

de Stolfe

Journal ●●●●●●●●

National Pumpkin Day 2019 | Special



Contents

National Pumpkin Day 2019 | Special

National Pumpkin Day is Saturday, October 26, 2019.

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On The Cover



The photo on the cover is of various pumpkins at the Market Street grocery store in Lubbock. I took the photo on September 16, 2016. The pumpkins were everywhere! All different sizes, colors, and shapes. These white ones were particularly striking in the angle of the sun of the early pre sunset light.

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www.tophandgraphics.com/rg/journals



Comments by RG



Producer, RG de Stolfe

Happy National Pumpkin Day!

Saturday, October 26, 2019

Here is another special issue of the de Stolfe Journal. This time, about pumpkins! Pumpkins are synonymous with fall, and you just can't have the season without them! They are the seasonal decorations from September through November.

The pumpkins shown below were my table decorations in November 2017 after I got back from working the summer in Leadville, which was May through October. Just in this photo alone, you can see about seven varieties of real pumpkins.

Have fun going through this issue!



←----- This candle is by WoodWick, and it's a PlusWick variety with the name *Fireside*. It's an awesome candle! They are made by Yankee Candle and sold at Cracker Barrel.

Too Early Grocery Promo



September 3, 2019



August 30, 2018



October 1, 2018—much more reasonable!

FRAUD!



WELL, SORTA...

Fraud?

Okay, so those cans of “100% Pure Pumpkin” you buy at the store this time of year makes you think that you are getting 100% pure pumpkin, right? WRONG! But wait, what? It says 100% pure pumpkin! Well, while most food products must contain exactly what the manufacturers are claiming is in them by what’s on the label, there appears to be this long standing loophole about “pumpkins”.

If you have gone to the store to buy a “pumpkin”, then you know that there is no such thing as a “pumpkin”! It’s like saying you are going to buy cheese. There is no such thing as just “cheese”! It is the same with the agricultural product called pumpkin. Pumpkins are part of the squash family. They come in a large variety of shapes, colors, and textures. They are all technically edible, but many of them are not very tasty nor do they have the right kind of texture for cooking. For the purees used to make pies, you don’t want stringy, pulpy, or any kind of rough texture. To use actual “carving pumpkins” to make a pie won’t have the right taste, texture, color, or consistency you would associate as “pumpkin”. For that reason, manufactures create a puree with something that is very similar but has the smooth, sweetish taste you expect a pumpkin to taste like. That “pumpkin” is actually a Butternut Squash! You’ve seen them in the store, they are that weird shaped produce with a smooth tannish skin. That is what is being used in the cans for 100% pure pumpkin! Some companies will use a mixture of different squashes to achieve the right kind of mix, but the bulk of it is typically the butternut squash.

Okay, so that is all fine and good, but how do companies get away with calling it pumpkin when it clearly is not pumpkin at all?!



The FDA does not give strict distinctions as to the differences among the varieties of pumpkins, squashes, and gourds because of their very close genetic makeup. Therefore companies are not violating any laws about the contents. Below is what the FDA states about the topic.

CPG Sec. 585.725 “Pumpkin” - Labeling Articles Made from Certain Varieties of Squash

BACKGROUND:

Canned “pumpkin” has for many years been packed from field pumpkin (*Cucurbita pepo*) or certain varieties of firm-shelled, golden-fleshed, sweet squash (*Cucurbita maxima*), or mixtures of these. Pumpkin and squash are sometimes mixed intentionally to obtain the consistency most acceptable to users.

Since 1938, we have consistently advised canners that we would not initiate regulatory action solely because of their using the designation “pumpkin” or “canned pumpkin” on labels for articles prepared from golden-fleshed, sweet squash, or mixtures of such squash with field pumpkins. In the absence of any evidence that this designation misleads or deceives consumers we see no reason to change this policy.

POLICY:

In the labeling of articles prepared from golden-fleshed, sweet squash or mixtures of such squash and field pumpkin, we will consider the designation “pumpkin” to be in essential compliance with the “common or usual name” requirements of sections 403(i)(1) and 403(i)(2) of the Federal Food, Drug, and Cosmetic Act, and the “specifying of identity” required by section 1453(a)(1) of the Fair Packaging and Labeling Act.

