

Pumpkin Pleasers

by Jean Smith, Director, Marketing & Development Division

As has become a tradition, the November recipes will feature the pumpkin. Nutritionally, pumpkin is a great source of Vitamin A and Vitamin C and supplies potassium, calcium and iron. It is also a bargain when it comes to calories; one cup contains only 49 calories. Although perhaps best known for use in desserts, pumpkin is often used in casseroles and soups. Enjoy the some of the prize winning recipes from the W.Va. Pumpkin Festival. *Happy Cooking!*

Recipes

Pumpkin Corn Chowder

First-place Pumpkin Dish – Sam McClure – Barboursville, W.Va.

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|---|----------------------------|
| 2 tablespoons butter | 2 cups water |
| 1 small onion | 2 chicken bouillon cubes |
| 10 ounces frozen whole kernel corn,
thawed | 1 tablespoons sugar |
| 16 ounces canned or fresh pumpkin
puree | 1½ teaspoon salt |
| | ⅛ teaspoon ground cinnamon |
| | 2 cups half and half |

Melt butter in Dutch oven, add onion; sauté until tender. Add corn; cook, stirring occasionally for 3 minutes.

Stir in pumpkin and next 5 ingredients; bring to boil. Reduce heat; simmer for 5 minutes. Stir in half and half; cook until thoroughly heated, but do not boil.

Recipes

Pumpkin Pie Cake

First-place – Non Traditional Pie Category – Darlene Hudnall, Culloden, W.Va.

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|------------------------|----------------------|
| 1 box yellow cake mix | 1 cup brown sugar |
| 1¼ sticks butter | 2 teaspoons cinnamon |
| 4 eggs | ½ teaspoon ginger |
| 1 29-ounce can pumpkin | ½ cup white sugar |
| ½ cup milk | |

Mix yellow cake, reserving one cup, with 1 stick of butter and one egg in mixing bowl. Press mixture into bottom of 13x9" cake pan.

In separate bowl, mix pumpkin, milk, 3 eggs, brown sugar, cinnamon and ginger: spread over cake mix mixture.

In third bowl, mix together 1 cup reserved cake mix, ¼ cup butter and white sugar. Sprinkle over pumpkin mixture. Bake for 50-60 minutes in a 350°F oven.

GYPHY MOTH continued from page 2

Hunters moving campers, trailers and RVs from an infested (regulated) county to uninfested counties should inspect these items for the presence of gypsy moth egg masses. If the items have remained in an infested area from July to the following spring this destructive insect could "hitch-hike" to or from your favorite hunting spot and establish a new population. The egg masses are buff colored, approximately 0.5 inches long, and covered with fine hairs that serve to insulate and protect the eggs (see **Figure 2 right**). Of its four life stages, gypsy moths spend several months of the year as

an egg mass, the most likely life stage to be artificially spread.

Gypsy moths can be spread on firewood as well. Firewood can also spread other serious, exotic pests, such as the emerald ash borer and hemlock woolly adelgid, which has caused widespread mortality of ash (*Fraxinus Sp.*) and the eastern hemlock (*Tsuga canadensis*), respectively, in areas of West Virginia. Hunters and campers are encouraged to burn firewood that was harvested locally. Transporting firewood to your hunting camp could spread and introduce a serious forest pest.

For more information, contact the WVDA, 304-558-2209, or visit www.wvagriculture.org.



Recipes

Pumpkin Spice Bars

First-place Cookies

Mary Lou McClure – Barboursville, W.Va.

- 4 eggs
- 2 cups sugar
- 1 cup vegetable oil
- 1 15-ounce can pumpkin
- 2 cups flour
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1 teaspoon soda
- ½ teaspoon salt
- ½ teaspoon ginger
- ¼ teaspoon cloves

Cream Cheese Frosting

- 1 3-ounce package cream cheese, softened
- ⅓ cup butter, softened
- 1 teaspoon vanilla
- 2 cups Confectioner's sugar
- ½ cup chopped walnuts

Heat oven to 350°F. Grease bottom and sides of jelly roll pan lightly with shortening.

Beat eggs, sugar, oil and pumpkin in large bowl until smooth. Stir in flour, baking powder, cinnamon, soda, salt, ginger and cloves; spread mixture in pan.

Bake 25-30 minutes or until lightly browned. Cool completely on wire rack.

Frost with cream cheese frosting; sprinkle with walnuts.

Cream Cheese Frosting: Mix cream cheese, butter and vanilla in medium bowl. Gradually beat in Confectioner's sugar until smooth.

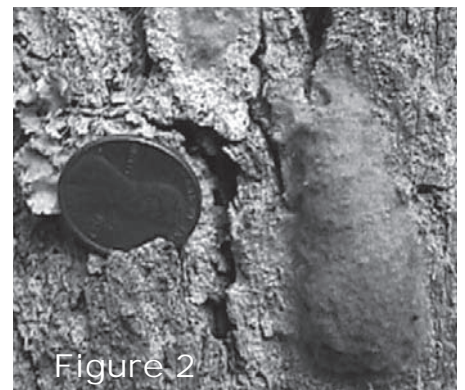


Figure 2