



## **Farmstand Favorites: Pumpkins: Over 75 Farm-Fresh Recipes**

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# Farmstand Favorites: Pumpkins: Over 75 Farm-Fresh Recipes

## Farmstand Favorites: Pumpkins: Over 75 Farm-Fresh Recipes Delight in the Delicious Bounty of the Pumpkin Harvest!

*Farmstand Favorites: Pumpkins* highlights one of the most recognizable vegetables from the harvest season—pumpkins. From creamy pumpkin puree to crunchy pumpkin seeds, pumpkins are one of the most versatile vegetables, and with over 75 easy-to-prepare recipes, you will find delicious and simple ways to enjoy pumpkins year-round. You will also learn about the many varieties of pumpkins, how to select the perfect pumpkin, and how to incorporate pumpkins into any course.

*Farmstand Favorites: Pumpkins* features easy-to-prepare recipes, including a few all-American favorites, such as:

- Honey-Pumpkin Muffins with Cream Cheese Frosting
- Pumpkin Curry Soup
- Quinoa and Pumpkin Seed Salad
- Roasted Chicken with Pumpkin Risotto
- Roasted Pumpkin Seeds
- Pumpkin Corn Bread
- Honey Walnut Pumpkin Pie

With a trip to the farmers market and *Farmstand Favorites: Pumpkins*, you can reap the benefits of a local vegetable that, grown without hormones and pesticides, provides healthful nutrients and a connection to the earth and your community.

## Buy Local and Support Your Local Farmer and Farmers Markets

The **Farmstand Favorites** series was created to encourage buying local and buying fresh. More than ever, we strive for a better understanding of where our food comes from, and for many of us this means shopping at a farmers market or farmstand. By supporting your local farmers and producers, you are also supporting a livelihood which is vital for a healthy, sustainable future.

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