



# LOON ORGANICS

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Did you know most canned pumpkin is really winter squash? Winter squash varieties like butternut, kabocha, and long island cheese have sweeter flesh than most pumpkin varieties and they make fantastic pies. At any rate, you can use either fresh pumpkin or fresh winter squash in the recipe below. Make sure you buy a pie pumpkin if you want to indeed use pumpkin. Pie pumpkins are usually smaller and sweeter than their jack-o-lantern counterparts. The best winter squash varieties for pie include butternut, kabocha, delicata, long island cheese, and rouge vif d'étampes. Spaghetti squash is one to avoid for pie making.

## Fresh Pumpkin/Squash Pie

2-3 cups roasted and pureed winter squash and/or pumpkin flesh  
3 eggs  
1 Tbsp. freshly grated ginger  
1/4 tsp. salt  
1/4 tsp. nutmeg  
1 cup crème fraîche, greek yogurt or sour cream  
1 single 9-inch pie crust  
3/4 cup sugar  
1 tsp. cinnamon  
1/4 tsp. ground cloves  
grated rind of 1 lemon  
2 Tbsp. brandy (optional)

Roast squash: Pre-heat oven to 400 degrees and cut 1 medium sized squash/pumpkin or 2 smaller squashes/pumpkins in half. Remove seeds. Drizzle just a bit of olive oil in the squash cavities to prevent it from drying out and sticking. Place the squash, cut side down, on a baking sheet and bake until soft, 35-45 minutes. Let cool for a bit, scoop out flesh, and then flesh can be pureed in a food processor or mashed with a potato masher. Roasting the squash can be done ahead of time.

Once squash is roasted and cooled, cream eggs with sugar. Gradually blend in other ingredients. Pour into pie shell and bake at 350 degrees for 35-45 minutes. Serve with whipped cream or ice cream. Pie recipe adapted from Sally Fallon's *Nourishing Traditions*.