

Available Now...

Pumpkins

Whether you are looking for the perfect pumpkin to carve or to fill your pie, Colorado growers have what you are looking for.

When selecting that festive gourd, choose clean, well-shaped pumpkins with no cracks in the rind. Also avoid pumpkins with soft spots or decay.

More than just a beautiful decoration, pumpkins are nutritious. They are fat free, sodium free, a good source of Vitamin C and high in Vitamin A.



Look for Colorado pumpkins at your local grocery store, farmers' market or at pumpkin patches across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit www.coloradoagriculture.com for a complete list of recipes.

Pumpkin Bisque

Chef Justin Barbour, ACF Colorado Chefs Association

- 1 Medium "pie" pumpkin
- 2 tbsp. Honey, melted
- 2 tbsp. Oil
- Pinch Salt, cinnamon and nutmeg
- 2 cups Chicken stock
- 3 cups Small dice mirepoix (1 cup ea. celery, carrot, onion)
- 1½ tsp. Garlic, minced
- 1 tbsp. Butter
- 1½ cup Cream
- 2 tsp. Ginger, sliced
- 3 cups Cream
- 1 tbsp. Honey
- 3 tsp. Nutmeg
- 1 cup Sugar
- 3 tsp. Cinnamon
- 2 tsp. Salt
- 2 Small pie pumpkins for serving (optional)

Gut and skin pie pumpkin and cut into approximately 2" by 3" pieces. Toss in honey, oil, salt, cinnamon, and nutmeg. Place on sheet tray and place in a preheated 350°F oven for 30 minutes. Toss often, it burns easily. Sauté mirepoix and garlic in butter (2-3 minutes). Add chicken stock, bring to a boil. Burr mix stock. (This can also be done in a food processor by straining the mirepoix out, with a little stock and pureeing. Add back into stock.) Strain stock/mirepoix mixture well. In a separate pan add the 1½ cup cream and ginger. Reduce down by half. Add cooked pumpkin to strained stock and burr mix again. (Or food process as above.) Add the cream, sugar, honey, nutmeg, and cinnamon. Simmer for 5 to 10 minutes stirring constantly and being careful to not let it come to a full boil. Add 2 tsp. salt. For a smoother soup strain again, for a rustic soup do not.

Cut the top off and gut and wipe out serving pumpkins. Recipe serves 2-3 if using pumpkin bowls or 4-6 if not.

Enjoy with a Colorado wine, such as a glass of Gewürztraminer from Olathe Winery located in Olathe, Colorado.

Next Month. . . Carrots