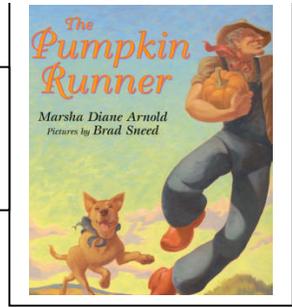




Book and Bake

The Pumpkin Runner!



Marsha Arnold's *The Pumpkin Runner* travels well to classrooms, after school clubs, child care centers, camps, and home!

- Older youth, help build younger children's literacy, food skills and healthy lifestyles.
- Classroom educators, link literature, horticultural and nutrition science, measurement and health.
- Adult leaders, help youth prepare an economical, underserved vegetable with a grain food they can serve again at home as a favorite breakfast, lunch or dinner.

What you'll need: 45 to 60 minutes



- *The Pumpkin Runner* by Marsha Diane Arnold.
- A real pumpkin OR if unavailable, photos of pumpkins and canned pumpkin
- Clean table top or cover with cloth or paper
- Electric griddle(s) or skillet(s)
- Extension cord, duct or electrical tape to secure the cord (to avoid tripping)
- Pumpkin Pancakes ingredients (Double recipe makes 15-18 pancakes)
- Large bowl
- Whisk
- Spoon, level edged knife or spatula
- Dry and liquid measuring cups, spoons
- Vegetable oil for griddle
- Spatula to flip pancakes
- Plates, forks, napkins
- Applesauce, Pumpkin Butter, Fruit Sauce, Syrup or the ingredients to prepare them
- Sink or water and tubs plus dish detergent to clean up

The true story of *The Pumpkin Runner* is a natural conversation starter about health and wellness.

1. Can a human really run all day? (Yes—African runners today, Native Americans throughout history...)
2. What else did the main character do that made him strong and healthy? (He worked hard farming/ranching/gardening—did he need to go to a gym to “work out?” No—he “works out” everyday on the sheep ranch!)
3. How much special equipment do we really need to be a runner? (Compare the different competitors)
4. Why was pumpkin such a great food for running? (Rich in complex carbohydrates and fiber—great long-lasting fuel—and pumpkin has no fat, sugar or cholesterol, just lots of minerals, Vit. A, C and E, calcium, iron, potassium, and more!)
5. How much exercise do we need everyday to be *basically* healthy? (One hour a day—60 minutes total—would be the basics. Walking, running, biking, working)
6. How could you learn to grow pumpkins? (Find a Master Gardener or Jr. Master Gardener or 4-H program in your county. Start with the County or Area Cooperative Extension Office -Locate one at www.learningandlivingwell.org)

Getting Started! First read the story—then the recipe—top to bottom, out loud, together.

Assemble all the ingredients and equipment.

Divide the tasks or prepare several recipes by working in teams.

Pumpkin Pancakes

Makes 15, (1.3 oz/36g) pancakes

1 cup enriched all purpose or wholegrain baking mix*

¼ cup quick oatmeal OR whole wheat flour OR cornmeal OR flax meal

1 tablespoon dark brown sugar, firmly packed

¼ teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

1/8 teaspoon ground ginger

¾ cup low fat milk

1 large egg, lightly beaten

¼ cup mashed or canned pumpkin

1 tablespoon vegetable oil or melted butter

*Jiffy Mix or Hodgson Mill InstaBake

Nutrition Facts

Serving Size (36g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Cholesterol 15mg	5%
Sodium 180mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 3g	
Vitamin A 15%	Vitamin C 0%
Calcium 8%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pumpkin Pancakes Directions

1. In a medium mixing bowl, beat all ingredients together until well blended.
2. Brush the griddle or skillet with oil, and preheat until hot (375-400 ° F.).
3. Ladle or pour ¼ cup batter onto the griddle or skillet.
4. Bake until tops are bubbly and edges are dry. Turn ‘cakes only once; bake until golden brown.
5. Serve with fruit sauce, applesauce, honey butter or syrup.



www.pumpkincircle.com

Serving options:

Fruit Sauce: With a hand blender puree one, 15 oz. can peaches or apricots, 1 small can mandarin oranges and 1 cup fresh or frozen berries

Honey butter: 1 stick butter creamed with 1/3 cup honey

Fruit Syrup: 1 cup light corn syrup + ½ cup fresh or frozen fruit Simmer 2 to 3 minutes.

Pumpkin butter: In a large saucepan/electric skillet, combine: 1, 29 oz. can pumpkin puree, ¾ c. apple juice, 1½ c. granulated sugar, 2 tsp. cinnamon, ¾ tsp. each ginger and nutmeg, ½ tsp. cloves. Slowly bring to boil and simmer while stirring, about 30 minutes (until thick). Serve or refrigerate when cooled.

Why not share your wealth!?

- Visit a retirement center and plant and care for pumpkins. Prepare pumpkin pancakes with a group some fall weekend! Need help? Consult a Cooperative Extension educator, master gardener or volunteer. →Locate at www.learningandlivingwell.org
- Plan an “Everyone Needs Pumpkin” food drive for the local food pantries.

Ask a local club, cross country or athletic team to help by making a can of pumpkin a part of one of their event’s admissions cost.

- Volunteer for a library reading program at school or the local library. If making the Pancakes is not possible, maybe the following pumpkin bread could be shared.

Pumpkin Wholegrain Bread (or Muffins)

Makes one large loaf/20, 1.5 oz. (41g) slices

Ingredients

3 tablespoons butter
 2 tablespoons vegetable oil
 3 tablespoons flax meal OR wheat germ
 2/3 cup packed brown sugar
 1 large egg
 1 cup canned pumpkin
 ½ cup low fat milk

Blend dry ingredients separately with wire whisk:

2 cups whole wheat flour*
 1 tablespoon baking powder
 1 teaspoon ground cinnamon
 ¼ teaspoon salt
 ¼ teaspoon baking soda
 ¼ teaspoon ground nutmeg
 1/8 teaspoon ground ginger OR cloves

Options: ½ cup chopped walnuts OR raisins OR dried cranberries or cherries

Directions: Preheat the oven to 350 ° F. for loaf and 400 ° F for muffins.

1. Grease the bottom and lower sides of one, 8 ½ X 4 ½ -in loaf pan.

Muffin option: Line 12 muffin cups with paper liners or spray bottoms of cups.

Scoop batter into cups, filling each cup 2/3 full. Bake at 400 ° F.

2. Cream the butter and sugar together until smooth. Beating on medium high, drizzle in the oil and add the flax meal. Beat 2 minutes.

Add the egg; beat until fluffy.

3. Add the pumpkin and milk; blend on low. Spoon in the dry mixture and mix on low just until blended. Stir in the nuts or dried fruit. (*Analysis at right used walnuts*).

5. Bake loaf in the center of the oven for 55 to 65 minutes—center tests done at (200-210 ° F). Muffins, 20-25 minutes, until golden and centers test done with a toothpick. Cool loaf 5 minutes; remove from pan and cool on wire rack. Wrap and freeze or slice.

*Use whole wheat flour, or Ultragrain® flour, www.ultragrain.com.

Nutrition Facts	
Serving Size (41g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Cholesterol 15mg	4%
Sodium 85mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 3g	
Vitamin A 45%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Visit www.homebaking.org and its links for more great pumpkin recipes and Book and Bake Lessons! Prepared by: Sharon Davis, Family & Consumer Sciences Education, www.homebaking.org