

# Summer Creek Farm

2009 CSA Newsletter – Fall Extension

Week 3 – Fall CSA  
October 13, 2009

## Pumpkin

A signature crop of Fall, the pumpkin is similar to winter squash, and in many recipes can be successfully substituted in place of hard squash.

The hundreds of varieties of pumpkins cultivated can weigh in anywhere from less than a pound to more than 1,000 pounds. The larger varieties, often labeled Jack-O-Lantern pumpkins, are not the best varieties to cook with. Smaller pumpkins, such as the pie pumpkins in this week's box, are sweeter and contain less water.

Pumpkins are a great source of beta carotene, and 1 cup of cooked pumpkin contains only 49 calories. They are also a good source of Vitamin A, Vitamin C, potassium and fiber. Store pumpkins in a cool, dry place and use them within one month.

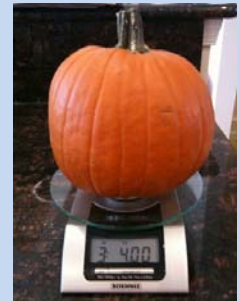
Pumpkins can be cooked in the same ways as other winter squash, and are good roasted, braised or steamed. They also make excellent purees.

To use fresh pumpkin in pies or other recipes, cut the pumpkin in half, remove the seeds, and place cut side down in a baking pan. Bake until tender, 1 to 1 1/2 hours at 375°. Cool slightly, and remove flesh from skin. Puree in food processor. If making pie, drain the puree in a colander lined with cheesecloth for at least half an hour to drain excess water. You still may need to lessen the amount of liquid in any recipe when substituting fresh pumpkin for canned.

Source: [University of Illinois](#)  
Photos: April Finnen

## More on Pumpkins

*As Farmer Rick continues to prepare the farm for cold weather, here are a few more pumpkin notes.*



This pie pumpkin, which weighed 3 pounds, 4 ounces, produced about 1 cup of drained puree.



Fresh pumpkin (left) has more moisture than canned (right). Adjust other liquids accordingly.

## Recipe Feature

### Pumpkin Pie

by Mark Bittman (adapted)

Makes 1 9-inch pie in about 1 1/2 hours, not including making pumpkin puree (add another 1 1/2 to 2 hours).

#### Ingredients:

1 9-inch pie crust, placed in 9-inch pie pan and chilled  
3 eggs  
3/4 cup sugar  
1/2 teaspoon ground cinnamon  
1/8 teaspoon freshly grated nutmeg  
1/2 teaspoon ground ginger  
Pinch ground cloves  
Pinch salt  
2 cups canned or fresh pumpkin puree  
2 cups half and half or evaporated milk

Prebake the crust, pricked with a fork and weighted with pie weights (or dried beans) at 425° for 12 minutes. Remove weights and bake at 350° for another 10 minutes. Remove from oven and set aside in a warm place.

Meanwhile, beat eggs with sugar, then add spices and salt. Stir in pumpkin puree and half and half. Warm this mixture in a medium saucepan over medium-low heat, stirring occasionally until hot (do not boil).

Put the pie crust on a baking sheet. Pour hot pumpkin mixture into the still-hot crust and bake for 30 to 40 minutes, until the mixture shakes like Jell-O, but is still quite moist. Cool on a rack and serve warm, or at room temperature.

### Link of the week

[Roasted Pumpkin Seeds](#) – (recipe) don't waste these tasty treats!

Contact us: [farmer@summercreekfarm.com](mailto:farmer@summercreekfarm.com)

Items may vary by location/pick-up day.

### This week's box

- Radishes
- Red pepper – sweet Italian
- Squash / zucchini
- Hard squash
- Raspberries (some boxes, as available)
- Pumpkin
- Tomato of some variation
- Collards