Issued: 6/20/69

Revised: 8/20/73

Reissued: 10/1/80, 12/8/88

<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/cpg-sec-585725-pumpkin-labeling-articles-made-certain-varieties-squash>

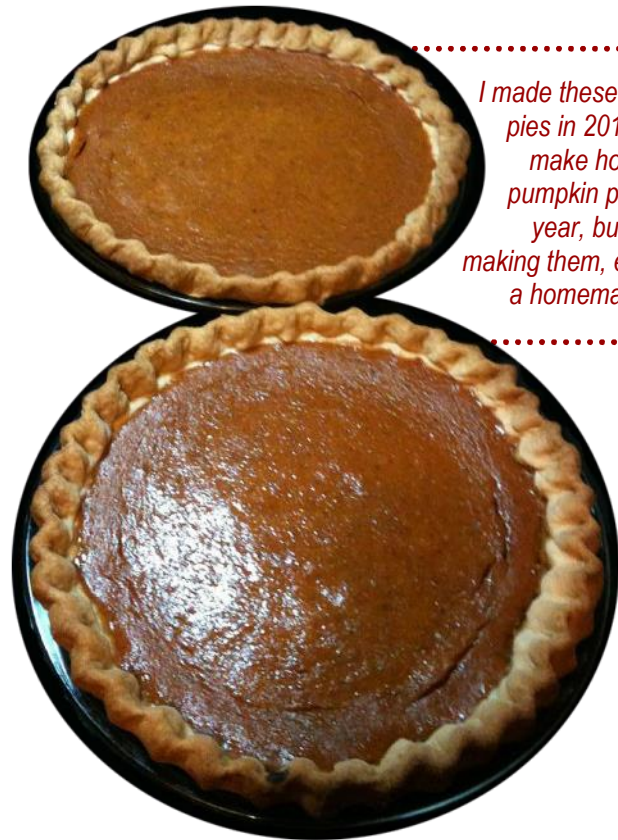
Pumpkin Pies!

Pumpkin Empanadas

Okay, so these are sort of pies. They are pumpkin empanadas, similar to a fried pie. However, these are baked and are not covered in sugar crack! The crust is homemade and similar to a pie crust but tastes better. The filling is just like the pies but without the canned cow juice.



Homemade is Best!



I made these pumpkin pies in 2012. I don't make homemade pumpkin pies every year, but I do like making them, even with a homemade crust!

Fantastic Deal!

If you want a fantastic deal AND you have a Costco membership, then stop by the warehouse and pick up an 11" bakery made pumpkin pie for

\$5.99!

You read that right! \$5.99 for an 11" pie, and it is really good!



