

# Mississippi MarketMaker Newsletter



## **Pumpkins Aren't Just for Halloween!**

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Website: <http://www.coastal.msstate.edu/MMNewsletter.html>

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### **Did You Know?**



Pumpkins are usually orange but can sometimes be yellow, white, green or red.

Scientifically speaking, pumpkins are a fruit (they contain seeds) but when it comes to cooking, they are often referred to as vegetables.

Giant pumpkins can be grown for competitions, with some weighing over 1000 pounds! The 2013 World Record is 2,032 pounds!

Pumpkin plants feature both male and female flowers.

### **Who Sells Pumpkins on MS MarketMaker?**

**Cooper Farms and Vineyards**  
1011 Rushing Road  
Morton, MS 39117

**Phone:** 601-732-2908

**MS MarketMaker Profile:** <http://ms.marketmaker.uiuc.edu/business/5367>



**Fresh From The Farm**  
1061A County Road 704  
Blue Mountain, MS 38610

**Phone:** 901-461-0330

**MS MarketMaker Profile:** <http://ms.marketmaker.uiuc.edu/business/486726>

**\*For a full list of businesses who sell pumpkins in MS MarketMaker, visit the website!**  
<http://webapps.marketmaker.uiuc.edu/marketmaker/#MS/food/productsearch/2226;2415/28>

## Pumpkin Stew

### **Ingredients:**

2 pounds beef stew meat, cut into 1-inch cubes  
3 tablespoons canola oil, divided  
1 cup water  
3 large potatoes, peeled and cut into 1-inch cubes  
4 medium carrots, sliced  
1 large green pepper, cut into 1/2-inch pieces  
4 garlic cloves, minced  
1 medium onion, chopped  
2 teaspoons salt  
1/2 teaspoon pepper  
2 tablespoons beef bouillon granules  
1 can (14-1/2 ounces) diced tomatoes, undrained  
1 pumpkin (10 to 12 pounds)



**Directions:** In a Dutch oven, brown meat in 2 tablespoons oil. Add water, potatoes, carrots, green pepper, garlic, onion, salt and pepper. Cover and simmer for 2 hours. Stir in bouillon and tomatoes. Wash pumpkin; cut to 6 to 8 in. circle around top stem. Remove top and set aside; discard seeds and loosen fibers from inside.

Place pumpkin in a shallow sturdy baking pan. Spoon stew into pumpkin and replace top. Brush outside of pumpkin with remaining oil. Bake at 325° for 2 hours or just until the pumpkin is tender (do not overbake). Serve stew from pumpkin, scooping out a little pumpkin with each serving. Yield: 8-10 servings.

\*Recipe courtesy of: <http://www.tasteofhome.com/recipes/pumpkin-stew>

### **Where can you find MarketMaker?**

MarketMaker (MM) can be viewed at - <http://ms.foodmarketmaker.com>.

You can follow MM at Facebook - [http://www.facebook.com/MS\\_MarketMaker](http://www.facebook.com/MS_MarketMaker).

You can also follow MM at Twitter - [http://twitter.com/MS\\_MarketMaker](http://twitter.com/MS_MarketMaker)

Find MM on your smart phone - <http://ms.foodsearcher.com>

### **For the full text and previous issues of the MS-MM Newsletter, go to:**

<http://www.coastal.msstate.edu/MMNewsletter.html>

<http://msucare.com/newsletters/marketmaker/index.html>



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