



**Thought
Foodness**

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WEST VIRGINIA HARVEST™



**Featuring
Pie Pumpkins**



Did You Know?

Pie Pumpkins

Where I grow best:

You can plant Pie Pumpkin seeds outside after the last frost in spring when temperatures stay above 50°F both day and night. Next, pumpkins love to soak up the sun, so choose a spot that gets full sunlight and has well-drained, rich soil.

My Nutritional Superpowers include:

Pumpkins are considered superfoods because they are full of important nutrients that help keep us healthy, including vitamins A and C, fiber, potassium, and more!"

I taste great in meals like:

Coconut Curry Pumpkin Soup, Savory Pumpkin Pasta Sauce, and of course Pumpkin Pie!

You can find **Pie Pumpkins** at grocery stores and Walmart in **West Virginia** during the Fall!



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Recipe Spotlight

Healthy Pumpkin Pie

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Make the Crust: In a bowl, mix the whole wheat flour and salt. Cut in the cold coconut oil or butter until it looks crumbly. Add the cold water a little at a time until the dough holds together. Roll it out and fit it into a pie pan.
2. Prepare the Filling: In a large bowl, mix the mashed pumpkin, low-fat evaporated milk, beaten eggs, brown sugar (or sweetener), cinnamon, ginger, nutmeg, and salt until everything is well combined.
3. Assemble the Pie: Pour the filling into the prepared crust.
4. Bake: Bake in a preheated oven at 425°F for 15 minutes. Then reduce the temperature to 350°F and bake for 40-50 minutes, or until the filling is set.
5. Cool and Serve: Let it cool before serving. Enjoy your delicious and healthier pumpkin pie!

What you will need:

Pastry Crust:

- 1 ⅓ cups whole wheat flour (or almond flour for a gluten-free option)
- ½ teaspoon salt
- ¼ cup cold coconut oil or unsalted butter
- 4 tablespoons cold water (add more if needed)

Filling:

- 2 cups mashed, cooked pie pumpkin
- 1 (12 fluid ounce) can low-fat evaporated milk (or unsweetened almond milk)
- 2 large eggs, beaten
- ½ cup packed brown sugar (or use a natural sweetener like maple syrup or honey)
- ½ teaspoon ground cinnamon (or more to taste)
- ½ teaspoon ground ginger (or more to taste)
- ½ teaspoon ground nutmeg (or more to taste)
- ½ teaspoon salt

*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.

Please ask a parent or guardian to assist with cutting fruits or vegetables.




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healthier
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