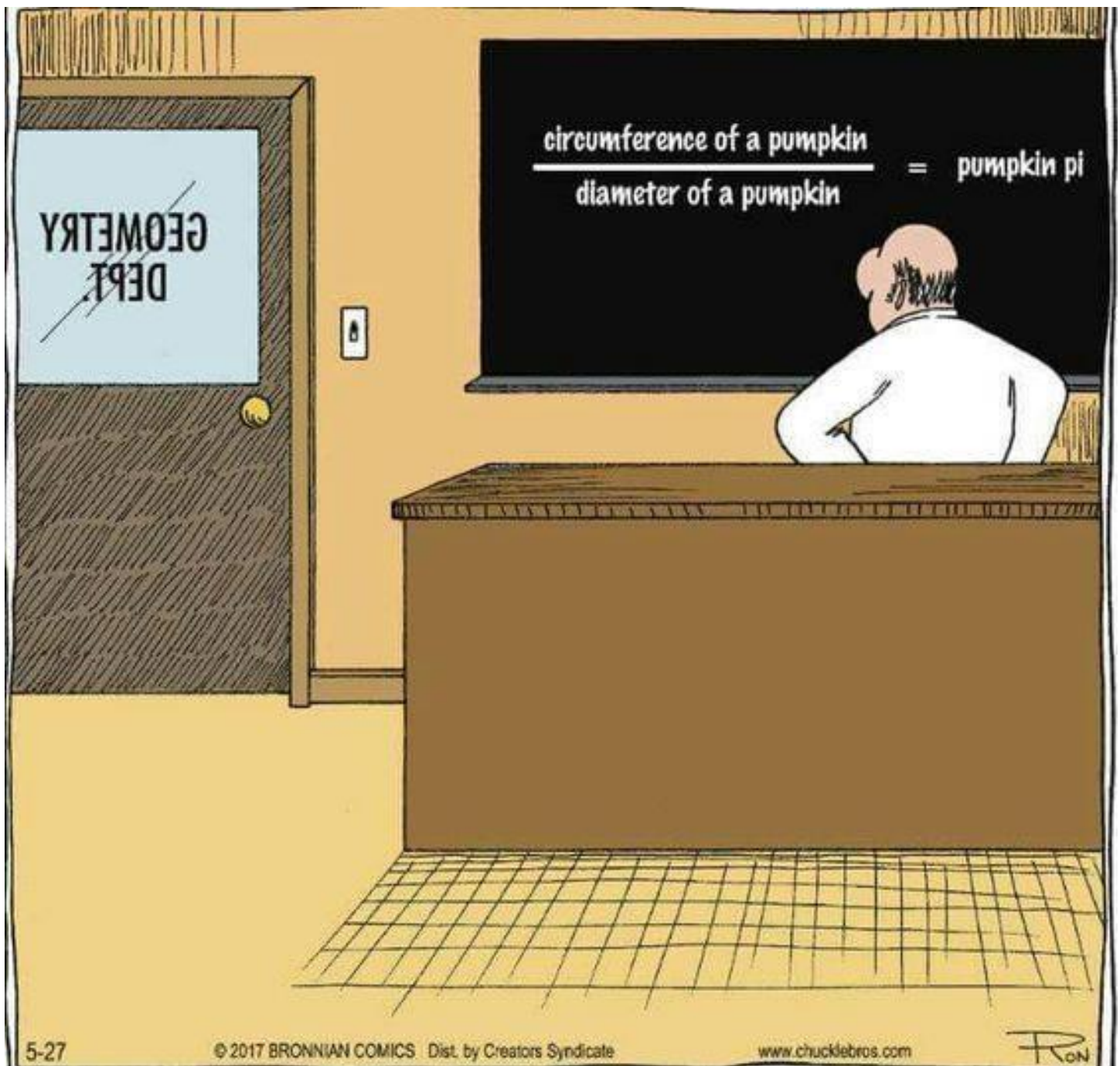
Pumpkin Pi

Circumference of a Pumpkin

=

Pumpkin pi (π)

Diameter of a Pumpkin



Pumpkin Spice?

What if I told you that there has never been anything ever called “pumpkin spice”?

What?? Gasp!

Okay, so that might be a little dramatic, but it is true! What people are calling “pumpkin spice” this time of year are actually referring to the spices that are added to pumpkin foods. Sometimes, there is no actual pumpkin flavor in the “pumpkin spiced” items, just the spices themselves. What is more accurate is to say “pumpkin pie spiced” whatever, which does not refer to the pumpkin itself but to the spices added to flavor a pumpkin pie.

So what are these spices? If you make a pumpkin pie from scratch you can add a premixed group of spices sold as Pumpkin Pie Spice or add the individual ones separately. I tend to like adding them separately.

So, the spices include some or all of the following:

- Cinnamon
- Nutmeg
- Ground ginger
- Ground cloves
- Allspice

When I make these pies, I add the cinnamon, ground ginger, nutmeg, and a very small amount of the ground cloves. Sometimes, I leave out the cloves because they are often gritty like sand and does not have a very good mouth feel in the finished pie.

As a side note, I much like pumpkin pie over sweet potato pie any day! While they are similar, they don't taste the same. Sweet potato pie does tend to be much more popular in the south and pumpkin pie most everywhere else.



McCormick includes cinnamon, ginger, nutmeg, & allspice.



