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Find Local Pumpkins!

1 message

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Find Local Pumpkins

Some Facts You Didn't Know

- Pumpkins are a member of the gourd family, which includes cucumbers, honeydew melons, cantaloupe, watermelons and zucchini. These plants are native to Central America and Mexico, but now grow on six continents.
- The largest pumpkin pie ever baked was in 2005 and weighed 2,020 pounds.
- Pumpkins have been grown in North America for five thousand years.



They are indigenous to the western hemisphere.

- In 1584, after French explorer Jacques Cartier explored the St. Lawrence region of North America, he reported finding "gros melons." The name was translated into English as "pompions," which has since evolved into the modern "pumpkin."
- Pumpkins are low in calories, fat, and sodium and high in fiber. They are good sources of Vitamin A, Vitamin B, potassium, protein, and iron.
- The heaviest pumpkin weighed 1,810 lb 8 oz and was presented by Chris Stevens at the Stillwater Harvest Fest in Stillwater, Minnesota, in October 2010.
- Pumpkin seeds should be planted between the last week of May and the middle of June. They take between 90 and 120 days to grow and are picked in October when they are bright orange in color. Their seeds can be saved to grow new pumpkins the next year.

Where to find locally grown pumpkins

To find a local pumpkin grower near you, please visit: <https://massnrc.org/farmlocator/map.aspx>.

Recipe: Banana Pumpkin Chocolate Chip Bread

Ingredients

- 11 tablespoons butter, softened (11 tablespoons = 1 stick + 3 tablespoons)
- 4 large eggs
- 1/2 teaspoon vanilla
- 1 1/3 cups granulated sugar
- 3 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 2 1/2 teaspoons pumpkin pie spice
- 1/2 teaspoon salt
- 1 cup pumpkin puree
- 1 cup bananas, mashed about 2 medium bananas
- 2 cups chocolate chips I use mini chocolate chips

Instructions

1. Heat oven to 350 degrees and



- spray 2 9x5-inch bread pans with nonstick cooking spray.
2. In a large mixing bowl add the butter, eggs, sugar and vanilla and beat together until smooth.
 3. Add the pumpkin puree and mashed banana. Blend until combined.
 4. In a separate mixing bowl, whisk together the flour, baking powder, baking soda, salt and pumpkin pie spice.
 5. Add the dry ingredients to the wet in small batches and blend on low speed to mix just until incorporated.
 6. Add the chocolate chips and mix just until combined.
 7. Divide the batter between the two pans. Loaf pans should be about half to 2/3 full.
 8. Bake for 45 minutes and then loosely lay tin foil over the pans. Bake for an additional 10-15 minutes or until there is a nice peak in the middle and a toothpick inserted comes out with moist crumbs (not wet batter). Total cook time will be about 55 minutes to 1 hour.

Recipe from: <https://togetherasfamily.com/banana-pumpkin-chocolate-chip-bread//>

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The Massachusetts Farm Bureau Federation is a non-profit organization representing nearly 6,000 family members across the Commonwealth. MFBF is an advocate for farmers, run by

farmer members who develop policies through its grassroots process. Its mission is "to protect the rights, encourage the growth, and be of service to its members, in the best interest of agriculture."

For more information about the Massachusetts Farm Bureau Federation, please visit www.mfbf.net.

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