

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Fifteenth Harvest: 9/21/10 & 9/24/10

## What's in the box?

Lettuce, *Vulcan*

Salad Mix

Cilantro, *Santo*

Carrots, *Nelson*

Green Beans, *Bronco*

Beets, *Touchstone*

Sweet Corn

Green Beans, *Bronco*

Tomatoes, *mix*

Potatoes, *Yellow Finn*

Summer Squash, *Mix*

Asian Pears, *Shinsheki*

Pumpkin, *Howden* or *Winter Luxury Pie*

**Pumpkins.** The pumpkin belongs to the cucurbitaceae family, which also includes cucumbers, squash, and melons. The word comes from the Greek word *pepôn*, meaning “cooked by the sun.” The pumpkin is probably native to America, specifically Central America, and was grown extensively by the Native Americans when the first colonists landed. Native Americans made good use of the pumpkin. They baked or boiled it, made soups from it, and they used the dried, ground meal in breads and puddings, much like cornmeal

A few words on the two varieties offered this week:

**Howden.** Developed by John Howden of Massachusetts in the early 1970s, it defined “the look” in big Halloween pumpkins -- deep orange color, defined ribs, and good handles. They vary in shape and weight, typically averaging 25 lb. or larger.

**Winter Luxury.** This marvelous, small pumpkin has a unique, netted skin. Typical weight is 5-7 lb. Doing double duty, Winter Luxury is not only a gorgeous ornamental, but is also superb for eating. Seed source is also Johnny's.

### Pumpkin Storage and Preparation

Store in a cool, dry place, such as an attic or spare room (root cellars are too damp) at 45 to 60 degrees F. up to a month, or refrigerate for up to three months.

For extended storage, wash skins in a solution of about a tablespoon of chlorine bleach to a gallon of water to disinfect the skin and discourage mold or rot. Dry immediately as dampness encourages spoilage. If you find mold, wipe with vegetable oil to remove the mold and seal the spot.

Fresh pumpkin can be prepared and cooked in the same manner as most any winter squash, usually by cutting into chunks and simmering for 20 to 40 minutes, depending on size and age. Drain. When cool enough to handle, remove the skin and puree. Leftover cooked pumpkin can be frozen up to 16 months or canned.



## Upcoming Event: Fall Harvest Fest

**Date:** Sunday, September 26

**Time:** 11 am - 5 pm

Save the date now! You don't want to miss our annual Farm celebration, as we host our biggest “open farm house” of the year. Live music, great food, apple tasting, an apple pie bake-off, garden talks, hay rides, kids' events, tours, cooking and gardening demos, and displays by campus and community groups make this a great event for adults and kids. Free for Friends' members, kids 12 and under; \$5 general public. Free parking, shuttle and bike valet parking available. Call 831.459-3240 or send email to [casfs@ucsc.edu](mailto:casfs@ucsc.edu) for more information or to volunteer for this wonderful campus and community event.



### **Cooking Tip:**

#### **Pumpkin/Winter Squash Puree**

These simple instructions will get you started on preparing your pumpkin or winter squash for pie, soup or other recipes that called for puree winter squash.

Pre-heat oven to 375 degrees.

Halve the squash crosswise, scoop out seeds and place cut side down on a foil-lined baking sheet. Cover the entire pan with more foil, covering the pumpkins and sealing the edges. Bake until very tender, 60 to 90 minutes. Remove skin and puree. Use immediately or freeze in plastic pint containers.

### **The Best Pumpkin Pie**

from: *Fresh from the Farm & Garden vol. 2*

Your favorite pie dough recipe for single-crust pie

Filling:

2 cups pumpkin puree (see above)

2/3 cup packed dark or light brown sugar

1/3 cup white sugar

1 tablespoon all-purpose flour

1/2 teaspoon salt

1 1/2 teaspoons ground cinnamon

1/2 teaspoon freshly grated nutmeg, if possible

1/2 teaspoon ground ginger

1/4 teaspoon ground allspice

pinch freshly ground pepper

1 cup heavy cream

1/3 cup milk

2 large eggs, lightly beaten

3 tablespoons bourbon or rum

1 1/2 teaspoons pure vanilla extract

### **Don't Throw Away the Seeds!**

Pumpkin seeds are one of nature's almost perfect foods. They contain most of the B vitamins, along with C, D, E, and K. They also have the minerals calcium, potassium, and phosphorous. The white coating surrounding the actual seed is called the hull, and while in some varieties of pumpkin the hull may be large and tough, they are completely edible. The green seed inside the outer shell is the edible part and can be found commercially packaged and sold as 'Pepitas'.

#### **Pumpkin Seed Preparation**

Wash off the stringy pulp and spread the seeds on a cookie sheet and allow to dry for 2 days. You can also bake the seeds, coating them first in salt, soy sauce, butter or canola oil and your choice of seasonings before baking them in the oven at 350 degrees for 15 to 20 minutes. Stir frequently for even roasting

Baked and seasoned pumpkin seeds will keep for a couple of days at room temperature in a tightly sealed container or a zipper bag. For storage up to a week, place in the refrigerator. For longer storage, freeze the roasted pumpkin seeds.

- Chill pie dough in pie pan while oven pre-heats to 400 degrees with rack in lower third of the oven.
- Lightly butter a sheet of foil and gently press it, buttered side down, into the pie shell.
- Bake shell for 8 minutes. Carefully remove the foil and prick dough all over with a fork.
- Bake crust 5 minutes longer, until dry but not brown. Set aside but leave oven on.
- Meanwhile, whisk together remaining ingredients. Taste and correct seasonings if desired.
- Pour mixture into pie shell and bake about 45 minutes, until filling is set but not too brown. Cover edges of crust with foil if they start to get too brown.
- Cool on wire rack and serve with vanilla flavored whipped cream or ice cream.