

CRAWFORD COUNTY
to farm
SCHOOL

Food 4 Thought

Did you know...

- Nearly 9,000 years ago Native Americans used pumpkins to eat and dried them to weave into sleeping mats. They used their seeds as medicine.
- Pumpkins are full of Vitamin A and beta-carotene which helps with good eyesight and clear skin.
- The Irish were the first to make jack-o-lanterns, but they originally carved turnips and not pumpkins. When the Irish came to America they started using pumpkins.



Pumpkins



Today we tried pie pumpkins grown by the Jansen Family of Elkader, IA. Jim and Joleen Jansen and their three children grow ornamental, pie, and jack-o-lantern pumpkins and then they sell them on the end of their lane.



The Jansen Family grow pumpkins as a hobby.



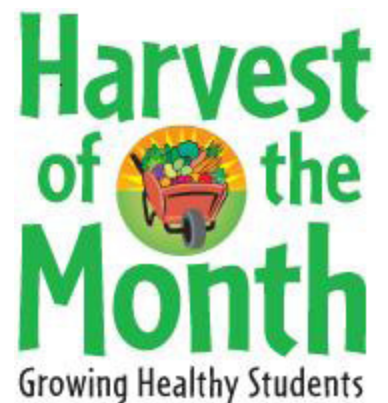
The Jansens let shoppers serve themselves.

Why was the jack-o-lantern afraid to cross the road?
He had no guts.

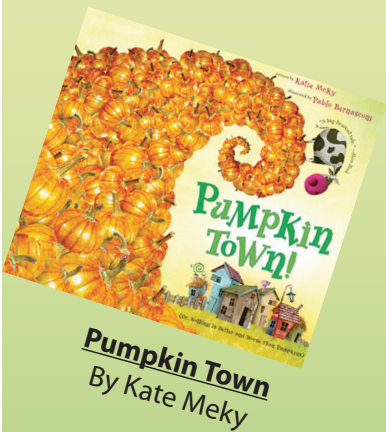


Jacob, Jenna, and Jessica help harvest pumpkins.

Every month AmeriCorps Farm to School members will be sharing a different Harvest of the Month with the students. The students will learn about different foods that are produced in the area. They will also learn about foods they may not have tried before. These foods will then be incorporated into the school's menu. If you would like to learn more about the program or volunteer to help please contact Anna Davidson at 608-780-3771 or Shannon Durbin at 563-920-7681. Or e-mail davidsonfarm2school@gmail.com. Check out Crawford County Farm to School on Facebook.



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Make your own Pumpkin Puree

Many recipes call for canned pumpkin, but it is easy to make your own pureed pumpkin.

Step 1: Use the right pumpkin

Use a small pie pumpkin.
Choose a pumpkin that feels solid and firm.
Look for soft spots, mold, wrinkles or open cuts that would indicate damage or early spoilage.
A green stem indicates a fresh harvested pumpkin.



Step 2: Clean and cut the pumpkin

Wash the pumpkin with a little vinegar.
Cut in half and scoop out seeds. (Seeds can be toasted or replanted.)
Cut the pumpkin into 8 slices or fewer to fit into a steamer.

Step 3: Cook and Blend

Steam the pumpkin strips for 20-40 minutes until the flesh is soft.
Scoop out the flesh and compost the skins.
Blend the flesh in a blender, food processor or with a hand mixer.



How many pumpkin seeds do you see?

Giant Pumpkins

Some people grow giant pumpkins for competitions. The largest pumpkin grow was this year in Massachusetts. The pumpkin was almost 2000 pounds. Some festivals even have boat races in giant pumpkins.

