Équiterre[•]

Local pumpkin

Availability: eptember to november

Benefits

\rightarrow 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.

\rightarrow 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.



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.

Équiterre

Pumpkin milkshake



5 MIN 🕖

PORTIONS: 4

Ingredients

- 1.25 L (1¹/₄ cup) pumpkin purée (home-made or canned)
- 500 ml (2 cups) milk or unsweetened almond milk
- 45 ml (3 tbsp) maple syrup •
- 1½ banana •
- 5 ml (1 tsp) ground cinnamon
- 1.25 ml (¼ tsp) ground nutmeg ٠

Directions

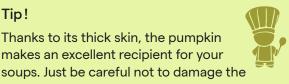
Purée all the ingredients in the blender until smooth.

Thanks to its thick skin, the pumpkin makes an excellent recipient for your

skin when scooping out the flesh.

Source: Kristina Parsons, RD

Tip!



15 MIN 🕖 40 MIN 🛅

Ingredients

- 500 ml (2 cups) whole-wheat flour
- 250 ml (1 cup) all-purpose flour •

Pumpkin spice snacking cake

- 125 ml (1/2 cup) unsalted pumpkin seeds, • chopped (optional)
- 10 ml (2 tsp) ground cinnamon •
- 10 ml (2 tsp) ground ginger •
- 7.5 ml (1¹/₂ tsp) baking powder
- 2.5 ml (1/2 tsp) salt
- 2.5 ml (1/2 tsp) baking soda
- 125 ml (1/2 cup) butter, softened
- 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 (1/2 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









Cultivons l'avenir 2

Canada Québec



PORTIONS: 12 TO 16