

Botanical INTERESTS®
PumpkinPlay

**FUN SEASONAL
ACTIVITY BOOK**

Get festive with
pumpkin-inspired tips,
recipes, and activities!

INSIDE:

**Keeping carved
pumpkins fresh**

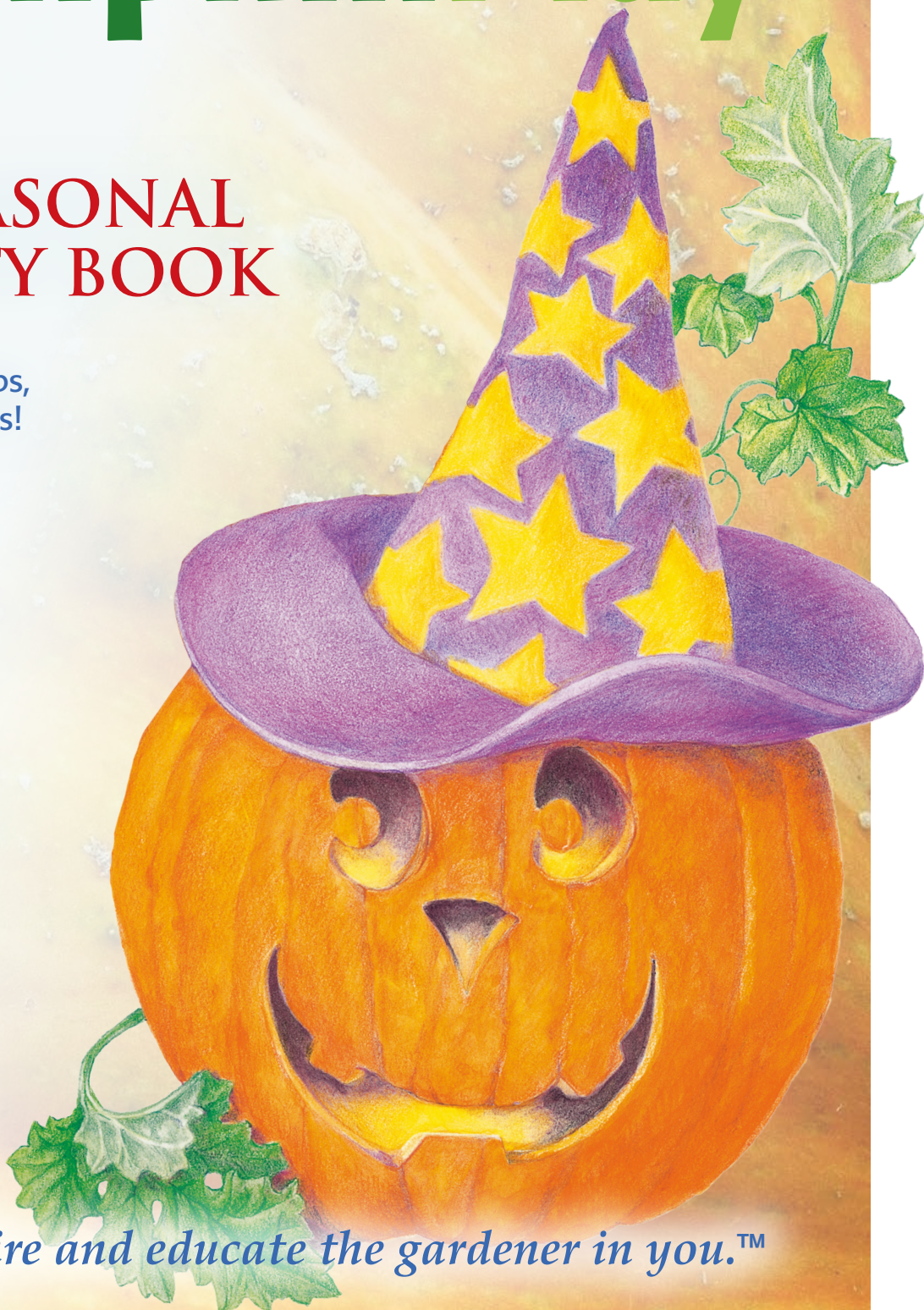
Tips on preserving
your pumpkin
masterpieces

Carving stencil

Delicious pumpkin-
inspired recipes

PLUS:

Bonus pumpkin
coloring page



Let us inspire and educate the gardener in you.™

Keeping Your Carved Pumpkins Fresh

Carved pumpkins look their best one to two days after carving, and without some care, rarely look good after seven days. If you want to keep your pumpkin all-natural, we recommend waiting until October 27th to carve it, otherwise, here are some tips to keeping your pumpkin designs fresh.

