

# Schuster's Farm Recipes

## Cooking Fresh Pumpkin- 3 ways

1. Baking method: Cut pumpkin in half, discarding stem and stringy insides, reserving seeds for roasting later! Place face down in a roasting pan, cover with foil, and bake for 1 ½ hours at 375 degrees. Cool, then scoop out flesh and puree in a food processor or mash with a potato masher.
2. Boiling Method: Cut pumpkin in half, discarding stem and stringy insides, reserving seeds for roasting later! Peel and cut pumpkin in chunks. Place in a saucepan, cover with water, bring to a boil and cook until chunks are tender. Drain and cool well, then puree or mash.
3. Microwave Method: Cut Pumpkin in half, discarding stem and stringy insides, reserving seeds for roasting later! Microwave on high for 7 minutes per pound. Cool, then puree or mash.

Store pumpkin puree for up to 3 days in the refrigerator, or in the freezer for up to six months.



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## Roasted Pumpkin Seeds

A tasty and nutritious snack!

To separate seeds from the fibrous pulp, soak them in cold water for 1 hour, then rinse and drain them in a colander. Melt 1 tablespoon of butter in a roasting pan. Scatter the seeds in a single layer in the pan, and bake at 300 degrees for 30-45 minutes. Stir the seeds every 5-7 minutes to be sure the seeds are not browning. Sprinkle the warm seeds with seasoned salt after they are done roasting, or shell the seeds (making pepitas) to use in recipes for breads, salads, and soups.

Store the roasted seeds in an airtight container or jar.

## Pumpkin Dip For Fruit

(Yield 1½ Cups)

2 packages (3 oz. each) cream cheese, softened

½ cup light brown sugar

½ cup canned or cooked fresh pumpkin

2 tsp. maple syrup

cinnamon to taste

In a small bowl, beat cream cheese and sugar until well blended. Add pumpkin, maple syrup, and cinnamon. Mix well and refrigerate for several hours.



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## Pumpkin Patch Dessert

(makes one 9x13 pan)

2 cups canned or cooked fresh pumpkin

1 12 oz. can Evaporated Milk

3 eggs, slightly beaten

1 cup brown sugar

1/8 tsp. salt

1 box yellow cake mix

1/2 cup butter or margarine, melted

1 cup chopped pecans (optional)

In a large bowl, mix together the pumpkin, milk, eggs, sugar, and salt. Pour into a greased 9x13 pan. Sprinkle cake mix over the top and drizzle with the melted butter. Sprinkle with chopped nuts if desired. Bake at 350 degrees for 40-45 minutes.



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## Autumn Squash and Chicken Casserole

- 2 small Acorn Squash or 1 Butternut Squash  
(peeled, seeded, and cut into 2 inch chunks)
- 4 cloves of Garlic (peeled and quartered)
- 2 Tbs. Olive Oil
- 4 medium Chicken Legs
- 4 medium Chicken Thighs
- ½ cup Brown Sugar
- 1 tsp. salt
- 1 tsp. dried crushed Rosemary
- 1 16oz. can sliced Cling Peaches in Syrup

In the bottom of an oven baking pan, spread the oil and sprinkle the garlic. Add squash, and toss to coat. Arrange chicken pieces over the top and sprinkle with brown sugar, salt, and rosemary. Bake at 400 degrees for 1 hour, basting occasionally. After one hour, pull casserole out of oven, skim off fat, and add the peaches with their liquid. Bake for 15 more minutes. Enjoy!



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