

# MoPo News



81 Morrison Point Road  
(613) 476-7241

Vicki Emlaw, Gavin North, Bay Woodyard  
(with help from Lori Farrington)

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Now it's October and the rain is finally here!

We still have tomatoes, squash, pumpkins, basil, beans, potatoes, cucumbers, hot peppers and lots of crafts and preserves at the roadside stand. We also proudly feature BUFF'S BREAD made by Buffy Carruthers in Milford. If you want to make tomato sauce or relish ask us about seconds.

We'd like to say a big THANK YOU to all the people who have helped us so generously this year with time, advice, tools, books, seeds and much more. Special thanks to our MoPo members who inspired us with their confidence and appreciation through a difficult season. Thanks also to everyone who stopped by the stand and helped make this year a great success!

The roadside stand will remain open on weekends until it gets too cold. We will be open on a self-serve basis during the week. If you need help, change or eggs, honk your horn a few times.

We will be at the Pumpkin Fest in Wellington Oct 13<sup>th</sup> and will be having a Christmas sale of crafts and goodies sometime in December. Details to be announced in the Mirror & other fine county papers.

**SAVING SEEDS** – You can dry and properly label any of our heirloom varieties. This is a great way to save money and to ensure that you will have GMO free vegetables for your garden next spring and for years to come.

## Recipes

### PUMPKIN PIE

From the kitchen of Patty Woodyard (Bay's mom)

2 ½ cups puree pumpkin  
4 eggs  
1 ½ cups brown sugar  
1 ⅔ cups evaporated milk  
1 ½ tsp. Ginger  
2 tsp. Cinnamon  
¼ tsp. Nutmeg  
¼ cup lemon juice  
1 tsp. Salt

Puree (in blender) all together except pumpkin, then blend in pumpkin. Pour into two pie shells and bake 30 min. at 400 degees.

### SQUASH

The name squash was first used in the 18<sup>th</sup> century and comes from the Native word askutasquash, meaning fruits eaten green or raw. This delicious vegetable did well in the heat this year. We have many varieties including acorn squash, butternut squash, buttercup squash, white teardrop squash and an Australian variety called papa.

If you're wondering what to do with this hearty vegetable here is a simple favourite.

Just cut the squash in half, scoop out the seeds and put something yummy inside like butter and garlic, honey and garlic, salsa and cheese, maple syrup and butter, pear and butter, rosemary and olive oil, cranberries and honey or any combination of flavours that you like. Bake in a baking dish at 350 degrees until the squash is soft. If you like a crispy skin bake uncovered.

### PUMPKIN/SQUASH SOUP

Cut up your preferred squash or pumpkin, cut the skins off and boil for 15 minutes or until soft.

Fry some leeks or onions with garlic and curry paste or powder, salt and pepper (to your taste).

Puree (in blender) pumpkin with onion mixture and enough of the cooking water to make a good creamy soup.