

**Pumpkin Heaven!**

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**T**hank you for downloading  
Pumpkin Heaven!

My family has always loved pumpkins. We raised them in the garden, and for a few years my brother grew several acres of them and sold them commercially.

This e-book contains instructions for making your own fresh pumpkin right from the raw vegetable. It also has two of our very favorite pumpkin recipes, Pumpkin Cream Pie and Pumpkin Crunch.

Emma Carpenter

## Real, Fresh, Pumpkin

**T**here is no substitute for fresh pumpkin! Making your own, fresh pumpkin straight from the vegetable is a lot easier than some people think. It's a lot like harvesting the flesh from a potato, just on a bigger scale.

### Start With The Right Pumpkin

Some pumpkins are grown for ornaments, and some are grown specially for cooking. Cooking pumpkins are generally smaller than ornamental pumpkins, and are often called "pie," "sugar," or "cooking" pumpkins. Their flesh tends to be sweeter, more tender, and less stringy than ornamental pumpkins.

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### *Real, Fresh, Pumpkin - Two Methods*

There are a couple of easy ways to harvest the flesh of a pumpkin. We'll describe them both, and you can decide which method is best for you.

#### Method One

For method one, scrub the outside of your pumpkin clean, using soap if necessary. Rinse the pumpkin completely, pat it dry, then cut it in half. Scrape out all of the seeds and stringy stuff. Put the two halves of the pumpkin hollow side down (skin side up) on a cooking tray. Use a tray that has sides at least an inch tall so that the juices that run out of the pumpkin don't run all over your oven.

Bake the pumpkin at 400 degrees Fahrenheit until the flesh is tender. The cooking time will vary according to the size of the pumpkin, but an average cooking-size pumpkin will need to bake for about an hour. Your pumpkin is done when the flesh is easily pierced by a toothpick or meat fork.

Remove the the tray with the pumpkin halves from the oven and let everything cool completely. **Your pumpkin will be very, very, hot, so be sure to handle it with caution!** When it's completely cool scrape the tender flesh out of the skin, and throw away the skin. With a good

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