Farm Fresh

COLORADO PROUD™
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October 2011

Available Now...

Pumpkins

Pumpkins aren't just for carving, they are tasty too! 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 an excellent source of Vitamin A.

Look for fresh 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 and to find a pumpkin patch.

Pumpkin Zucchini Walnut Bread

Chef Jason K. Morse, C.E.C., Douglas County School District

1-1/4 Cups Sweet Shortening
1-1/4 Cups White Sugar
1 Cup Packed Brown Sugar
5 Ea. Large Eggs
1 Can (15 oz) Pumpkin, solid pack
1 Cup Zucchini, seeded, shredded (with skin on)
1 Tbsp. Maple Extract
3-1/2 Cups All Purpose Flour
1 Tsp. Baking Powder
1-1/4 Tsp. Baking Soda
1 Tsp. Salt
1-1/2 Tbsp. Pumpkin Pie Spice
1 Tbsp. Vanilla Paste
1/2 Cup Walnuts, toasted and chopped

In a small mixer with the paddle attachment, cream shortening and sugars. Add eggs, one at a time, beating well after each egg to ensure incorporation into the mix then add vanilla paste. Beat in pumpkin puree, shredded zucchini and maple extract. In a separate bowl, combine the flour, pumpkin pie spice, baking powder, baking soda, and salt, and mix with a whisk. Add the flour mixture to the creamed mixture, and mix until just combined. Fold in the chopped walnuts. Spray a 10-inch Loaf pan with Bakers Spray (contains flour), pour the pumpkin mixture into the pan and slightly agitate the pan to remove any air pockets. Bake at 350°F for 55-65 minutes, or until a toothpick inserted in the center comes out clean. Cool for 5 minutes before removing from the loaf pan, then place onto a cooling rack and cool. Serve warm with cream cheese spread. Also great toasted or battered and used for French toast.

Next Month... Potatoes