

Being FoodWise

in Autumn



*Autumn is here! As the seasons change, so do the vegetables.
It's pumpkin season!*



Here are some seasonal pumpkin recipes,
tips on how to avoid food waste and how
you can help the hedgehogs!



What's in Season?

Let's eat the rainbow this autumn with these tasty
seasonal fruit and vegetables!



How many have you tried?

aubergines, apples, beetroots, broccoli, butternut squash, carrots,
cauliflower, celery, courgette, cucumber, grapes, kale, leeks,
lettuce, onions, parsnips, pears, potatoes, pumpkins, runner beans,
spinach, spring greens, swede, sweetcorn, Swiss chard, tomatoes,
turnips, watercress

Find the autumn #vegrocksrainbow on page 8



Avoiding Food Waste



Did you know that the food we eat contributes 15-30% of the total greenhouse gas (GHG) emissions in the UK?
And we waste 10 million tonnes of food every year?



*We can help Leeds become a climate friendly city
by not wasting food*
Eat your pumpkins!



THE SCARY TRUTH ABOUT PUMPKINS

42% of people buy pumpkins in the UK each year, but they don't always end up in a happy home:



25%
throw it in the bin as food waste.

19%
add it to the compost heap.

33%
cook the edible pumpkin they carve out.

20%
put it in food waste collection.

A whopping

18,000

tonnes of pumpkin are thrown away each year. That's the same as 360 million portions of pumpkin pie.



EAT YOUR PUMPKIN

Find your local #PUMPKINRESCUE event at
WWW.HUBBUB.ORG.UK



#beingfoodwise #vegrocks www.foodwiseleeds.org

Pumpkin Recipes



If you like carrot cake then you'll love this tasty pumpkin cake!

Pumpkin and Raisin Loaf

Ingredients

100g light brown sugar,
4 eggs, separated,
200g grated raw pumpkin or
squash flesh,
Finely grated zest and juice of
1 lemon,

100g raisins,
100g ground almonds,
200g self-raising flour,
Pinch of salt,
1 tsp cinnamon
½ tsp nutmeg



Method:

Step 1: Preheat oven to 170C/gas 3 and line a loaf tin (10 x 20cm) with greaseproof paper.

Step 2: Use an electric whisk to beat the sugar and eggs yolks together for 2-3 minutes until light and creamy. Lightly stir in the grated pumpkin, lemon zest and juice, raisins and ground almonds.

Step 3: Combine the flour, salt and spices and sift, then fold them in.

Step 5: Beat the egg whites until they hold soft peaks. Beat a heaped tablespoon of egg whites into the mix to loosen it, then fold in the rest as lightly as you can.

Step 6: Tip into tin and bake for about 1 hour until skewer inserted into the centre comes out clean. Leave to cool for 10 minutes, then transfer to a wire rack to cool completely before slicing. Enjoy!

This recipe was donated to the #pumpkinrescue campaign by
Hugh Fearnley-Wittingstall and the River Cottage team



Pumpkin Recipes



This tasty pumpkin hummus is great for dipping chopped veggies into!

Pumpkin Hummus

Ingredients

1 small pumpkin (about 500g)
olive oil for roasting
2 garlic cloves, peeled
½ lemon, juiced
2 tbsp tahini paste
400g can chickpeas, drained
1 red pepper, sliced
1 yellow pepper, sliced
mini breadsticks and pitta chips to serve



Method:

STEP 1: Cut the top off the pumpkin, about two-thirds of the way up. Remove the pumpkin seeds, then scoop the flesh out of the bottom and the lid.

STEP 2: Heat oven to 200C/180C fan/gas 6. Cut the pumpkin flesh into pieces and put in a roasting tin with the garlic and a good glug of oil. Season, then bake for 45 mins until very tender. Leave to cool.

STEP 3: Tip the pumpkin into a food processor with any juices from the roasting tin and the garlic. Add the lemon juice, tahini paste and chickpeas. Season with salt and blend to a paste – add a little more oil if it's too thick. Scoop the hummus back into the pumpkin and serve with the peppers, breadsticks and pitta chips.



Pumpkin Recipes



This Thai pumpkin soup is an easy autumn warmer. It's a great way to use up the flesh from carved Halloween pumpkins.

