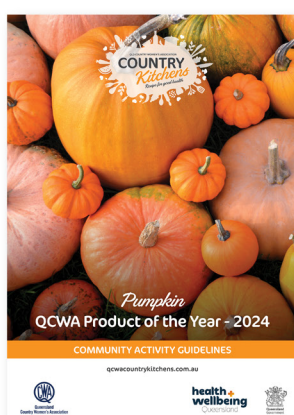


Primary Product of the Year 2024 - Pumpkin

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Primary Product through the lens of the Country Kitchens 5 key messages.

To help you promote pumpkin in your branch and community, Country Kitchens has launched five resources, including: (1) Pumpkin Community Activity Guidelines; (2) Pumpkin Flip Cards; (3) Pumpkin Poster; (4) Pumpkin Recipe Booklet and (5) Pumpkin Colouring Sheet.



*Pumpkin Community
Activity Guidelines*



Pumpkin Flip Cards



Pumpkin Recipe Booklet



Pumpkin Poster

Pumpkin Community Activity Guidelines

The Pumpkin Community Activity Guidelines provide background information on the primary product of the year and highlight some of the nutritional benefits of this delicious vegetable. The guidelines also list three potential activities that you or your branch could be involved in, that support Levels 2 and 3 of the Country Kitchens PATHway.

The activities are set out in a similar way to the activities in the Facilitator Guidelines training booklets and consist of a resource guide, event checklist and session plan template to help you undertake the activities. Use the community activity guidelines in combination with the *Pumpkin Recipe Booklet*, *Pumpkin Flip Cards* and *Pumpkin Poster*.

ACTIVITY 1: Recipe Promotion

Choose from the collection of Country Kitchens approved recipes in the Pumpkin Recipe Booklet resource. There are twelve recipes to choose from, all great for completing a recipe promotion at your branch or community events:

Mains:

- Pumpkin and Chickpea Coconut Curry
- Pumpkin, Coconut and Ginger Soup
- Pumpkin Lasagne
- Roasted Chickpea and Pumpkin Salad
- Spinach, Leek and Pumpkin Frittata





Snacks:

- Pumpkin, Cheddar and Caramelised Onion Triangles
- Pumpkin, Polenta and Herb Muffins
- Roasted Pumpkin Hummus
- Smashed Pumpkin Bruschetta

Baking:

- Banana and Pumpkin Loaf
- Pumpkin and Date Wholemeal Scones
- Spiced Pumpkin Muffins

Complete this activity to promote the key messages 'get more fruit and veg into your meals' and 'cook at home'.

ACTIVITY 2: Stuffed Felt Pumpkin

Get crafty with our fun stuffed pumpkin activity! This is perfect to incorporate into your next craft day. The finished felt pumpkin also makes a great addition to a showcase display.

Complete this activity to promote the key message 'get more fruit and veg into your meals'.



ACTIVITY 3: Pumpkin Showcase



Give your next showcase a pumpkin theme by following the tips outlined in this section. Make some pumpkin bunting, prepare a pumpkin recipe as taste testers and make use of the various resources we have available to highlight next year's Primary Product.

This activity promotes all 5 of the Country Kitchens key messages.

Using the Product of the Year Resources

Each branch will receive a pumpkin resource pack consisting of a copy of the *Community Activity Guidelines*, *Flip Cards*, *Poster* and *Recipe Booklet*. You can order more copies of the Pumpkin Recipe Booklet

by getting in touch with your Country Kitchen's buddy. Alternatively, you can download a digital copy of the resources from our website by [clicking here](#).

If you use any of the Country Kitchens pumpkin resources, please let us know! We would love to see how you incorporate the activities and materials into your branch and community. Send us a message, give us a call or tag us on social media (Facebook: @qcwacountrykitchens, Instagram: @countrykitchens). And as always, don't forget to include any Country Kitchens pumpkin activities in your monthly branch reports! We hope you enjoy the resources as much as we do.