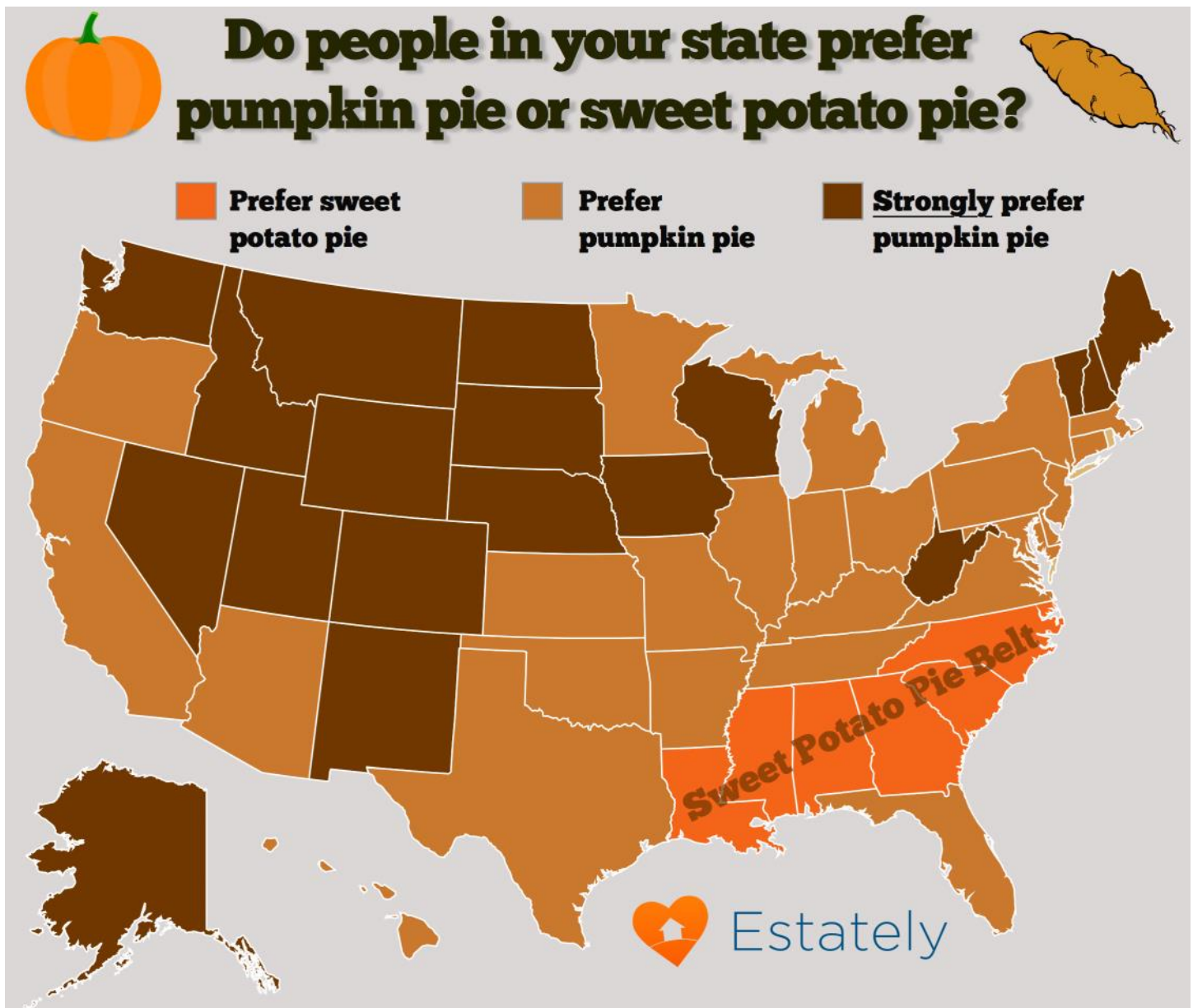
Pumpkin or Sweet Potato?

I finally found a map showing the continuum, if you will, of the preference of pumpkin pie or the preference of sweet potato pie. The site where I found this map was heavily slanted to sweet potato pie even to calling out those liking pumpkin pie better as needing to “consult a doctor about your horribly stunted and deficient taste buds” and to say that “there is simply no excuse for people in modern day America to be subjecting their families to pumpkin pie when there is such a clearly superior alternative”! [No, not biased at all!]

All BS aside, The site does make a good point of stating that “the majority of pumpkins are grown in states outside the Deep South, while eight of the ten largest sweet potato producing states are in the South”. That certainly would make sense, especially for those who like making homemade pies.

