



Pumpkin

QCWA Product of the Year - 2024

COMMUNITY ACTIVITY GUIDELINES

qcwacountrykitchens.com.au







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Introduction to QCWA *Country Kitchens*

The QCWA Country Kitchens program is a partnership between the Queensland Country Women's Association and Health and Wellbeing Queensland.

The Queensland Country Women's Association, proudly turning 100 in 2022, has been the guiding force behind the Country Kitchens program. Funded by the Queensland Government through Health and Wellbeing Queensland, the Country Kitchens program has been supporting Queenslanders to improve their health by adopting healthier lifestyle behaviours since 2015.

The aim of the QCWA Country Kitchens program is to improve food and nutrition literacy amongst Queenslanders. The program has three fundamental objectives:

1. To engage with a volunteer workforce of QCWA members building skills in health promotion and food and nutrition literacy
2. To empower both QCWA members and their communities to initiate and/or participate in healthy lifestyle initiatives that will result in positive lifestyle behaviour changes
3. To support the engaged QCWA members (Country Kitchens Facilitators) in their community

5 key messages underpin the program content and Country Kitchens Facilitators promote them at every opportunity. Each message is supported by scientific evidence to reduce the lifestyle associated risks of chronic diseases including obesity, diabetes, cardiovascular disease and cancer.

5 Key Messages



**Get more fruit
and veg into
your meals**



**Cook at
home**



**Check your
portion size**



**Be aware of
sugar in your
drinks**



**Sit less,
move more**

The QCWA Product of the Year

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Product of the Year through the lens of the Country Kitchens 5 key messages. These Community Activity Guidelines were produced for the 2024 Product of the Year - pumpkin, and are designed to be used by QCWA members.

This booklet provides an overview of pumpkins, including where they are grown in Australia, what nutritional benefits they provide and other fun facts. They also outline three activities that support Levels 2 and 3 of the Country Kitchens PATHway (pg. 4). The first activity promotes the key messages 'get more fruit and veg into your meals' and 'cook at home', and involves completing a healthy pumpkin recipe promotion at a branch meeting or showcase. If you prefer craft over cooking, try the stuffed felt pumpkin activity and promote the key message 'get more fruit and veg into your meals'. Finally, the last activity involves setting up a pumpkin-themed showcase which promotes all of the Country Kitchens 5 key messages. The team would love to see how you incorporate the Country Kitchens Pumpkin Community Activity Guidelines into your branch and community. Tag Country Kitchens in your Facebook (@qcwacountrykitchens) or Instagram (@countrykitchens) posts, or send an email to countrykitchens@qcwa.org.au.

As always, the team is here to help. Reach out to your Country Kitchens buddy for assistance with planning and implementing any of the activities mentioned in these guidelines. Please remember to include any Country Kitchens Product of the Year activities in your monthly reports!

QCWA Country Kitchens 5 Key Messages



Get more fruit and veg into your meals

Incorporating more vegetables and fruit into each meal is a great way to improve you and your family's health. Research shows that the more veggies we eat, the lower our risk of developing heart disease, stroke and cancer. But Queenslanders aren't eating enough. **Only 8.0% of adults and 4.6% of children** are eating the recommended **5 serves of vegetables each day**. We are better at eating fruit but still many of us don't eat 2 serves of fruit each day. Fruit and vegetables are a great source of minerals and vitamins, dietary fibre and a range of phytochemicals.



Cook at home

Based on ABS household expenditure data, the trend away from home cooking toward eating out and fast foods has continued in recent years. The proportion of money spent on food eaten outside of home **increased from 25 per cent in 1988-89 to 34 per cent in 2015-16**.¹ In Health and Wellbeing' Queensland's 2023 A Better Choice Report, **more than half of respondents indicated they eat out at least once a week**.² Discretionary foods are typically high in saturated fat, added sugars, added salt and alcohol. Cooking at home allows you to prepare healthier options and make a few simple changes to add nutritional value to your recipes.



Check your portion size

Food and drink portions have increased dramatically over the past 25 years—the age of super-sizing. The health cost for upsizing food serves is significant, and is clearly reflected in current Queensland population health data. **Just 32% of Queensland adults are within the healthy weight range and 25% of Queensland children are in the overweight and obese range, according to the 2020 Report of the Chief Health Officer Queensland**. Larger portions have more kilojoules. Here are some tips for checking your portion sizes:

- ½ of your plate should be vegetables (think variety and colour)
- ¼ of your plate should be good-quality carbohydrate rich food—such as potatoes or wholegrain cereals such as wholemeal pasta, brown rice, oats, quinoa
- ¼ of your plate should have food sources of protein, like lean meat, poultry, eggs or legumes.



Be aware of sugar in your drinks

Sugar in drinks continues to be a major health concern, particularly for children and youth. Sugar sweetened beverages can lead to tooth decay and excessive weight gain. Added sugars include white sugar, brown sugar, raw sugar, honey and syrups to name a few.

Limit your intake of beverages such as soft drinks, vitamin waters and fruit drinks.

Water is always the best option!



Sit less, move more

Being physically active every day is important for the health of all, no matter your age or ability. It gives you more energy, increases self-confidence and can help increase bone strength. The National Physical Activity Guidelines recommend we need **30 minutes of moderate physical activity every day**. Moderate intensity activities include brisk walking, digging in the garden, mowing the lawn; or medium paced cycling or swimming.

¹ Australian Bureau of Statistics (2018); Household Expenditure Survey and Survey of Income and Housing, User Guide, Australia, 2015–16. Australian Bureau of Statistics.

² A Better Choice (2023); Eating out in Queensland: Understanding the drivers behind food choice, 2022. Health and Wellbeing Queensland.

QCWA Country Kitchens

Program Overview



Level 1-2: Introduction to QCWA Country Kitchens

Facilitators trained in Level 1-2 have learnt the basics of the QCWA Country Kitchens program and health promotion. Activities they might be involved in include:

- Promoting the Country Kitchens Monthly Munch newsletter
- Promoting healthy recipes, including taste testers
- Healthy catering with Country Kitchens recipes

Level 3: Perfecting Your Showcase

Facilitators trained in Level 3 have learnt how to promote the Country Kitchens program via health promotion displays including:

- Static displays with program resources and recipe cards
- Interactive showcases with activities or healthy taste testers
- Demonstration showcases which include craft or cooking demonstrations



Level 4: Hands on Nutrition Workshops

Facilitators trained in Level 4 may choose to run a HONW with a local organisation, school or community group. These workshops include:

- Cooking or craft demonstrations
- Nutrition education around the 5 Key Messages, healthy lunchboxes or recipe modification
- Group cooking or craft class

Level 5: Back to Basics

Facilitators trained in Level 5 may choose to run a Back to Basics workshop series. These cooking workshops are delivered across 4-8 sessions. The two Back to Basics series include:

- *Back to Basics: Food Literacy* - targeted to adults
- *Back to Basics: 5 Key Messages* - targeted to children



Level 6: Advocacy

Facilitators trained in Level 6 may advocate for food, nutrition or physical activity related issues in their local communities to:

- Improve long-term health outcomes of Queenslanders
- Speak up about issues in your community
- Gain skills in leadership

Background

Country Kitchens Product of the Year Activities and Resources

Each year the Country Kitchens program releases a suite of resources and activities that correspond to the QCWA Product of the Year and promote the 5 key messages.

