



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.

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

Directions

Purée all the ingredients in the blender until smooth.

Source: Kristina Parsons, RD



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.



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 (1/2 cup) unsalted pumpkin seeds, chopped (optional)
- 10 ml (2 tsp) ground cinnamon
- 10 ml (2 tsp) ground ginger
- 7.5 ml (1 1/2 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 3 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