

Consuming Thoughts

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Home Economist
For Berks Co.



Pumpkins in their varied shades of orange are appearing in virtually every roadside stand and supermarket.

The large shpely ones make the most terrifying jack-o-lanterns, while the smaller deep orange pumpkins or squashes are better for cooking.

Basically, there is no distinc-

tion between "squashes" and "pumpkins", and thus the word has merely become a culinary term tracted back tracionally to the early settlers.

When most people talk about pumpkin thier thoughts usually turn to their favorite food made from pumpkins such as a golden-crustied pie cooling on a tabletowp

is a lure that often tempts children to poke a finger in its creamy middle.

Yet Pumpkin pie is not the only way to send the tantalizing aroma of fresh-baked pumpkin through the house. Indeed, when it comes to baking, pupkin is as versatile as it is economical, nutritious and good-tasting. People of all ages are sure to savor it in some of its other less familiar yet equally scrumptious forms.

For example, upmpkin nut bread makes the perfect go-together with morning coffee or an afternoon snack any time of the year. For lunch boxes and after school, pumpkin cookies or muffins are super munchies. Pumpkin brownies or a frosted pumpkin cake are ideal for the next club meeting or bake sale.

And for the finishing touch on that special dinner party, there's elegant pumpkin cheesecake or down-home pumpkin pudding. And when a menu needs a pick-me-up try pumkin ice cream par-

taits or pumpkin soup.

Freshly baked pumpkin dishes delight most family members without them realizing that they are eating a very nutritious vegetable with irresistible aroma and taste. Remember, we need to eat at least 3-5 servings of vegetables each day.

Rich in Vitamin A, pumpkin also contains iron, potassium and Vitamin C, plus many other necessary nutrients. A one cup serving of pumpkin is the richest fruie-vegetable source of beta-carotene, a possible dietary inhibitor of certain cancers. Pumpkins also porvide a wealth of other vitamins and minerals. With just 80 calories per serving, pumpkin is low incalories, sodium and fat. Although many

homemakers prefer the ready to use commercial canned pumpkin because it is convenient, traditional cooks like to bring the pumpkin in from the field and prepare it fresh in their kitchen.

Here are the basic cooking directions for pumpkin: halve or quarter the pumpkin, remove seeds and stringy portions, cut into small pieces, cut off rind, cook, covered, in small amount of water, lightly salted, about 25-30 minutes. Since pumpkin is a watery vegetable, a large amount of cooking water is undesirable. When cooked, drain, mash well, place mashed pumpkin in strainer and let drain for 30 minutes to remove excess liquid. One 5-lb. pumpkin yeilds about 4 1/2 cups of mashed, cooked pumpkin.

Make it Milk

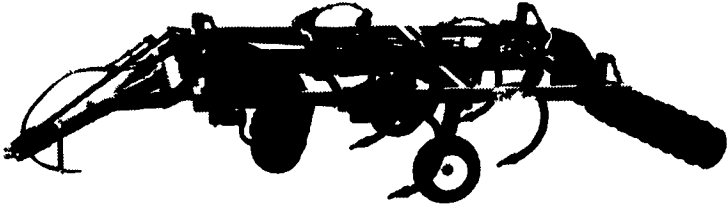


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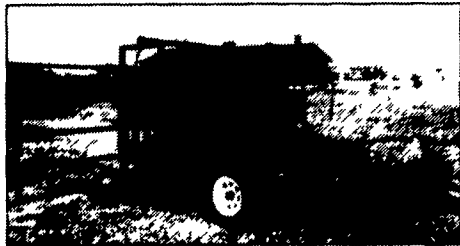
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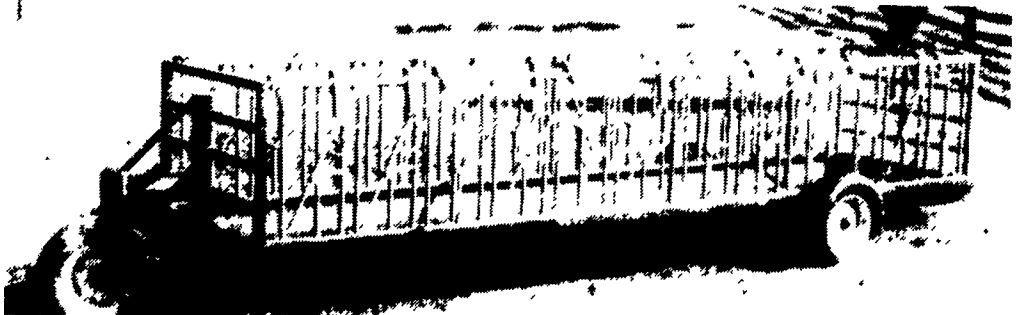
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