Community Activities

These Community Activity Guidelines outline three Country Kitchens activities for the 2024 QCWA Product of the Year - pumpkin. These can be run at your branch or with small community groups, and are set out in a similar way to the activities in the Country Kitchens Facilitator Guidelines.

Each activity includes a resource guide, session checklist and session plan template to help you plan and undertake the activity. Get in touch with your Country Kitchens (CK) buddy if you would like help planning any of the activities listed in this booklet:

- Pumpkin recipe promotion (pg. 10)
- Stuffed felt pumpkin (pg. 15)
- Pumpkin showcase (pg. 22)



Resources

The following resources can be incorporated into activities already taking place at branches (e.g. a static showcase) or can be used to support events at branches, divisions and within the community. Get in touch with your CK buddy to order any of the 2024 Product of the Year resources listed below:

- Country Kitchens *Pumpkin Recipe Booklet*
- Pumpkin recipe cards
- Pumpkin flip cards
- Pumpkin poster
- Country Kitchens bunting tea towel - customise your bunting by including pumpkin fabric



Pumpkin recipe booklet



Pumpkin flip cards



Pumpkin bunting



Pumpkin poster

QCWA Product of the Year - Pumpkin

Overview

Pumpkins are a staple of autumn in many parts of the world, often associated with Halloween and Thanksgiving feasts. While Australia might not have the same autumnal traditions as North America, pumpkins still hold a special place in Australian cuisine and agriculture. Pumpkins have a history that dates back over 7,000 years. Native to the Americas, they were cultivated by indigenous peoples, including the Aztecs and Mayans, long before the arrival of European settlers. These early civilisations used pumpkins not only for food, but also as containers and ornaments.

Pumpkins are consumed around the world in both savoury and sweet dishes. China is the number one consumer of pumpkin worldwide.³ It is a significant part of Chinese cuisine, and is used in a wide variety of dishes such as soups, stews, stir-fries, dumplings, and as a filling for buns and pastries. Following China in pumpkin consumption is India and Russia.



How Does Pumpkin Grow?

Pumpkins are grown from seeds, and grow along long trailing vines. The ideal soil temperature for pumpkins is between 20 and 35 degrees, but must be at least 16 degrees for seeds to germinate. Pumpkins prefer well-draining soil with good fertility. Multiple seeds can be planted in small hills or mounds, about 60 to 120cm apart, to allow for the vines to spread. Pumpkin seeds typically germinate within 5 to 10 days when the soil temperature is suitable. As the pumpkin plants grow, they produce long trailing vines that can extend several meters. It is essential to provide support for the developing pumpkins, such as straw or a wooden board, to keep them off the ground and prevent rot.



Flowers will begin to form along the vines, and once pollinated, these will develop into pumpkins. Pumpkins are typically ready for harvest when they have reached their mature size and have developed a hard skin. The exact timing varies by variety, but they usually take between 90-120 days to mature. When pumpkins are stored in a cool, dry place with good air circulation, they can last for several months. Pumpkins are relatively easy to grow, but require attention to water, nutrients, and pollination to ensure healthy fruit development.

³ Global Trade Magazine (2019); U.S. Imports of Pumpkins From Mexico Account for One-Third of Global Trade, USA, 2019.

Background



Pumpkin in Australia

Pumpkin is grown in every state of Australia. Queensland is the biggest producer, accounting for roughly 40% of all pumpkins in the country. Common pumpkin varieties grown in Australia include Butternut, Kent (or Jap), Queensland Blue, Jarrahdale and Golden Nugget. Pumpkins are the sixth most grown vegetable crop in Australia, with 120,981 tons produced each year. ⁴

Nutrition

Pumpkins are part of the Cucurbitaceae or gourd family. They are botanically classified as a fruit, however nutritionally and culinarily they are seen as a vegetable due to their flavour profile and nutrients. Pumpkin is a nutrient dense food that is loaded with vitamin A, which supports eyesight, growth and the immune system. Pumpkin also contains other essential nutrients like vitamin E, vitamin B6, folate, fibre, vitamin C and iron. Pumpkin is also rich in carotenoids, which have an antioxidant effect in our body. Antioxidants have been shown to help reduce the risk of certain cancers. Pumpkin is also a great source of fibre, with around 7 grams per cup. Pumpkin seeds can also be consumed, and are an excellent source of healthy unsaturated fats.⁵

Eating Pumpkin

When cooked, the whole pumpkin is edible – the skin, pulp and seeds! Here are our top tips for selecting, preparing and storing pumpkin.



Selection

A ripe pumpkin should have a consistent, even, colour throughout. This colour will vary by variety. The skin should feel firm and have a slight shine. A firmly attached stem is also a good sign of ripeness. Some people use the "knock test" to check if their pumpkin is ready to eat; simply tap the skin with your knuckles, and if it sounds hollow, it's often considered a sign of ripeness. Be on the lookout for soft spots or mushy areas, as these can indicate spoilage or rot.

Pumpkins are most widely available in autumn and winter, with some varieties such as Queensland Blue grown year round. Common pumpkin varieties in Australia include:

- **Butternut pumpkin:** these pumpkins have smooth skin that is light orangey-beige in colour. The flesh is a brighter orange, and is relatively sweet and dry. Butternut pumpkins are known for their elongated shape and are great for roasting.
- **Kent (or Jap) pumpkin:** have ribbed, green-grey skin with stripes and speckles that vary from yellow to orange. The flesh is golden yellow, with a nutty, very sweet flavour. These pumpkins are great for quiches, salads and soups.

⁴ Horticulture Innovation Australia (2017); Veggie Stats: Pumpkin, Australia, 2015-16.

⁵ Batool, Maria et al. "Nutritional Value, Phytochemical Potential, and Therapeutic Benefits of Pumpkin (Cucurbita sp.)." *Plants* (Basel, Switzerland) vol. 11,11 1394. 24 May. 2022, doi:10.3390/plants11111394

- **Jarrahdale pumpkin:** a larger pumpkin with blue-grey skin. It's golden orange flesh is sweet and good for soups and boiling. As it has moist flesh, this pumpkin is not well suited for use in baked goods.
- **Queensland Blue pumpkin:** these pumpkins are grey-blue in colour, with yellow-orange flesh. They look very similar to the Jarrahdale pumpkin, but they are larger and have more ribs. Queensland Blue is a drier variety of pumpkin, which makes it great for steaming, boiling and baked goods. It's particularly good when mashed for scones and cakes.
- **Golden Nugget pumpkin:** these mini pumpkins are usually less than 15cm in diameter. They are popular for decorations, and are also great for stuffing and roasting.



