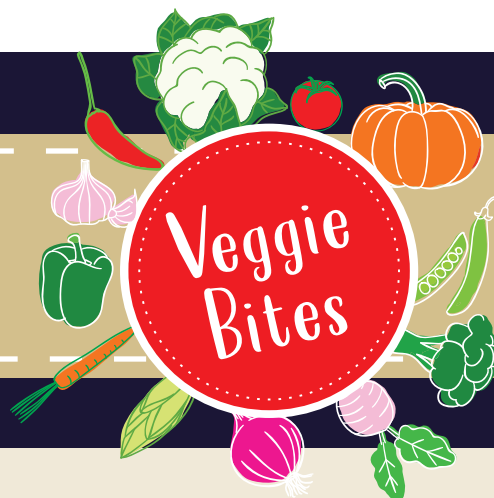


Pumpkin Calabaza



Try It!



Selection

Although you can use any variety of pumpkin for cooking, the “pie pumpkin” or “sweet pumpkin” are smaller, have sweeter flesh and is less watery than larger varieties. Choose one with 1 to 2 inches of stem left, which will last longer than a pumpkin with a low stem. Avoid any with blemishes or soft spots. 1 pound raw = 1 cup puree.

Uses

The most popular use of pumpkins is for jack-o-lanterns and decoration; however, pumpkin can be boiled, steamed, or cooked in the oven or microwave. It makes for a savory ingredient in soup, stew, ravioli, gnocchi, and risotto. Pumpkin puree is a healthy alternative to butter or other fats when baking, such as breads, pancakes or muffins. Clean and dry off seeds, add seasoning, and roast at 250°F for about 45 minutes for a snack.

CHOCOLATE PUMPKIN MUFFINS & COOKIES

Ingredients

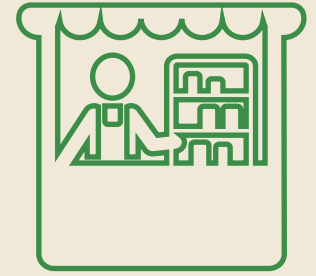
- 15 ounces canned pumpkin puree (not pumpkin pie mix)
- 18.25 ounces chocolate cake mix
- 2/3 cups mini semisweet chocolate chips (optional)

Instructions

1. Makes 12 regular or 36 mini muffins or 36 cookies.
2. Position an oven rack in the center of the oven.
3. For muffins, preheat the oven to 400 F degrees and line 12 muffin cups or 36 mini muffin cups with paper liners or coat them with non-stick spray.
4. For cookies, preheat the oven to 350 degrees and line cookie sheets with parchment paper or coat with non-stick spray.
5. Make the batter in a large bowl; mix just the two ingredients together, ignoring the instructions on the cake mix. This will take some effort and the mixture will be very, very thick! Stir in the mini semisweet chocolate chips, if using.
6. For muffins, place batter into the prepared (or mini muffin) tins. Bake at 400 degrees until a toothpick inserted in the center comes out clean, about 20 minutes for muffins and 12 minutes for the mini-muffins.
7. For cookies, Drop by tablespoonfuls, 2 inches apart, onto prepared cookie sheets. Bake 9 to 12 minutes or until the edges are firm and the centers are just barely set when lightly touched. Remove from the oven and cool for 1 minute on the cookie sheets and then transfer the cookies with a spatula to wire racks to cool completely.

History & Fun Facts

References to pumpkins date back many centuries. Native Americans used dried strips of pumpkin and wove them into mats. The origin of pumpkin pie occurred when colonists sliced off the pumpkin top, removed the seeds, filled the insides with milk, spices and honey, and then baked in hot ashes. Pumpkin is a fruit and type of squash.



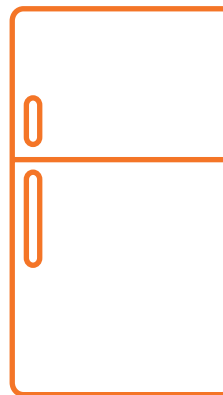
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- The best storage temperature is between 50 and 55°F. Keep the surface of the fruit dry. Do not store near apples, pears or other ripening fruit (releases ethylene gas, which causes yellowing and decay of the pumpkin.) If properly stored, a pumpkin will be at quality for 2-3 months.



NUTRITION FACTS

High in potassium

Good source of Vitamin A

High in antioxidants, such as betacarotene (gives it the bright orange color)



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

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Primary Sources: "Pumpkins and More", University of Illinois Extension, 2017. University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer. University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.