



NEWSLETTER

Kaw Valley Farm Tour

Hoyland Farm among the stops



The 2010 Kaw Valley Farm Tour is happening October 2 and 3, from 10 am to 6 pm each day.

Among the stops this year is Rolling Prairie member farm Hoyland Farm, owned and operated by Bob, Joy, and Avery Lominska.

For \$10 per vehicle, folks can visit the farms,

take part in special activities for kids of all ages, and pick up some of the best local produce in the region. Special events include a Family Bus Excursion sponsored by The Merc.

The tour is sponsored by the Kaw Valley Agri-Tourism Council. More information, including maps, can be found on their [website](#).



Baby or mini-pumpkins are like other winter squash and can be stored and used in many of the same ways.

Baby Pumpkins Are Food!

Here's a simple recipe for "Best Baked Mini-Pumpkins" from the Mariquita Farm [website](#), adapted from *Vegetables from Amaranth to Zucchini* by Elizabeth Schneider.

For Each Serving:

1 mini pumpkin
pinch of ground coriander, nutmeg, cinnamon, allspice, or garam masala or big pinch of dried savory, sage, or thyme, crumbled to powder
pinch salt
pinch pepper
1 teaspoon butter or nut oil
1 Tablespoon prune, apple, cranberry, or orange juice
1 teaspoon maple syrup or honey

1. Set oven to 350 degrees to 375 degrees, as suits whatever else is roasting. With sturdy sharp knife, cut a square (or 5-6 sided) cap around pumpkin stem, poking into the heart of the squash to cut the fibers. Pry out the cap. With melon ball cutter or grapefruit spoon, scoop out and scrape interior to remove all seeds and fibers. Trim fibers from cap. (continued below)

2. Sprinkle spice (or herbs), salt, and pepper inside and tap to distribute. Add butter, juice, and sweetening. Set cap back in opening, but do not press in fully (or it may slip inside). Place in baking dish.

3. Bake until creamy-soft inside, about 30 minutes for small squash, 45 minutes for larger ones. Test with knife tip - it should slide through easily. Let stand 15 to 60 minutes, as convenient.