Butternut Pumpkin



Kent Pumpkin



Jarrahdale Pumpkin



Queensland Blue Pumpkin



Golden Nugget Pumpkin

Preparation

Pumpkin preparation will depend on the variety. In many varieties, such as Butternut and Kent, the skin can be left on and consumed when roasting for extra fibre. Common preparation methods include roasting, boiling and steaming. Most pumpkins will require the fleshy middle to be scooped out, but seeds can be kept for roasting and consumption.

Pumpkin seeds can be harvested from the pumpkin and roasted to add crunch to muesli, salads and trail mix. You can also purchase pepita seeds from grocery stores to use in a similar way. Pepita seeds are roasted pumpkin seeds with the outer shell removed to leave a smaller green seed.

Storage

Whole pumpkins will keep for several months if stored properly. Store in a cool, dry, and well-ventilated place. A temperature range of 10-13°C is ideal for long-term storage. Make sure the storage area is not too humid, as excess moisture can encourage mould growth. Elevate the pumpkins off the ground, as this helps improve air circulation and prevents moisture from accumulating underneath, reducing the risk of rot. Check your stored pumpkins regularly, and rotate them if necessary to prevent areas from becoming compressed.

ACTIVITY 1 PUMPKIN RECIPE PROMOTION

Preparation and Planning

Use this activity guide to:

- Complete a healthy pumpkin recipe promotion
- Promote the key messages 'get more fruit and veg into your meals' and 'cook at home' in the context of the 2024 QCWA Product of the Year



Overview - *Recipe Promotion*

Recipe Promotion

Completing a healthy recipe promotion is one of the activities involved in Level 2 of the QCWA Country Kitchens PATHway. You can complete a recipe promotion at your branch meeting or a community event, or even on social media. By choosing recipes from the Country Kitchens *Pumpkin Recipe Booklet*, you can easily incorporate a healthy recipe promotion into any QCWA Product of the Year event. For a full refresher on recipe promotions, refer to the Level 1-2 Facilitator Guidelines pg. 18-36. A brief summary of things to consider when doing a Country Kitchens recipe promotion has been provided below.

STEP 1. Choose a recipe

Choose a recipe from the Country Kitchens *Pumpkin Recipe Booklet* or turn to the appendix (pg. 29-41) for a full list of the recipes.



STEP 2. Share and discuss

Share your recipe at your branch meeting or event. Remember to take photos! Discussion points may include:

- Why did you choose this recipe? What's great about it? Was it easy to prepare?
- What makes the recipe healthy (the five elements)
- What tips and tricks do you have for making this recipe?
- Would you make any changes to the recipe in the future?

Use a Country Kitchens stamp of approval marker to indicate that the recipe is a healthy choice.



STEP 3. Report your activity





Make sure to include your recipe promotion activity in your Country Kitchens monthly report. If you are not a facilitator, we would still love to see photos from the day! Share them with the team at countrykitchens@qcwa.org.au or tag us on social media (@qcwacountrykitchens on Facebook or @countrykitchens for Instagram).

Things to consider

- **Nutrition criteria** - every Country Kitchens recipe meets essential nutrition criteria for either everyday or discretionary foods. The *Pumpkin Recipe Booklet* indicates whether recipes fall under the everyday or discretionary food category.
- **Food safety** - It can be easy to forget that food can be potentially dangerous if not handled, stored and prepared correctly. Before undertaking any activities involving food, make sure you are familiar with the food safety information shared in the Country Kitchens Healthy Cooking Guidelines (pg. 44-46). Some important things to consider when sharing taste testers as part of a recipe promotion are personal and kitchen hygiene, safe temperature zones, storage of food when travelling to and from your event, food labels, and potential allergens.
- **Recipe cards** - reach out to your CK buddy if you would like to order pumpkin recipe cards for your recipe promotion. Please allow at least two weeks for the team to post these to you.
- **Recipe suitability** - take into consideration where your recipe demonstration will be taking place (e.g. as part of a branch meeting or a larger event), If you will be including taste testers, make sure the recipe is suitable for portioning into bite-sized pieces.
- **Additional talking points** - extra information about each recipe is provided in the appendix (pg. 29-41) under the heading '*What's Great About It*'. Try incorporating some of this information as talking points while doing your recipe promotion.

Resource Guide - *Recipe Promotion*

DIFFICULTY

Helping hands				
Cost				
Time				
Venue resources	Table/chairs Toilets	Stove/oven Fridge		
Equipment	Banner (<i>optional</i>)			
Promotional materials	Printed resources: - Recipe cards - Stamp of Approval markers - Recipe booklet	Posters (<i>optional</i>): - Australian Guide to Healthy Eating - Food safety		



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Recipe Promotion*

BEFORE ACTIVITY

<input type="checkbox"/>	<i>Optional:</i> re-read the recipe promotion 'Overview and Activities' section of the Level 1-2 Facilitator Guidelines (pg. 18-31) for a refresher on recipe promotions
<input type="checkbox"/>	Confirm venue resources (i.e. tables, chairs, serveware, cold storage)
<input type="checkbox"/>	Choose a pumpkin recipe from the Country Kitchens <i>Pumpkin Recipe Booklet</i> or appendix (pg. 29-41)
<input type="checkbox"/>	<i>Optional:</i> order resources from your CK buddy (minimum 2 weeks prior)
<input type="checkbox"/>	Confirm participant numbers
<input type="checkbox"/>	Purchase ingredients
<input type="checkbox"/>	Prepare the recipe as per food safety guidelines (refer to Healthy Cooking Guidelines pg. 44-46)
<input type="checkbox"/>	Using the session plan (pg. 14), identify the five elements that make your recipe a healthy choice (to present on the day)
<input type="checkbox"/>	Gather promotional materials and equipment (banner, posters, Stamp of Approval markers, recipe cards)

ON THE DAY

<input type="checkbox"/>	Set up promotional materials and equipment
<input type="checkbox"/>	Arrange tables and chairs for participants
<input type="checkbox"/>	Introduce yourself, the program and the 5 key messages using the session plan (pg. 14)
<input type="checkbox"/>	Promote the recipe using the points listed in the session plan (pg. 14)
<input type="checkbox"/>	Take a photo of your recipe with the Country Kitchens Stamp of Approval marker
<input type="checkbox"/>	Share taste testers of your recipe with participants
<input type="checkbox"/>	Pack up and leave the venue as found

POST ACTIVITY

<input type="checkbox"/>	Post photos to social media and tag Country Kitchens
<input type="checkbox"/>	Include your recipe promotion activity in your Country Kitchens Monthly Report under the 'Level 2 - Recipe Promotion' section
<input type="checkbox"/>	Reflect on what worked well and what could be done differently next time

Session Plan - *Recipe Promotion*

INTRODUCTION TO COUNTRY KITCHENS

Introduce the program and the 5 key messages:

RECIPE PROMOTION

You might like to re-read the 5 elements of a healthy recipe section of the L1-2 Facilitator Guidelines. You can use these elements as talking points during your presentation.

