



HARVEST OF THE MONTH

Pumpkin Fun Facts

November

- PUMPKINS are a part of the squash family. A fruit weighing from 1 pounds to 1000 pounds
- A great source of Vitamin A and Potassium
- The word PUMPKIN comes from the word "pepon" meaning "large melon"
- PUMPKIN flowers are edible
- The largest PUMPKIN ever grown weighed 1,140 pounds!
- PUMPKIN carving was brought to the United States by the Irish who originally carved turnips for the ancient holiday
- The Native Americans used PUMPKIN SEEDS for food and medicine

Pumpkin Bread

*Preheat oven to 350'

2 Cans PUMPKIN

1 Cup softened butter or canola oil

4 Eggs

$\frac{2}{3}$ Cup water

1 $\frac{1}{2}$ Cup Unbleached sugar

1 $\frac{1}{2}$ Cup Brown Sugar

3 $\frac{1}{2}$ Cups Flour

2 tsp. Baking Soda

1 tsp. Sea Salt

1 $\frac{1}{2}$ Tbl. *Spice Hunters* PUMPKIN Pie spice

In a large mixing bowl mix the PUMPKIN, oil, eggs, water and sugars. Sift the rest of the ingredients together. Slowly add the mixture together. Mix well. Pour into 2 bread loaf pans. Bake for 1 hour or until knife inserted comes out clean. Optional: Add walnuts, pecans, or chocolate chips.

Recipe compliments of *Curry Girls Kitchen* www.currygirlskitchen.com