Local pumpkin

Benefits

→ Because the pumpkin is more than just a decoration!
Its thick shell is great for carving scary faces at Halloween, but it’s also known to last a very long time - up to 6 months when stored in a cool, dry place.

→ Because every part of the pumpkin is good!
Whether you’re making a spicy pie, a creamy soup or a yummy jam, don’t forget to collect the seeds from your pumpkin. Clean and dry them well and then roast the seeds in the oven at 190°C (375°F) for a few minutes. Add salt and/or spices for a tasty, nutritious snack or to add some crunch to your salads.

Availability: september to november

WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that’s picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.
**Pumpkin milkshake**

**PORTIONS**: 4  5 MIN

**Ingredients**

- 1.25 L (1 ¼ cup) pumpkin purée (home-made or canned)
- 500 ml (2 cups) milk or unsweetened almond milk
- 45 ml (3 tbsp) maple syrup
- 1 ½ banana
- 5 ml (1 tsp) ground cinnamon
- 1.25 ml (¼ tsp) ground nutmeg

**Directions**

Purée all the ingredients in the blender until smooth.

Source: Kristina Parsons, RD

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**Pumpkin spice snacking cake**

**PORTIONS**: 12 TO 16  15 MIN 40 MIN

**Ingredients**

- 500 ml (2 cups) whole-wheat flour
- 250 ml (1 cup) all-purpose flour
- 125 ml (½ cup) unsalted pumpkin seeds, chopped (optional)
- 10 ml (2 tsp) ground cinnamon
- 10 ml (2 tsp) ground ginger
- 7.5 ml (1 ½ tsp) baking powder
- 2.5 ml (½ tsp) salt
- 2.5 ml (½ tsp) baking soda
- 250 ml (1 cup) packed brown sugar
- 2 eggs
- 250 ml (1 cup) pumpkin purée (home-made or canned)
- 160 ml (2/3 cup) plain yogurt
- 10 ml (2 tsp) vanilla extract
- 125 ml (½ cup) milk

**Directions**

1. Preheat the oven to 180°C (350°F).
2. In a bowl, mix together the first 8 dry ingredients.
3. In another bowl, using an electric mixer, beat the butter, sugar and eggs until well blended; beat in the pumpkin, yogurt and vanilla extract.
4. Stir in dry ingredients alternating with the milk, making additions of dry and 2 of milk, until just incorporated.
5. Spread the mixture on a baking sheet covered with wax paper.
6. Cook in the oven 35 to 40 min.

Source: dairygoodness.ca/recipes

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**Tip!**

- Thanks to its thick skin, the pumpkin makes an excellent recipient for your soups. Just be careful not to damage the skin when scooping out the flesh.