- Make sure your hands and any tools are both **clean and sanitized**. Then wipe the outside of the pumpkin down with bleach before making the first cut.
- Once carved, you can keep your pumpkin fresh for up to a week by **wiping the inside and cut areas** with bleach, spraying with a household cleaning spray that includes bleach, or using one of the pumpkin sprays available in craft or party stores.
- Carved pumpkins decline the fastest in warm weather. It's best to **keep them out of direct sunlight** and move them into a garage, cool basement, or a refrigerator when temperatures exceed 70°F. If your climate is humid or it is rainy, it will help to dry off and refrigerate your carved pumpkins at night. Freezing temperatures also speed decay, so move them to a protected location when temperatures outside are below freezing.
- If a pumpkin starts to shrivel or get moldy, you can **soak it for a couple of hours** in a bucket of water to revive it. Add 2 teaspoons of bleach for every gallon of water, for disinfecting purposes.
- To light up your carved pumpkin for more than one night, **use a battery-operated candle** or small flashlight instead of a candle. This will prevent soot and heat damage that could shorten the pumpkin's lifespan.

Now all you need is a design to get carving!
See next page for a fun stencil!

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STENCIL
LEMON QUEEN SUNFLOWER

Recipes

Baked Whole Pumpkin Soup

This whole pumpkin soup recipe creates a deliciously-elegant display on the dinner table. As is, the recipe is gluten free and simple to adapt for a paleo or vegan diet. Serves 4-6.

INGREDIENTS:

- 1 whole pumpkin (or other round, winter squash), approximately 4–5 pounds, washed (we used a 'Red Warty Thing' winter squash)
- 1–2 teaspoons unflavored oil for greasing pumpkin and baking dish
- 1 tablespoon butter or cooking oil
- 2 medium-large leeks, sliced (substitute 1/4 cup onion, diced)
- 2 cloves garlic, minced
- 1 apple, cored and diced
- 1 cup vegetable broth
- 1/2–3/4 cup heavy cream or full-fat coconut milk
- 2 ounces goat cheese, optional
- 1 tablespoon garam masala (or other seasoning of choice)
- Salt and pepper to taste

DIRECTIONS:

Preheat oven to 375°F.

Make a lid on the top of the pumpkin by cutting around the stem at an inward, 45° angle. The lid should leave a large enough hole so you can fit your hand in, and work inside the pumpkin. Remove and discard (or save for roasting) the seeds and long fibers by scraping the sides of the pumpkin with a metal spoon. Apply a bit of oil to the outside of your pumpkin and to a baking dish it can sit in, using a brush or paper towel.

Put the butter or oil, leeks, garlic, apple, broth, and salt in the hollow pumpkin. Replace the lid of the pumpkin to cover. Bake for 1 hour and 45 minutes.

Remove the pumpkin from the oven. Using a hot pad, remove the lid, and wait until the pumpkin is cool enough to work in. Using a metal spoon scrape the pumpkin flesh into the soup mixture, being careful not to puncture the pumpkin shell. If you are using an immersion blender add the cream, goat cheese, and garam masala (or chosen seasoning) to the pumpkin and purée, being careful to avoid puncturing the pumpkin wall. If using a blender, put all ingredients in the blender in small batches, blend until smooth, and return soup to the pumpkin shell. Add pepper and check seasonings. If you are not serving the soup right away, store the pumpkin and soup separately in the refrigerator. Reheat soup inside the pumpkin at 375°F.



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The Easiest Pumpkin Ravioli You Will Ever Make

Seriously, they are. The secret is substituting fresh pasta with wonton wrappers.
Makes approximately 20 ravioli

INGREDIENTS:

- 1 cup pumpkin puree (homemade is best)
- 10 oz. goat cheese (or substitute with cream cheese)
- 2–3 cloves of garlic, chopped
- pinch of salt
- 1 12 oz. package of wonton wrappers

DIRECTIONS:

Mix pumpkin, goat cheese, garlic, and salt in a large bowl (you may want to warm the goat cheese in the microwave for a few seconds to soften it for easier mixing). Place one wonton on flat surface. Drop 1 teaspoon of the pumpkin and goat cheese filling in the center of the wonton wrapper. Dip your finger in water and outline the edges of the wrapper. Place a second wonton on top and press down around the edges, creating a seal. Place ravioli into boiling water until they float, which should only be a minute or two. Remove ravioli from water with a hand strainer or slotted spoon. They are delicious drizzled with a high-quality olive oil or sautéed in butter, garlic, and fresh sage leaves.

Pumpkin Hummus

Holiday parties and pumpkin go hand-in-hand. Have this quick dip recipe ready for your next gathering.

INGREDIENTS:

- 1–2 cloves of garlic
- 2 tablespoons of olive oil
- 1 can of chickpeas (garbanzo beans), drained and rinsed
- 2/3 cup pumpkin purée (from fresh pumpkin or canned)
- 1/4 cup water
- 1 teaspoon salt or more
- 1/2 teaspoon fresh rosemary, minced

DIRECTIONS:

1. Purée all ingredients except rosemary in a blender or food processor. Add more olive oil or water as necessary to achieve desired consistency. Stir in the rosemary at the end.
2. Serve with pita bread, fresh vegetables, or tortilla chips.

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