Take a look at the map below. Interestingly, Texas and California are two other states producing a large quantity of sweet potatoes with North Carolina being the top producer of them in the United States.

Source: [Estate.ly](#)



Pumpkin Recipes

A few years ago, I experimented with a recipe for a pumpkin cake with cream cheese frosting. As I recall, I ate the hound out of those things, probably gaining 5 pounds just from them alone! So, I now give you the recipe! You can find the recipe here:

www.incredibleegg.org/recipe/pumpkin-bars-with-cream-cheese-frosting/



I made the pumpkin cake in this photo in early October of 2016. Man, was that cake good!

(These were divided into 48 mini bars! A real serving would be about 4 minis, making a pan of about 12.)

Pumpkin Bars with Cream Cheese Frosting

(About 40 bars made as specified, less if you are a real cook! ;-)

2 cups	flour
2 teaspoon	baking powder
1 teaspoon	baking soda
1 teaspoon	ground cinnamon
1 teaspoon	ground ginger
½ teaspoon	salt
½ teaspoon	ground nutmeg
1 can (15 oz)	pumpkin purée
2 cups	sugar
¾ cup	vegetable oil
4	eggs
	cream cheese frosting
1 cup	pecans

1. Heat oven to 350°F. Mix flour, baking powder, baking soda, cinnamon, ginger, salt, and nutmeg in a bowl.
2. Beat pumpkin, sugar, oil, and eggs in mixer bowl on low speed until blended. Gradually add flour mixture, beating until batter is smooth. Spread in greased 15½" x 10½" x 1" jelly roll pan (a rimmed baking sheet works well too).
3. Bake in 350°F oven until a wood pick comes out clean, 20 to 25 minutes. Cool completely in pan on wire rack.
4. Frost and garnish with pecans. Cut into 40 squares, about 2" x 2".

Cream Cheese Frosting: Beat 8 ounces cream cheese, ½ cup unsalted butter, and 1 teaspoon vanilla in mixer bowl until smooth. Gradually add 3 cups powdered sugar and beat until fluffy.

Way Back in Newspapers

Pumpkin Pie.

"Should a pumpkin pie be more than an inch thick?" demands the St. Louis Globe-Democrat. Well, well! And in this particularly Providence blessed corner of the earth we never speak of "thickness" in connection with the joy producing padding of a pumpkin pie. Up here it is referred to as "depth," the preference being given to the kind that is too deep to be sounded and too luscious to be fathomed.—Philadelphia Inquirer.

SOME PUMPKIN.—Mr. Goss, of Boulder, to-day presented us a large and fully ripened Yankee pumpkin from his farm. Some people may think, we won't luxuriate upon pumpkin pie, in memory of olden times, but if they do, they will be mistaken.

Rocky Mountain News. August 6, 1861. Page 3.

The Herald Democrat. October 25, 1914. Page 3.

FLOUR



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Denver, Colorado.

Another Royal Suggestion

PIES and PASTRIES

From the NEW ROYAL COOK BOOK

CHEER up! There is no further reason for worrying about table variety. The new Royal Cook Book gives new suggestions for every meal every day. The book is so full of surprises there should never be another dull meal in the home.

Custard Pie

1 cup pastry flour
1/4 teaspoon Royal Baking Powder
1/4 teaspoon salt
1/2 cup shortening
cold water

Sift flour, baking powder and salt; add one-half shortening and rub in lightly with fingers; add water slowly until of right consistency to roll out. Roll out very thin; put on in small pieces remaining shortening; fold upper and lower edges in to center; fold sides in to center again; roll out thin and put on pie plate.

Custard

3 eggs
1/2 cup sugar
1/2 teaspoon salt
2 cups scalded milk
1 teaspoon vanilla extract

Beat eggs, add sugar, salt, flavoring and milk very slowly. Line pie plate with paste made as above, and bake in very hot oven about 10 minutes. Pour custard into the

baked crust and bake in moderate oven about 25 minutes. The pie is done when a knife put in center of custard comes out dry.

Cocoanut Pie is made the same way, adding 1 cup of shredded cocoanut, and using only 2 eggs.

