

Seed Saving Instructions for Pumpkin Seeds

1. Cut an opening in the top of your pumpkin.
2. Remove pulp and seeds, separating seeds into a colander (reserve flesh for puree recipe).
3. Place colander with seeds under running water, rinse seeds thoroughly, removing excess pulp.
4. Though you will have more seeds than needed for planting the following season, plan on saving 3 times more than you will need. The largest seeds have the best chance of germinating, reserve leftover seeds for roasting.
5. Place the selected seeds on a dry paper towel, ensure that they are spaced out as they will stick together.
6. Place in a cool dry spot for one week.
7. Once dry, store in a paper envelope.

Roasted Pumpkin Seeds

Ingredients

- Cleaned pumpkin seeds (measure in ½ a cup)
- Olive oil
- Salt (measure in 1 tablespoons)
- Optional - spices of choice

Directions

1. Pre-heat the oven to 400°F, fill a large pot with 2 cups of water.
2. Add 1 tbsp of salt for every half cup of pumpkin seeds.
3. Bring water and seeds to a rolling boil, reduce heat, and let simmer for 10 minutes.
4. Remove from heat and allow to thoroughly drain.
5. Line baking sheet (use more than one to allow for even spacing) with parchment paper.
6. Toss seeds in olive oil *see notes on adding additional spices.
7. Place seeds on sheets in one layer, place in oven and roast for 5-20 minutes depending on size of seeds. Remove when lightly browned.
8. Allow to cool and enjoy!

*granular spices such as onion/garlic powder can be sprinkled on before being placed in the oven, spice mixes with flakes or clumps should be added immediate after removing seeds from the oven (you can add a small splash of olive oil to help coat the seeds).

Homemade Pumpkin Pie Spice Blend

(makes 5 tablespoons)

Ingredients

- 3 tbsp ground cinnamon
- 2 tsp ground ginger
- 1 and 1/2 tsp ground nutmeg
- 1 tsp ground cloves
- 1 tsp ground allspice
- pinch ground black pepper (small pinch, less than 1/8 tsp)

Directions

1. Whisk all the ingredients together in a small bowl. The ground ginger can clump, so whisk it very well to rid any clumps.
2. Pour spice mixture into your desired jar that seals well.
3. This homemade pumpkin pie spice mixture will last in a tightly sealed container until the individual spices' expiration dates, which is typically 1–2 years. Buy them all at once to ensure equal freshness and store at room temperature in a dry place, like a cupboard, drawer, or pantry.



Pumpkin Muffins (makes 12)

Ingredients

- 1 cup all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp ground cinnamon
- 1 and ½ tsp homemade pumpkin pie spice **recipe on front page*
- ½ cup canola or vegetable oil
- 2 large eggs
- ¾ cup packed light or dark brown sugar
- 1 cup canned pumpkin puree
- 1 tsp pure vanilla extract

Directions

1. Preheat the oven to 350°F. Line a 12-cup muffin pan with liners.
2. Whisk the flour, baking powder, baking soda, salt, cinnamon, and pumpkin pie spice together in a large bowl. Set aside.
3. Whisk the oil, eggs, brown sugar, pumpkin, and vanilla extract together until combined.
4. Pour the wet ingredients into the dry ingredients and use a mixer or whisk until completely combined. Batter will be thick.
5. Pour/spoon the batter into the liners – fill only 2/3 full to avoid spilling over the sides.
6. Bake for 20-22 minutes, or until a toothpick inserted in the center comes out clean. Allow the muffins to cool completely before frosting.

Pumpkin Puree

Ingredients

- 1 pie pumpkin

Directions

1. Pre-heat oven to 325°F.
2. Cut pumpkin in half from stem to base and remove seeds and pulp (reserving seeds for planting or roasting).
3. Cover each side with aluminum foil, place in oven foil side up.
4. Bake for 1 hour or until tender.
5. Remove from oven and allow to cool.
6. Scrape meat from the skin with a spoon, place in blender to puree.
7. Strain to remove any stringy bits.
8. Package in freezer bags removing as much air as possible. Will last for up to 3 months, up to 6 months if vacuum packed.

Uses for pumpkin puree

- Stir into oatmeal
- Add to other fruit puree
- Make soup
- Use in baking
- Add to smoothies
- Use in pasta sauces
- Use in waffles or pancakes
- Mash into potatoes

