

FUN-FACT-FLYER

Whats Inside My box? Week of September 24th, 2023

Watermelon/ Cantaloupe from
Pleasant Valley/ Mares Produce
Blue Potatoes from **Driftless**
Kohlrabi Sticks from **Pleasant Valley**
Pie Pumpkin from **Melvin Lapp**
Roasting Mix from **Oldens**
Carrot Sticks from **Oldens**
String Cheese from **OV**
Eggs from **Happy Harvest**

Fun Fact

Pumpkins and winter squash are closely related members of the Cucurbita family. They all have seeds that are delicious roasted. For each ½ cup of seeds, add 1 1/2 teaspoons of cooking oil and a pinch of salt and pepper. Bake at 325 for 20–25 minutes or until they lightly brown along the edges.



Grower Spotlight

**Pleasant Valley
Acres**



In 2000 Tom & Tracey purchased 35 acres, where they are currently located, and expanded their pumpkin acres from 3 to 16 and added gourds into the mix. Little by little they added more acreage and have been at 25 acres of vine crops for many years now. On top of the 35 acres that they own, they rent another 300 acres where they also grow field corn and soybeans.

How to make pumpkin puree:

- Cut pumpkin in half and remove seeds (Optional: save for roasting)
- Place pumpkin pieces on a baking sheet and roast at 350 until fork tender - about 45 minutes
- Peel skin from pieces or scrape soft pumpkin off of the skin.
- Blend with a food processor or blender, or mash with a potato masher. Pulse the pumpkin until smooth. Add 1-3 Tablespoons of water if necessary.
- Work in batches until all pumpkin is pureed.
- Use immediately or store in freezer until needed.

One-bowl Pumpkin Bread

Ingredients:

- 3 large eggs
- 1½ cups pumpkin puree
- 2/3 c oil of your choice
- 1 cup sugar
- ½ cup light brown sugar packed
- 2 teaspoons vanilla
- 2 teaspoons pumpkin pie spice
- 2 teaspoons cinnamon
- 1 teaspoon baking soda
- ¾ teaspoon baking powder
- ¾ teaspoon salt
- ¾ cup whole wheat flour
- ¾ cup cup flour



Instructions:

For the bread:

1. Preheat the oven to 350°F (180°C). Spray a 9x5-inch loaf pan with baking spray. Set aside. Line a sheet pan with foil. Set aside.
2. Place eggs in a medium-large bowl and whisk well.
3. Add pumpkin and whisk until smooth. Add the oil, white and brown sugars and vanilla. Mix until nice and smooth.
4. Sprinkle the pumpkin pie spice, cinnamon, baking soda, baking powder and salt over the pumpkin mixture and mix until well combined.
5. Add the flour and stir just until the flour has disappeared and no large lumps remain.

To bake:

1. Transfer batter to prepared pan. Smooth the top. Place on the prepared sheet pan and bake for 55-65 minutes. Check the bread after 40-45 minutes and if the top seems to be getting brown, pull the foil up around the sides of the pan and loosely over the top. Return to the oven and finish baking, until a toothpick inserted into the center of the loaf comes out clean
2. Cool for 20 minutes, then slide out of the pan and transfer to a cool rack. Cool completely before slicing (if you can wait!).