Pumpkin Pie

2 cups stewed and strained pumpkin
2 cups rich milk or cream
1/4 cup brown or granulated sugar
2 eggs
1/4 teaspoon ginger
1/2 teaspoon salt
1 teaspoon cinnamon

Mix pumpkin with milk, sugar, well-beaten eggs, ginger, salt, cinnamon, and beat 2 minutes. Pour into pie tin which has been lined with pastry. Place in hot oven for 15 minutes, then reduce heat and bake 45 minutes in moderate oven. To bring out flavor of pumpkin it must be very well baked.

FREE

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The Denver Daily Tribune. June 22, 1879. Page 1.

The Herald Democrat. November 3, 1920. Page 3.

Way Back in Newspapers

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 Apple, Custard, Lemon,
 etc, Fresh Daily.

HOME MADE CANDY
 Fresh Every Day.
 ALSO FANCY CANDIES.

ORANGES ORANGES

J. E. Miller,
 STAR BAKERY
 Telephone 41-A. 118 E. Sixth Street.

The Herald Democrat. December 1, 1905. Page 10.

Miller's
A Pumpkin Pie

There is Something more to a Pumpkin Pie than "Just a Little Spice for Seasoning."
 Our Expert Baker know that Secret.
 He Knows How to Make a Flavor that You'll Want to Taste Again.

Try One Today
 Order Your Ice Cream for Sunday Dinner in Time

603 HARRISON AVE. PHONE 41

The Herald Democrat. December 9, 1917. Page 2.

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GREEN APPLE PIE	WHIPPED CREAM PUFFS
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BLUEBERRY PIE	MACAROONS
MINCE PIE	LADY FINGERS
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FRESH LIGHT BREAD	

A Full Line of Fancy Fruit in Season
ORANGES, - - - - \$2.25 per box

The Herald Democrat. March 23, 1908. Page 6.

Good Things

Are troublesome to make, none more so than a good pumpkin pie. Preparing the pumpkin is the difficulty. In our "Thanksgiving Pumpkin" we have done this for you. By our method all the material, flavor and sugar of fruit is retained. You could not do it better, many are kind enough to say not so well. Your grocer keeps it.

The Empson Packing Company.

The Herald Democrat. March 8, 1890. Page 5.

Pumpkin Fields

On October 11 in 2003, I went to Floydada, Texas to go to their annual Punkin' Days. Floydada is the pumpkin capital of Texas and has lots of them. At the time, I had only been in Lubbock for a little over two years. I went to the town square for the festival and also went to one of the pumpkin farms, actually the largest one there, to buy the pumpkins. It is the Assiter Farm, and they have gotten much larger since 2003 when these photos were taken.



This is the cart of pumpkins I got in 2003.



Pumpkin Shorts

Jack Pizza

If you are familiar with Papa Murphy's Pizza, they are a take home and bake pizza place. In October, they sell a jackolantern pizza, which I've had off and on over the past ten years. In 2015, I was working in Leadville and could not get a Papa Murphy's pizza, of course. The summer season did not end until very early November. So instead, I asked the local pizza place in Leadville (which pizza wise is much better anyway) to make me a jackolantern pizza. They really had no idea what I was talking about and had never heard of Papa Murphy's, so I tried my best to explain it to them what the pizza was. No matter what it looked like, the pizza itself was still good. Bless their hearts, they tried!



This is how Papa Murphy's makes the promo pizza...

...and this is what the local pizza place made me!



Bring on the Pumpkin

Last year, m&m's came out with a white chocolate pumpkin pie flavor, pumpkin pie flavored white chocolate. The bag was much smaller at only 8 ounces (they are normally 10-12 ounces). But, the flavor was quite good! This particular m&m character is called Orange, which usually represents the crispy variety.



There are six regular m&m characters since 1995: Red, Yellow, Blue, Green, Orange, and Ms. Brown. Lately, they have showing a caramel cube character called Caramel. This one below is Orange, or Crispy.





Final Thought

de Stolfe Journal.....



I took this photo of this wood spool painted like a jackolantern in October 2003. At the time, this was just outside of Loop 289 in Lubbock to the southeast. Today, however, this particular plot of land was developed into a business.



Gotta like the old style analog clip art from the clip art books!

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