1. Fruit and Veg:

2. Sugar:

3. Salt:

4. Fat:

5. Fibre:

Additional information to share about pumpkin and your chosen recipe:

If you need to, make copies of this session plan and use it each time you are running a recipe promotion activity until you feel confident doing it without one.

Cook at home

Check your portion size

Be aware of sugar in your drinks

Eat less, move more

ACTIVITY 2 STUFFED FELT PUMPKIN

Preparation and Planning



Use this activity guide to:

- Complete a stuffed felt pumpkin craft activity on your own or with a small group e.g. QCWA branch or craft group
- Promote the key message 'get more fruit and veg into your meals' in the context of the 2024 QCWA Product of the Year



Instructions - *Stuffed Felt Pumpkin*

Stuffed Felt Pumpkin

Adults in Queensland are not eating enough fruit and vegetables for good health. We should aim to eat five serves of vegetables and two serves of fruit every day. This stuffed felt pumpkin activity is designed to be used as an alternative health promotion strategy for those who love handcrafts. It is a fun craft activity designed to accompany discussion around getting more fruit and vegetables into meals and explaining what a serve of vegetables looks like. The stuffed felt pumpkin also makes a great addition to a QCWA Product of the Year themed showcase.

This activity can either be completed individually, with branch members (e.g. as part of a craft day), or in small groups as part of an interactive showcase (e.g. during an event celebrating the QCWA Product of the Year).



Materials:

- Pumpkin pattern (pg. 18)
- Baking paper
- Pen
- Orange felt
- Green felt
- Brown felt
- Fabric scissors
- Pins
- Embroidery needle
- Polyester fill/stuffing
- Orange, green and brown embroidery thread

Instructions:



1. Lay a sheet of baking paper over the pumpkin pattern (pg. 18) and trace each piece. Cut out each piece from the baking paper.

2. Use the baking paper templates and pins to pin and cut each shape from the felt. Cut the following pieces:

- 6x 'Pumpkin Section' from orange felt
- 1x 'Pumpkin Leaf' from green felt
- 2x 'Pumpkin Stem' from brown felt
- 1x 'Pumpkin Bottom' from brown felt



Making the pumpkin stem:

3. Using three strands of brown thread and a blanket stitch, attach the two stem pieces together, sewing around three sides and leaving the bottom open.

4. Gently stuff the stem with polyester fill then sew the bottom closed with a blanket stitch.



Making the pumpkin:

5. Match two orange pumpkin pieces together. Using three strands of orange thread and a blanket stitch, attach the two pieces of pumpkin together from top to bottom.

6. Repeat this process with the remaining four pieces of pumpkin. When attaching the final two sides together, stitch three quarters of the way up, leaving an opening for stuffing. Don't cut the thread as you will finish this seam at a later step.



Stuffing the pumpkin:

7. Stuff the pumpkin with polyester fill, making sure to use enough stuffing to push the seams out and give the pumpkin a firm round shape.

8. Finish sewing the final seam closed using a blanket stitch.



Adjusting the shape:

9. Thread a large-eyed needle with four strands of a long length of orange embroidery thread. Draw the thread through the opening in the middle of the pumpkin, through the stuffing and out the bottom. Wrap the thread around the middle of one of the wedges of the pumpkin, and pull it back through the centre. Pull the thread taut so that it squishes the pumpkin down.

10. Repeat wrapping the thread around all six wedges of the pumpkin. Pass the thread back through the centre to where the start of the thread is, then tie the ends together tightly to secure.



Attaching the leaf and stem:

11. Wrap the leaf around the base of the stem, and stitch in place from the bottom so that the stitch isn't visible (you may use any stitch for this step).

12. Attach the leaf and stem to the top of the pumpkin using three strands of green thread and a whip stitch, making sure to completely cover the hole.



Finishing touches:

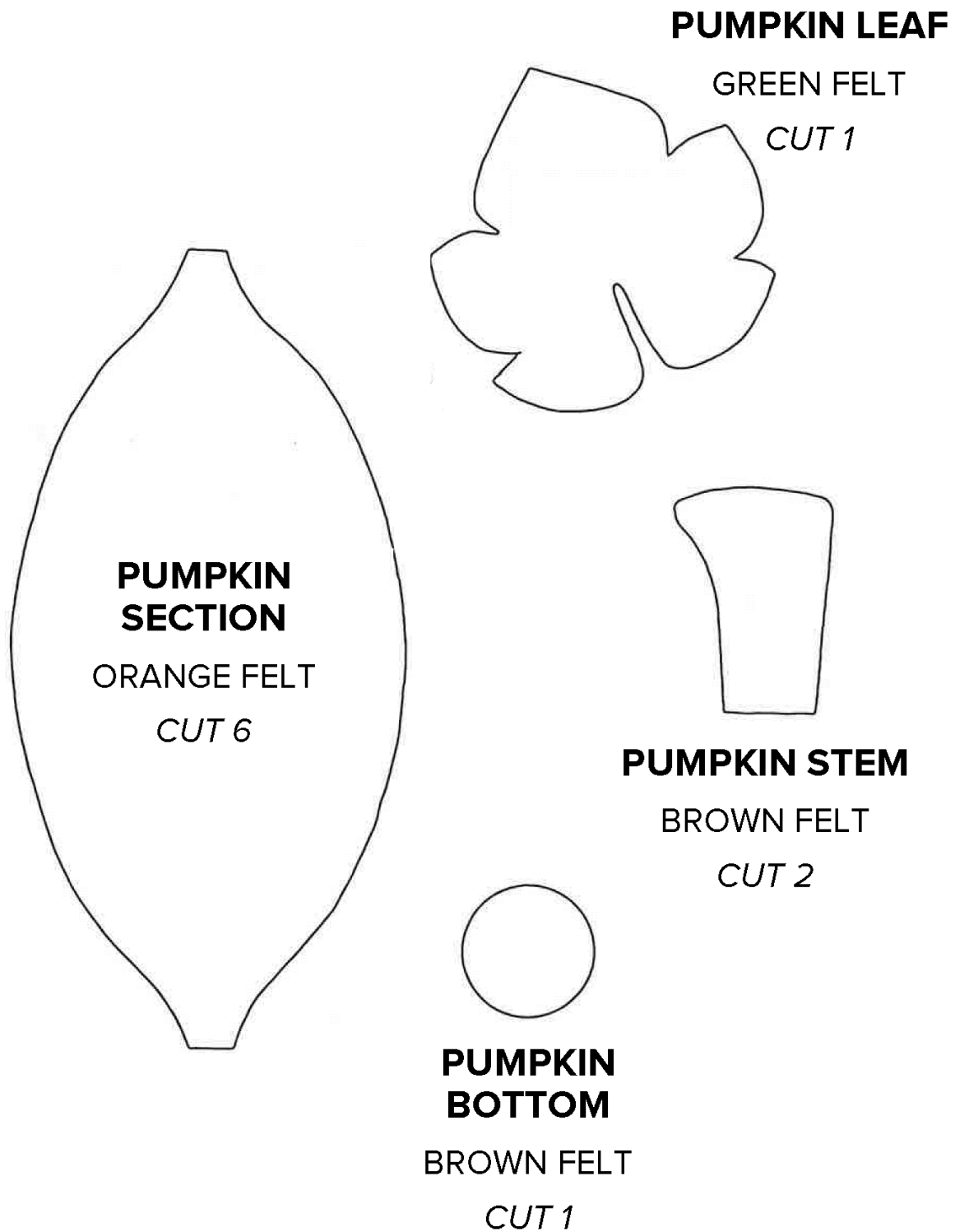
13. Using three strands of brown thread, attach the 'Pumpkin Bottom' piece to the bottom of the pumpkin with a blanket stitch.



