

Barbel's board

Word is going around our church that this year there will be something very new going on. We will be having a Kürbisfest – a pumpkin festival – of which none of us has ever heard.

A pumpkin is a large oval to round vegetable, golden yellow to orange in colour, and belongs to the gourd family, so it is related to squash, muskmelons and cucumbers. Native to the Americas, pumpkins were a staple food for the Aborigines. It did not take the pilgrim homemaker long after arrival to learn from the Aborigines how to make pumpkin a good tasting food. An unknown settler wrote back to Europe in 1630, "We have pumpkins in the morning, pumpkins at noon, and pumpkins in the evening!"

By the time I was a schoolgirl in Romania, pumpkins had caught on well in Europe. I remember coming home from school every day during the fall to a delightful treat of pumpkins sprinkled with honey warming in the oven, waiting for me to be consumed.

Since then I've learned that pumpkins are rich in vitamins, and fight against cancer and muscular

degeneration. In addition to its flesh, the seeds and oil of pumpkins provide benefits to our wellbeing.

While I lived in post-war Germany and later during our travels across that country, I took part in a Zwiebelkuchenfest – in a Backofenfest – a Beanfest – and I have even taken part in an Oktoberfest! Now we immigrant Canadians are adding something which is completely ours, the Pumpkinfest. I think

we will make a yearly Pumpkinfest another favourite splendid Canadian family feast.



Before I give you the recipes for this feast, I want to tell you that whenever I am about to cook or bake anything in my kitchen I begin

with this prayer: "Dear Jesus, let this be good for body and mind and soul."

Now for your Pumpkinfest – start when company arrives by serving orange juice mixed with pink lemonade while they are chatting in the living room, before you invite them into your dining room to sit around your table – made lovelier than most days by your specially-made Thanksgiving centrepiece.

Once everyone is seated, serve the pumpkin soup.



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Pumpkin Soup

One medium-sized pumpkin
4 tins 500 gr. whole tomatoes
5 tins 525 ml. of coconut milk
5 litres water
7 cubes of Oetker chicken bouillon
1 tsp. cayenne pepper
1 tsp. coriander
1 kg. onions, diced
Add salt to taste

Scrape out inside of pumpkin and cut up into large chunks. Put in a large roasting pan, add some water and cook in the oven until soft. When pumpkin cools, peel off skin, then cut into small pieces for the blender. Always add some of the liquid from the roasting pan to help with blending. Do the same process with tomatoes and onions. Pour all these ingredients into an oversized soup pot. Add rest of ingredients. Cook for approximately 3 hours. [The actual boiling takes only 2 hours.]

*A delightful soup for a "Pumpkin Party Fest"! Remember, "Sharing makes happiness easier."
(This recipe serves approx. 65 to 75 persons, so you might have some left over.)*



Now it is time for the turkey and stuffing, the pumpkin casserole, and the green salad with your special salad dressing. With this, we serve a German white wine, about 1 or 2.

Broiled Turkey

12-15 pound turkey – wash and salt – wrap marjoram inside and outside

Stuffing:

1 French stick
200 gr. turkey and chicken liver, chopped finely
1 egg

To prepare stuffing, break up bread into chunks and soak in cold water. Squeeze out the water and put in large bowl. Add liver, egg, some salt and marjoram, mix well by hand. Stuff the mixture into the turkey. Cover a pan with aluminium foil and put in oven at 350° F for 3½ hours. Baste every fifteen minutes or so to keep turkey moist.

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Pumpkin Casserole

1 small pumpkin, steamed
1 large onion, minced
1 red paprika, diced
6 cloves garlic, chopped
4 Tbsp. sour cream
5 Tbsp. grated cheese
3 Tbsp. bread crumbs

Mix everything [except cheese and breadcrumbs] with wooden spoon in a large bowl. Scrape into a casserole dish and sprinkle with breadcrumbs and cheese. Bake at 325° F for one hour. As I am sniffing this Thanksgiving fragrance I recite to myself from Psalm 65:11, "Thou crownest the year with thy bounty."



Cucumber Salad with Dressing

1 cucumber
6-8 cloves garlic
2 Tbsp. molasses
2 Tbsp. honey
3 Tbsp. ketchup
3 Tbsp. dry mustard
1/2 tsp. cayenne pepper
1 cup sour cream
5 Tbsp. apple cider vinegar
1/2 cup any kind of herbal tea
1 bunch fresh parsley leaves

Mix all the ingredients in a blender. Keep refrigerated for the many times you will use it, since it is also very good to put over pasta or any kind of vegetable. As I put this on my green salad, I chuckle as I remember what Tennyson wrote, "More things are wrought by prayer than this world dreams of."

*Mutter Erde
und
ihre vier
Kinder*



*Winter
Frühling
Sommer
Herbst*

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Serve fennel tea with dessert, which can be either broiled apples and lemon cake – or both, if you have many people and they are hungry!

Broiled Apple

4 apples
3 Tbsp. raisins
3 Tbsp. honey
3 Tbsp. butter

Core the apples and put them into a broiling pan, then fill each apple with raisins and honey. Top with butter. Put in oven at 300° F for one hour.



Lemon Cake

9 eggs – separated
300 gr. flour
300 gr. sugar
300 gr. butter or oil
3 tsp. baking powder
Flavours: lemon, vanilla

With a wooden spoon, blend in flour and baking powder, then egg white. (You may substitute 3 Tbsp. flour with 3 Tbsp. bran). Pour mix into greased spring form (with chimney). Use either 2 smaller forms 8" size or one larger one 12" size. Bake in 325° F oven for one hour, or until cake comes loose from the side of the baking form. Let cool – then spoon on lemon juice. Squeeze 3 large lemons onto 6 tablespoons of sugar, stir well, then spoon on cakes.

Using a mixer and smaller bowl, beat egg whites until snowy and put to one side. In a larger bowl, mix oil, sugar, egg yolks and flavours until creamy.



Fennel Tea

Buy a box of 3 Crown Fennel Herbal Tea.
Use one pouch per cup, pour boiling water on it, let steep for 5 minutes.

Remove pouch and put in a slice of kiwi.
As Emerson said, "*There is a great deal of poetry and fine sentiment in a cup of tea.*"

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