

# How to Tuesdays

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## HOW TO COOK PUMPKIN

Ever see anyone try to wrangle a pumpkin? In our home school class this month we carved pumpkins. There's nothing quite as charming as kids hacking away at a pumpkin. And, over the years I've seen plenty of moms and a few dads wield and unwieldy knife at a pumpkin. It's really quite simple, like cutting up a chicken, once you have the basics down.

- First, wash the pumpkin. Basic H is great for washing vegetables.
- Get out your best SHARP knife and slice the pumpkin in half.
- With a spoon, a serrated grapefruit spoon works best, (Sorry, kids, I didn't have enough of these to use in class) scrape out the punkin' innards. (Not unlike cleaning a chicken!)
- Slice the pumpkin into smaller pieces; place skin side UP in a baking dish, add a little water and cover.
- Bake at 325 degrees until the pumpkin is fork tender.
- Let cool and scrape out pumpkin.

WaLa...you are ready to bake that pie...or cookies. FarmBoy Gary made delicious pumpkin cookies for class yesterday. I love autumn!