Thai Pumpkin Soup



Ingredients:

1 small to medium pumpkin, peeled, deseeded and chopped
1 onion, sliced
1 can coconut milk
500ml vegetable stock
1 tablespoon grated ginger

1 tablespoon grated ginger
3 tablespoons Thai red curry paste (adjust to taste)
Lime juice for seasoning (optional)
2 tablespoons vegetable oil
Pinch of salt and black pepper to season

Method:

Step 1: Toss pumpkin or squash in a roasting tin with 1 tablespoon of oil and roast for 30 minutes until golden and tender

Step 2: Put remaining oil in a saucepan with the onion and ginger, cook on a medium heat for a few minutes until softened.

Step 3: Stir in the curry paste for 1 min, followed by the roasted pumpkin and all but 3 tablespoons of the coconut milk.

Step 4: Bring to a simmer and cook for 5 min, then blitz with a stick blender until smooth. Return to the pan to heat through, season with salt and pepper, and optional lime juice.

Step 5: Serve drizzled with the remaining coconut milk and toasted pumpkin seeds if you have them.



Pumpkin Recipes



*What to do with your leftover pumpkin seeds?
You can also eat them!*

Roasted Pumpkin Seeds



Step 1: Remove & clean seeds— removing the stringy fleshy parts. Rinsing in a colander or fine mesh strainer .Using a paper towel, dry the seeds thoroughly. Add oil, salt, and seasonings— We like to use avocado oil in a ratio of 1 Tbsp oil to 1 cup seeds.

Step 2: Season with salt and add other seasonings (such as Shawarma, Curry Powder, or Pumpkin Pie Spice) for an extra boost.

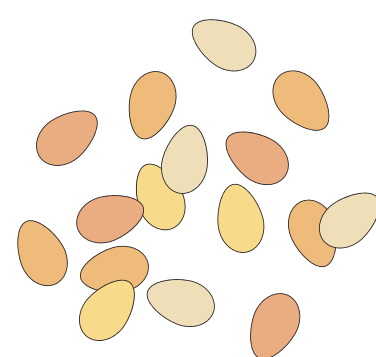
Step 3: Bake for 20-30 minutes at 250 degrees, or until the pumpkin seeds are crisp and light golden brown. Smaller seeds will need less time than larger ones.

Step 4: As the seeds cool, they will crisp up a little more. Make sure to let them cool completely before transferring to a sealed container. Otherwise, they may get soggy from the steam.

Step 5: Sprinkle on your pumpkin soup or hummus before serving or add to salads.

Hungry for More?

Check out this treasure trove of pumpkin recipes
www.hubub.org.uk/pages/category/halloween



Keep our Hedgehogs Safe!



As much as we love our pumpkins, we have a few wise words to help save our hedgehogs!

If hedgehogs eat pumpkins, it acts as a laxative and will cause them to have serious diarrhoea and dehydration.

At this time of year, it is vital that hedgehogs put on as much weight as possible to give them the best chance of surviving winter and hibernation.

Help our prickly friends and local wildlife charities who help look after sick and injured hedgehogs.

<https://www.wildlifetrusts.org/what-do-if-you-find-wild-animal/help-hedgehog>



What can we do to help?

Avoid putting pumpkins on the ground! Keep them up and out of reach from our prickly friends.

*Better yet, **compost** them after Halloween!*

Composting

Composting is a great way to recycle food waste, such as fruit and vegetable peelings. Compost adds important nutrients to the soil to keep it healthy. With a little practical advice composting is easy to do!

For more information on composting see

Leeds Rotters

www.leedsrotters.org and Facebook



#beingfoodwise #vegrocks www.foodwiseleeds.org

#VegRocksRainbow



www.foodwiseleeds.org

#BeingFoodWise

#VegRocks

Red

Orange

Yellow

Green

Blue

Purple



As the seasons change, so do our vegetables!
It's time to eat our autumn veg rainbow!



Every time you eat a fruit or vegetable,
colour in the stripe. You could also write
down what you tried or draw pictures in each
stripe.



For example, if you eat some green peas, you
could draw green peas in the green stripe or
just colour it green!



You can complete a rainbow in one day, one
week or even in one meal. Display your
rainbow in your window.



Share with us! Take a photo of your rainbow
and share on Twitter, Facebook or Instagram
with the hash-tag #vegrocksrainbow..

- Red

pepper
tomato
radish
onion
raspberry
radish
- Orange

pumpkin
squash
pepper
lentil
carrot
peach
- Yellow

chickpea
mango
sweet corn
parsnip
banana
lemon

- Green

peas
spinach
lettuce
kale
broccoli
courgette
cabbage
herbs

- Blue

aubergine
blueberry
plum
blackcurrent

- Purple

blackberry
garlic
beetroot
grape
Rhubarb
kidney bean

