

Hectic Halloween happenings call for a plan

Happy Halloween! Today's recipe, or any soup recipe is a great one for Halloween— it's a busy night for parents, to race home from work at top speed (without creating traffic accidents, hopefully), feed everyone, dress everyone in Halloween gear, put out the freshly carved pumpkins, get out the box of Halloween candy (assuming you haven't eaten it already), argue with the kids about whether or not they have to wear a coat with their Halloween costume, discuss the merits of wearing rubber boots as opposed to princess dancing slippers on a rainy night with a three-year old and head out the door! I'm exhausted already!

So here's my plan. My kids are older, so it's easier, but the plan will still work for you.

Monday— assess costume situation for everyone and determine what needs to be located or purchased.

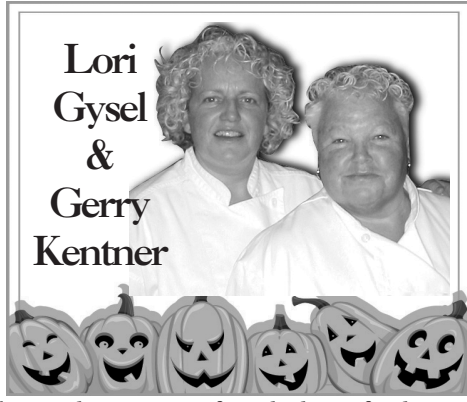
Tuesday— purchase pumpkins, Halloween candy, any last minute costume requirements and ingredients for Friday night's soup (see attached recipe).

Wednesday— work late.

Thursday— have kids carve pumpkins, roast pumpkin seeds, make soup for Friday.

Friday— kids are old enough to get themselves organized, soup is ready so everyone can have a quick bowl before trick or treating and another when they return. I put out the bowl of candy, light the jack 'o lanterns and pour myself a glass of wine.

For those of you who actually have to go out in the cold to take your kids trick or treating, I



have only one piece of good advice after having done it myself for years— travel coffee mug! Fill that sucker up and don't leave home without it. And, if you didn't have time for supper because of the hoorah of costumes flying and makeup applications required, fill your cup with soup and sip it along the way!

Since we'll be looking at pumpkins all weekend, I thought a little pumpkin info would be in order...

Pumpkins, which are a large round, ribbed vegetable fruit, typically orange in colour have been around for a very long time, but surprisingly, they have never played a large part in the diet of any country.

The name pumpkin is thought to derive from an old French word "pompon", which in turn comes from the classical Greek word "pepon" —a name which also applied to melon. Pumpkins are eaten when fully ripened.

They can grow to quite a large size and are often found at fall fairs in the "who can grow the biggest one" contest. The unconfirmed record-holder is from New York, claiming a pumpkin weighing in at 268 pounds.

Pumpkins have a fibrous flesh and a unique flavour that is not for everyone. The flesh can be used for both sweet and savory dishes. There is an Argentinian method of cooking meat which involves stewing it in a hollowed-out pumpkin and then using the flesh to thicken the stew.

The French use pumpkin for making soup and sometimes bread. Originally pumpkin was

used as a cheap way to "extend" the wheat in bread, however now a premium is paid for this type of bread. The Spanish use pumpkin in an interesting angel hair pasta dish. North Americans, as we know, use pumpkin pie as a traditional dessert at Thanksgiving. In Cyprus, pasties stuffed with pumpkin and crushed wheat (called kolokotes) are popular in winter. Pumpkin seeds, roasted, fried or salted are a popular snack in many countries.

Have fun and keep cooking!

—Lori and Gerry can be reached at whatscookin@independentfreepress.com

Golden Vegetable Soup

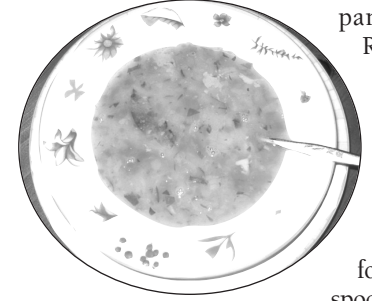
Ingredients

- 1 1/2 cups chopped carrots
- 1 cup chopped rutabegas
- 2 small leeks, chopped (white part only)
- 1 cup diced potatoes
- 3 3/4 cups vegetable stock
- 1 1/4 cups milk
- salt and pepper to taste
- 1/4 cup plus 2 tbsp whipping cream
- 1 tbsp chopped fresh parsley

Method

1. In a large saucepan, combine all vegetables and stock. Bring to a boil. Cover and simmer 30 minutes (or until vegetables are soft).

2. In a food processor or a blender, process mixture to a puree. Clean pan and return puree to the clean



pan. Stir in milk. Reheat (but do not bring to a boil) and season with salt and pepper.

3. In a small bowl, whip cream until soft peaks form. Fold in 1 tablespoon chopped parsley.

Top the portions of soup with the parsley/cream mixture. Garnish with additional chopped parsley if desired.

Santa's Coming to Acton November 15th

The Acton Santa Claus Parade, sponsored by the Acton Fire Fighters Association, starts at 1:00 pm, Saturday, November 15th, 2008 from MacKenzie Smith Bennett Middle School

This year's theme is "A Mother Goose Christmas" with prizes for specific categories.

Children are encouraged to bring letters to Santa Claus as the postal workers will collect along the parade route.

Anyone who has not received an entry form and wishes one can contact Bill Spielvogel at 519-853-2924.

Happy 60th Anniversary Wayne & Mildred Kelley 1948 ~ Nov. 6 ~ 2008 Love & Best Wishes from your family

Look who's turning 1! Zoe Alexandra May McNeil

Love Mommy, Daddy, Austin & Bailey

We can't believe a year has gone by, it has been an amazing year and we look forward to many more. We love you more than words can say.

50 Happy 50th Birthday Anne Jefferies 50

Love your family & friends

Halton REGION The Regional Municipality of Halton www.halton.ca

Let's Beat the Flu Free Vaccination for all Ontario

Free Influenza (Flu) Immunization Clinics for Seniors and High Priority Individuals

The Halton Region Health Department is offering free flu immunization clinics to Ontarians 65 years or older, pregnant women, health care and emergency service workers, and those 6 months of age and older with certain medical problems or a chronic illness. Please wear a short-sleeved shirt. No appointments are necessary. If you have a fever or do not feel well, postpone your visit to a later date.

Tuesday, November 4 10:00 a.m. – 4:00 p.m.
Gellert Community Centre
10241 8th Line, Georgetown

For more information on influenza (flu) and the complete clinic schedule, please visit www.halton.ca/flu.

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1 EYE & 2 LEGS.

You can lose a lot more than your licence drinking and driving.

3/1/008