You now have a completed pumpkin!





You can incorporate your stuffed pumpkin into a Product of the Year showcase, or have a go at running this activity with a small group at your QCWA branch or in your community. Extra copies of the pumpkin pattern are available to download from the Country Kitchens website. Hover over the 'Resources' tab on the home page and select '[QCWA Member Activities](#)' from the dropdown list. Here you will also find printable copies of these Community Activity Guidelines and all of the other resources developed for the QCWA Product of the Year.

Pattern - *Stuffed Felt Pumpkin*



Resource Guide - *Stuffed Felt Pumpkin*

DIFFICULTY

Helping hands				
Cost				
Time				
Venue resources	Table/chairs Toilets			
Equipment	Banner Craft supplies Instructions and pattern			
Promotional materials	Pumpkin poster AGHE poster	5KM cards Brochures		



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, craft materials and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Stuffed Felt Pumpkin*

BEFORE ACTIVITY

<input type="checkbox"/>	Confirm venue resources (tables, chairs)
<input type="checkbox"/>	Confirm participant numbers
<input type="checkbox"/>	Use the session plan (pg. 21) to plan what equipment and materials you will need
<input type="checkbox"/>	Purchase/organise craft equipment and supplies (scissors, felt, thread, pins etc.)
<input type="checkbox"/>	Print copies of the pumpkin instructions (pg. 16-17) and pattern (pg. 18) for each participant
<input type="checkbox"/>	<i>Optional:</i> organise promotional materials and equipment (banner, 5 key message cards, brochures)

ON THE DAY

<input type="checkbox"/>	<i>Optional:</i> set up promotional materials
<input type="checkbox"/>	Arrange tables, chairs and craft supplies for participants
<input type="checkbox"/>	Introduce yourself, the program and the 5 key messages using the session plan (pg. 21)
<input type="checkbox"/>	Make the stuffed felt pumpkin by working through each step as a group
<input type="checkbox"/>	Take photos!
<input type="checkbox"/>	Pack up and leave the venue tidy

POST ACTIVITY

<input type="checkbox"/>	Post your photos to social media tagging all relevant parties
<input type="checkbox"/>	Include your craft activity in your Country Kitchens Monthly Report under the 'Level 3 - Interactive Showcase' section

Session Plan - *Stuffed Felt Pumpkin*

STUFFED FELT PUMPKIN CRAFT ACTIVITY

Introduce the program and 5 key messages:

Resources/equipment you will need:

Optional - Skill you will demonstrate and resources you will need:

E.g. How to do a blanket stitch, tips for threading a needle, how to double knot a blanket stitch etc.

Checklist

<input type="checkbox"/>	Resources ordered from Country Kitchens buddy
<input type="checkbox"/>	Materials for each station
<input type="checkbox"/>	Printed pumpkin instructions and pattern for each participant

If you need to, make copies of this session plan and use it each time you are running a stuffed felt pumpkin craft activity until you feel confident doing it without one.

ACTIVITY 3 PUMPKIN SHOWCASES Preparation and Planning



Use this activity guide to:

- Complete a pumpkin showcase activity at your branch or as part of an event
- Promote the Country Kitchens 5 key messages in the context of the 2024 QCWA Product of the Year

Overview - Pumpkin Showcase

Introduction to Showcases

A showcase is a display that promotes the Country Kitchens program and 5 key messages. There are three different types of Country Kitchens showcases that you can deliver: **static**, **interactive**, or **demonstration**. They range in complexity, with a static showcase being the simplest and a demonstration showcase being the most comprehensive. The type of showcase you choose to do will depend on many factors such as the event, resources available at your venue and the number of helpers you have. For a full refresher on showcases, refer to the Level 3 Facilitator Guidelines. A brief summary of the different types of showcases has been provided below.

Static Showcase

A static showcase is a fixed display that can be set up in a number of different locations. You do not need to be there to man this showcase the whole time - it is for members and visitors to take information away at their own discretion. You will just need to make sure that the information is updated regularly, and that the resources are well stocked.

Interactive Showcase

An interactive showcase is where you get to engage with members of your community to promote the Country Kitchens program face-to-face. There are a range of interactive activities that you are able to include in your showcase to attract people to your display. Examples include a sugary drinks display, a flip card activity, a competition or raffle with a prize (e.g. a Country Kitchens cookbook) or handing out taste testers of healthy recipes. Interactive showcases can be completed at your branch or at a community event.

Demonstration Showcase

A demonstration showcase builds on an interactive showcase by including a cooking demonstration. Although it requires more organising and helpers on the day, it is the most rewarding kind of showcase. A cooking demonstration is also a great way to attract an audience to your showcase and make your display stand out.

Pumpkin Showcases

All three types of showcases outlined above can be given a pumpkin theme using the various Country Kitchens Product of the Year resources and activities. Below are some suggestions for how you can incorporate these activities and resources into each type of Country Kitchens showcase.

Pumpkin Static Showcase

Give your static showcase a pumpkin theme by including pumpkin recipe cards, pumpkin bunting, or the pumpkin poster. Keep it stocked with the other Product of the Year resources such as the *Pumpkin Recipe Booklet* and a set of pumpkin flip cards. Remember, you don't need to be there in person. Just make sure the resources are kept stocked and current.



Overview - Pumpkin Showcase

Pumpkin Interactive Showcase

Use the *Pumpkin Recipe Booklet* and the recipe promotion guide (pg. 10-14) to find a recipe that is suitable for providing taste testers. If cooking isn't your thing, you can do the pumpkin flip card activity or run the stuffed felt pumpkin craft activity with your group instead. You could even run a 'guess the weight of the pumpkin competition', with a Country Kitchens cookbook or the pumpkin itself as the prize.



Pumpkin Demonstration Showcase

Kick it up a notch by including a live cooking demonstration at your showcase! You can choose from any of the recipes in the *Pumpkin Recipe Booklet*. Be sure to get in touch with your CK buddy to get some recipe cards and demonstrator cheat sheets supplied for your chosen recipe.









