when soft. Pumpkin is great in both sweet and savory dishes, from smoothies and pies to curries and stews. Save the seeds to roast for a tasty snack.



Storage

Whole pumpkins can be stored in a cool room, while sliced segments should be wrapped & refrigerated. Cooked pumpkin freezes well, and can be kept frozen up to 3 months.

Fresh Pumpkin Soup

lovin'
spoonfuls
a food rescue



Ingredients:

- 2 tbsp oil (olive or vegetable)
- 1 onion, diced
- 2 carrots, peeled and diced
- 1 apple, peeled and diced
- 2 cups fresh pumpkin, roasted* and diced
- 1 tbsp dried sage (or 3 Tbsp fresh chopped)
- 3 cup chicken or vegetable stock
- 1 cup cream
- Salt & freshly ground black pepper



Directions:

1. In a large pot over medium heat, add oil, and sauté onion, carrot, apple, roasted pumpkin, and sage until tender, 8 to 10 minutes. Let cool slightly.
2. Puree in a food processor, or blender, until smooth (be careful of steam).
3. Return puree to pot and add stock. Simmer 15 minutes, stirring often.
4. Remove from heat and stir in cream. Taste and season with salt & pepper as needed. Serve warm.

*To roast pumpkin, preheat oven to 400°F. Cut whole pumpkin in half and scoop out seeds, then cut each half into several pieces. Reserve seeds for another use. Place pumpkin on a baking sheet, drizzle with olive oil and season with salt and pepper. Roast in oven until just tender, about 30-40 minutes. Let cool, peel away skin, and dice.