

Don't Pitch that Pumpkin

It's Nov. 2, the candy has been picked over and all the chocolate bars consumed, the costumes are packed away for next year and Halloween is officially over. But the jack-o-lantern, perhaps now more sad than scary, sits on the front porch.

You could throw that pumpkin away, or you could take one of Mother Nature Network's suggestion to giving that smiling gourd a new, potentially tasty lease on life.

EAT IT!

Carving pumpkins don't have quite as much flavor as pie or sugar pumpkins, but add a little extra nutmeg and you'll find yourself with delicious cookies, pancakes, pumpkin butter or a traditional pumpkin pie. Cut the pumpkin in half, cut off any burned or waxy parts (rinsing the pumpkin inside and out is a good idea too), then roast it in the oven until it's tender. Let the pumpkin cool, then peel the skin away. You can puree it in the blender and use it in any recipe. It also goes well in risotto or pasta, or make a savory pumpkin soup.



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DECORATE WITH IT

Halloween may be over, but pumpkins go well with Thanksgiving too. Put vegetable oil on your pumpkin (this prevents it from getting rotten) and fill them with colorful flowers or plants, make a bird feeder or, if you've got a couple of jack-o-lanterns, build a "snow" man. Pull your

kids in to help decorate and don't be afraid to get a little silly.

PUT IT ON YOUR FACE

Sound weird? Orange, fleshy vegetables aren't just good for your insides. Pumpkin has vitamin A and C and is full of antioxidants, and you can make a face mask, hair condi-

tion, pumpkin body scrub or even a pumpkin pedicure. According to How Stuff Works, you mix half a cup of pumpkin puree, a raw egg and a bit of honey, then apply that to your feet and wrap them up with plastic wrap for 15 minutes.

COMPOST IT

If you leave the pumpkin

outside long enough, it is going to rot. Why not use that to your advantage? If you do your own composting, or want to give it a shot, throw your pumpkin onto the pile with other plant products and wait for it to decompose into a thick, loamy soil that will be great on your garden come spring.

Bring your "used" pumpkins to the Parish Garden for composting.
Please remove all candles; no paint or glitter.