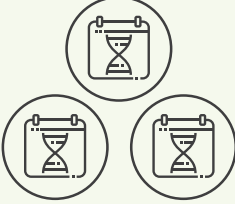
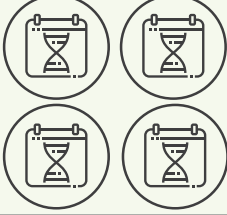
Resource Guide - *Pumpkin Showcase*

DIFFICULTY 

STATIC

INTERACTIVE

DEMONSTRATION

Helping hands				
Cost				
Time				
Venue resources	Shelter	Shelter Nearby parking Bathrooms Cold storage	Shelter Nearby parking Bathrooms Kitchen facilities Power	
Equipment	Tablecloth Display stands Banner (<i>optional</i>) Backdrop (<i>optional</i>)	Tablecloth Display stands Banner Backdrop Table	Kitchen tub/s Induction Tablecloth Banner Backdrop Table Extension leads	
Promotional materials	Printed resources	Printed resources Cookbooks Recipe cards Flip cards	Printed resources Cookbooks Recipe cards Flip cards	



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Pumpkin Showcase*

BEFORE ACTIVITY

<input type="checkbox"/>	Decide on the type of showcase you will deliver (static, interactive or demonstration)
<input type="checkbox"/>	Organise and book the venue/space
<input type="checkbox"/>	Print/order resources from your CK buddy and organise a prize if running a guess the weight of the pumpkin competition
<input type="checkbox"/>	Advertise your event (<i>optional</i>). Use the templates provided in the <i>Publicity Resource Kit</i>
<input type="checkbox"/>	Locate equipment/promotional gear in your division and organise use for the day/period of time
<input type="checkbox"/>	Organise tables, chairs and shelter for your event (interactive or demonstration showcases only)
<input type="checkbox"/>	Select recipes, purchase groceries and prepare food (interactive or demonstration showcases only)

ON THE DAY

<input type="checkbox"/>	Promote Country Kitchens and the 5 key messages
<input type="checkbox"/>	Network with key community stakeholders
<input type="checkbox"/>	Promote upcoming Country Kitchens community activities in your local area with a sign up sheet
<input type="checkbox"/>	Run an activity e.g. guess the weight of the pumpkin competition or the pumpkin flip cards
<input type="checkbox"/>	<i>Optional</i> : set up chairs for the audience for your demonstration (demonstration showcase only)
<input type="checkbox"/>	Use Country Kitchens Stamp of Approval markers and serving platters for taste testers
<input type="checkbox"/>	Discuss food safety with your audience (demonstration showcase only)
<input type="checkbox"/>	Pack up: remove all promotional gear and leave the venue tidy
<input type="checkbox"/>	Take photos!

POST ACTIVITY (ONGOING FOR STATIC SHOWCASE)

<input type="checkbox"/>	Reflect on what worked well and what could be done differently next time
<input type="checkbox"/>	Include your showcase activity in your Country Kitchens Monthly Report under the 'Level 3' section
<input type="checkbox"/>	Post photos of the event to social media. Don't forget to tag Country Kitchens and any other relevant parties
<input type="checkbox"/>	Subscribe email address of attendees who elected to receive the Monthly Munch. You can do this on the Country Kitchens website or forward to your CK buddy
<input type="checkbox"/>	<i>Optional</i> : Use the template provided in the <i>Publicity Resource Kit</i> to write a post event media release

Session Plan - *Recipe Demonstration Showcase*

INTRODUCTION

Introduce yourself, your branch and the program

RECIPE PROMOTION

If you have chosen to do a recipe demonstration, you might like to re-read the 5 elements of a healthy recipe section of the L1-2 Facilitator Guidelines. You can use these elements as talking points during your presentation.

1. Fruit and Veg:

2. Sugar:

3. Salt:

4. Fat:

5. Fibre:

Additional tips/tricks or things you could highlight about the recipe:

If you need to, make copies of this session plan and use it each time you are running a recipe demonstration activity until you feel confident doing it without one.

Session Plan - *Recipe Demonstration Showcase*

Food safety:

What you will highlight:

Ingredients:

List the ingredients you need to prepare ahead of time as well as for use during the demo

Equipment:

(e.g. induction cooktop, small bowl, measuring cups etc.)

Checklist

<input type="checkbox"/>	Demonstrator Cheat Sheet
<input type="checkbox"/>	Ingredients
<input type="checkbox"/>	Equipment list
<input type="checkbox"/>	Resources organised (stamp of approval markers, recipe cards etc.)
<input type="checkbox"/>	Food safety

If you need to, make copies of this session plan and use each time you are running a showcase activity until you feel confident doing it without one.

APPENDIX

Pumpkin Recipes

The Country Kitchens team has put together a collection of twelve healthy recipes to feature for the 2024 Product of the Year - pumpkin. The recipes have been health-a-sized to meet the Country Kitchens nutrition criteria and are great options to incorporate into your branch or division events. Request extra copies of the Country Kitchens *Pumpkin Recipe Booklet* from the team.



Pumpkin and Chickpea Coconut Curry

Serves: 6

Prep time: 10 minutes

Cook time: 20 minutes



3 serves per portion

Ingredients

2 tablespoons sunflower oil
1 large brown onion, chopped
4cm piece fresh ginger, grated
4 garlic cloves, crushed
2 tablespoons yellow curry paste
2 x 400g cans chickpeas, drained and rinsed
400mL can coconut milk
2 cups cooked pumpkin, mashed
1 cup vegetable stock, salt reduced
2 limes, juiced
¾ cup fresh coriander leaves, chopped

Method

HEAT oil in large pan over medium heat.

ADD onion, ginger, garlic and curry paste. Stir until aromatic, around 2 minutes.

STIR in chickpeas, coconut milk, pumpkin and vegetable stock. Do not allow to boil, just slow simmer until heated through.

ADD lime juice to taste and serve with a sprinkle of coriander.

What's Great About It?

Leftover roasted pumpkin works well in this recipe. Try stirring through extra spinach, baby kale or green beans in the last few minutes to add more veggies.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Pumpkin, Coconut and Ginger Soup

Serves: 4

Prep time: 30 minutes

Cook time: 45 minutes



3 ½ serves per portion

Ingredients

1 kg pumpkin (any variety), roughly chopped

4 tablespoons olive oil

1 teaspoon ground cumin

2 teaspoons ground turmeric

½ teaspoon ground cinnamon

Pinch of cayenne pepper (*optional*)

Pepper, to taste

1 brown onion, diced

3 garlic cloves, diced

3cm piece fresh ginger, grated

500mL chicken or vegetable stock

270mL can light coconut milk

Method

PREHEAT oven to 180°C.

PLACE chopped pumpkin on a baking tray lined with baking paper.

DRIZZLE pumpkin with 2 tablespoons olive oil and sprinkle over cumin, turmeric, cinnamon, cayenne pepper, salt and pepper. Mix well to evenly coat pumpkin in spices.

ROAST for approximately 45 minutes, or until pumpkin is soft and caramelised.

SAUTE onion, garlic and ginger in frypan with 2 tablespoons olive oil until fragrant and onion is soft.

BLEND roasted pumpkin, onion, garlic and ginger, chicken stock and coconut milk with stick blender, or in standard blender, until smooth.

HEAT soup in a saucepan or microwave to serve.

What's Great About It?

Spice up your pumpkin soup with this delicious twist on a classic pumpkin soup recipe. This soup will give you over three serves of veg per portion, and a boost of nutrients and flavour from the spices.

Recipe courtesy of Lindsey Thynne, Country Kitchens team



EVERYDAY FOOD

Pumpkin Lasagne

Serves: 6

Prep time: 30 minutes

Cook time: 50 minutes



3 ½ serves per portion

Ingredients

1 kg pumpkin (any variety), peeled and cubed
2 tablespoons olive oil
2 tablespoons Italian herbs
1 teaspoon dried sage
Pepper, to taste
500g ricotta
½ cup parmesan cheese, grated
240g spinach (about 4 cups), fresh or frozen, chopped
1 onion, finely diced
400g passata
375g instant lasagne sheets
1 cup reduced fat cheddar cheese, grated

Method

PREHEAT oven to 180°C.

PLACE chopped pumpkin on a baking tray lined with baking paper.

DRIZZLE pumpkin with 2 tablespoons olive oil and sprinkle with Italian herbs, sage and pepper. Mix well to ensure pumpkin is evenly coated.

ROAST for 45 minutes, or until pumpkin is soft and caramelised. Roughly mash roasted pumpkin.

COMBINE ricotta, half the parmesan, spinach and onion in a separate bowl.

POUR approximately ¼ of the passata onto the base of a casserole dish, ensuring it is coated evenly.

PLACE a layer of lasagne sheets over the passata base. Spoon over a layer of ricotta mixture and then pumpkin mixture.

TOP with more lasagne sheets and then repeat the process until all the mixture is used up, ending with a layer of lasagne sheets on top.

POUR remaining passata over the final layer of pasta sheets. Top with remaining parmesan and tasty cheese.

COVER in foil and cook in oven for 30 minutes.

REMOVE foil and cook for an additional 20 minutes, until golden on top.

What's Great About It?

This recipe is sure to become a family favourite. Delicious and cheesy but packed full of vegetables, this recipe is also great for batch cooking and freezing to enjoy at a later date.



EVERYDAY FOOD

Recipe courtesy of Lindsey Thynne, Country Kitchens team

Roasted Chickpea and Pumpkin Salad

Serves: 6

Prep time: 20 minutes

Cook time: 50 minutes



2 serves per portion

Ingredients

1 small butternut pumpkin, peeled, cut into 3cm pieces
2 small red onions, cut into wedges
6 baby beetroots, washed and halved
½ cup walnuts, roughly chopped
1 avocado, peeled and cubed
½ lemon, juiced
2 tablespoons extra virgin olive oil
3 spring onions, finely chopped
Pinch black pepper
1 teaspoon dried oregano
400g can chickpeas, drained
100g reduced fat feta cheese, crumbled
Balsamic vinegar, to drizzle
½ cup fresh mint leaves

Method

PREHEAT oven to 180°C.

PLACE pumpkin, onion and beetroot onto a baking tray and drizzle with a little olive oil.

BAKE for 50 minutes and allow to cool.

TOAST walnuts in a pan on medium heat for 5 minutes.

COMBINE avocado, lemon juice, olive oil, spring onions, pepper and oregano in a large bowl and toss to coat the avocado pieces.

ADD the baked vegetables, chickpeas and walnuts to the avocado. Toss to combine.

GARNISH the salad with crumbled feta, a drizzle of balsamic vinegar, and mint leaves.

What's Great About It?

Pumpkin is such a versatile ingredient, full of antioxidants and fibre. The sweetness from the pumpkin combined with the roasted onion, beetroot and herbs give this salad a delicious earthy flavour.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Spinach, Leek and Pumpkin Frittata

Serves: 4

Prep time: 15 minutes

Cook time: 50 minutes



3 serves per portion

Ingredients

4 cups pumpkin (any variety), peeled and cubed

2 tablespoons olive oil

1 tablespoon mixed herbs

Black pepper, to taste

2 leeks, washed and finely sliced

2 garlic cloves, finely diced

400g baby spinach

8 eggs

2 cups natural yoghurt, reduced fat

120g reduced fat cheddar cheese, grated

Method

PREHEAT oven to 170°C. Line a pie dish with baking paper.

PLACE pumpkin on a baking tray. Drizzle with 1 tablespoon of oil and toss through mixed herbs and pepper. Bake in the oven for 25 minutes.

HEAT remaining olive oil in a frypan over medium heat. Add leek and stir to cook until soft. Add garlic and spinach and stir until spinach is wilted.

WHISK eggs, yoghurt and cheese together in a bowl. Stir in roasted pumpkin, leek, and spinach mix.

POUR mixture into lined pie dish.

BAKE for 20-25 minutes or until golden and set.

SERVE warm or cold with a side salad.

What's Great About It?

This healthy frittata is packed with nutrients and is easy to prepare. If you have other vegetables left over in the crisper, chop them up and add them to this recipe to use up vegetables that are getting to the end of their life.

This recipe can be meal prepped ahead of time and kept in the fridge or frozen for a later date.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Pumpkin, Cheddar and Caramelised Onion Triangles

Serves: 20

Prep time: 15 minutes

Cook time: 50 minutes



½ serve per portion

Ingredients

½ small kent pumpkin, peeled and cut into chunks

2 tablespoons olive oil

2 brown onions, thinly sliced into rings

200g reduced fat cheddar cheese, grated

½ cup walnuts, finely chopped

½ cup dates, finely chopped

2 sprigs thyme (*optional*)

5 sheets reduced fat puff pastry

1 egg, whisked with 1 tablespoon of water for egg wash

¼ cup mixed sesame, pepita and sunflower seeds, for topping (*optional*)

Method

PREHEAT oven to 200°C.

COAT pumpkin with 1 tablespoon olive oil and roast in the oven for 45 minutes.

COOK onion in a frypan with remaining olive oil, stirring until soft, brown and caramelised.

MASH roasted pumpkin in a bowl and combine with onion, cheddar, walnuts, dates and thyme.

CUT each square of pastry into quarters and spoon 2 tablespoons pumpkin mix into each pastry square. Repeat process until pumpkin mix has been used up.

FOLD each pastry square into triangles and press down on the edges with a fork.

PLACE pumpkin pastry triangles onto a lined baking tray.

MIX water with egg and coat the pastry with egg wash. Sprinkle with seeds.

BAKE in the oven for 20 minutes or until golden brown.

SERVE hot or cold as a snack or with a side salad for a meal.

What's Great About It?

This vegetarian recipe is great for all occasions. Batch cook and freeze for lunches with a side salad, or serve for a morning or afternoon tea snack. This recipe is simple but tastes gourmet with the well balanced sweet and savoury flavours.



DISCRETIONARY FOOD

Recipe courtesy of Maddy Noon, Country Kitchens team

Pumpkin, Polenta and Herb Muffins

Serves: 12

Prep time: 15 minutes

Cook time: 30-35 minutes



½ serve per portion

Ingredients

300g pumpkin, peeled and cut into 4cm pieces

1 cup wholemeal self-raising flour

½ cup self-raising flour

1 cup instant polenta

½ small red capsicum, very finely chopped

1 tablespoon thyme leaves

2 tablespoons pepitas (pumpkin seeds)

1 cup natural yoghurt

2 eggs

1 tablespoon extra virgin olive oil

1 cup cheddar cheese, grated

1 tablespoon parmesan cheese, grated

Method

PREHEAT oven to 200°C. Line a 12-hole muffin pan with baking paper.

STEAM the pumpkin for 5-10 minutes, or until soft, then mash with a fork and let cool.

COMBINE the flours, polenta, capsicum, thyme and half the pepitas in a large bowl, making a well in the centre.

WHISK the yoghurt, eggs and oil in a separate bowl until combined.

STIR the mashed pumpkin and cheeses through the egg mixture. Pour into the dry ingredients and gently stir until just combined.

DIVIDE the batter evenly among the muffin holes and scatter the remaining pepitas over the top.

BAKE for 30-35 minutes, or until the muffins are golden and a skewer comes out clean.

What's Great About It?

These muffins are a delicious no fail recipe! The thyme and capsicum are a great flavour combination and the pepitas add a bit of crunch on top. Make sure to use instant polenta to get the right consistency.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Roasted Pumpkin Hummus

Serves: 8

Prep time: 20 minutes

Cook time: 25 minutes



½ serve per portion

Ingredients

1 ½ cups pumpkin, peeled and cubed
400g can chickpeas, rinsed and drained
1 teaspoon cumin powder
1 lemon, juiced
1 tablespoon tahini
3 tablespoons olive oil
2 cloves garlic
½ teaspoon vegetable stock powder
Pepper, to taste
Pepitas, to serve (*optional*)
Vegetable sticks, to serve

Method

PREHEAT oven to 180°C.

PLACE pumpkin on a baking tray and toss in 1 tablespoon of olive oil. Bake in the oven for 25 minutes. Set aside to cool.

ADD roasted pumpkin, chickpeas, cumin, lemon juice, tahini, remaining olive oil, garlic, stock powder and pepper to food processor and blend until smooth.

TRANSFER to a bowl and sprinkle with pepitas (*optional*).

SERVE with a variety of vegetable sticks.

What's Great About It?

This versatile recipe is packed with fibre and flavour. Use it on a wrap or sandwich, on top of a salad, as a side to cooked lamb, or serve it as a dip. For extra crunch, try sprinkling with the Country Kitchens lemon myrtle and macadamia dukkah recipe.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Smashed Pumpkin Bruschetta

Serves: 4

Prep time: 5 minutes

Cook time: 0 minutes



1 ½ serves per portion

Ingredients

- 2 cups roasted pumpkin
- 1 tablespoon pesto (store bought or homemade)
- 4 slices sourdough toast
- 260g jar chargrilled capsicum, drained
- 50g reduced fat feta
- 8 kalamata olives, halved
- 1 tablespoon roasted pumpkin seeds
- Pepper, to taste
- 1 teaspoon balsamic vinegar

Method

HEAT pumpkin in the microwave for one minute.

SPREAD pesto on each slice of toast.

MASH pumpkin onto toast.

ADD capsicum, feta, olives, pumpkin seeds and pepper.

DRIZZLE with balsamic vinegar and serve.

What's Great About It?

This is a delicious and filling way to get extra vegetables in at breakfast. Top with avocado or egg for a healthy fat or protein boost at breakfast. favourite fruits, or serve the dish on a bed of natural yoghurt swirled in pink dragon fruit puree.



EVERYDAY FOOD

Recipe courtesy of Maddy Noon, Country Kitchens team

Banana and Pumpkin Loaf

Serves: 8

Prep time: 30 minutes

Cook time: 50-60 minutes



1 serve per portion

Ingredients

2 overripe bananas, mashed

2 eggs, beaten

1/3 cup light olive oil

1 1/3 cups pumpkin, steamed, cooled, mashed

1/3 cup sweet potato, steamed, cooled, mashed

1/3 cup honey

2 cups plain flour

1 teaspoon baking powder

1 teaspoon bicarbonate soda

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/2 teaspoon ground ginger

Method

PREHEAT oven to 180°C.

MIX all ingredients in a large bowl until combined.

POUR mixture into loaf tin lined with baking paper.

BAKE for 50-60 minutes or until a skewer comes out clean.

What's Great About It?

This loaf is delicious and moist, whilst still providing one serve of fruit and vegetables per portion. It is great served warm for breakfast or morning tea. You could try making this recipe in a muffin tray for individual serves - just remember to reduce the cooking time!



DISCRETIONARY FOOD

Recipe courtesy of the Country Kitchens team

Pumpkin and Date Wholemeal Scones

Serves: 10

Prep time: 20 minutes

Cook time: 15-20 minutes



½ serve per portion

Ingredients

1 egg

2 tablespoons butter, softened

¼ cup sugar

1 cup of cooked mashed pumpkin, cooled

¾ cup of milk (or slightly more)

2 cups wholemeal self-raising flour

2 cups self-raising flour

1 cup pitted dates, chopped

Method

PREHEAT oven to 200°C.

BEAT the egg, butter, sugar, pumpkin and milk together.

ADD the flours and dates.

STIR with a knife or spatula until just combined. It makes a soft, moist, sticky dough.

PLACE on a well-floured surface and gently pat the dough out to a thickness of 20mm to 25mm.

CUT with a scone cutter and place on a tray lined with baking paper.

BAKE in preheated oven for 15 to 20 minutes.

REMOVE from tray and cool on a rack.

What's great about it?

The QCWA know how to make scones! Health-a-sized with vegetables, fruit and wholemeal flour, these are a quick and delicious snack.



DISCRETIONARY FOOD

Recipe courtesy of Cheryl Hannant, Mount Larcom Branch

Spiced Pumpkin Muffins

Serves: 12

Prep time: 20 minutes

Cook time: 20-25 minutes



½ serve per portion

Ingredients

¾ cup self-raising flour

¾ cup wholemeal self-raising flour

½ teaspoon nutmeg

½ teaspoon mixed spice

½ cup firmly packed brown sugar

½ cup sultanas

1 egg

½ cup milk, reduced fat

¼ cup vegetable oil

1 cup pumpkin, mashed and cooled



DISCRETIONARY FOOD

Method

PREHEAT oven to 180°C. Line a 12-hole muffin pan with muffin cases.

SIFT flour and spices into a bowl and stir in sugar and sultanas.

BEAT egg, milk and oil together in a separate bowl.

ADD pumpkin to egg mixture and combine well with a whisk.

ADD the dry ingredients to the wet ingredients and combine.

SPOON mixture into muffin holes.

BAKE for 20-25 minutes or until a skewer comes out clean.

What's Great About It?

This delicious recipe comes from one of the QCWA State Level Cookery Convenors, Mrs Milligan, who loves baking. These muffins are a great way to use up leftover mashed pumpkin, and contain equal amounts of regular and wholemeal flour for an extra fibre boost. Spiced with nutmeg and cinnamon, they make a perfect winter treat!

Recipe courtesy of Beverley Milligan, Millaa Millaa Branch



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