

Pumpkin

Potato Pumpkin Parmesan Latkes

4 servings (makes 18 generous latkes)

1 cup each	Pumpkin & yams (sweet potato)
1 cup total	Potatoes any variety, grated
	Boiling water as needed
½ cup each	Zucchini & yellow squash, grated
1 large	Red onion, grated
2 EA	Eggs, large
2 tsp.	Baking powder & salt
1-2 Tbsp.	All-purpose flour, opt.
1-2 Tbsp.	Parsley, minced
As needed	Parmesan, grated over each

Garnishes:

Sliced tomatoes, shaved red onion, roasted red capsicum

Watercress sprigs and/or avocado slices

or

Light Sour Cream and Caviar – both red and black (great for appetizers)

or

Rosella Chunky Applesauce (swirl in rosella syrup or flowers to a chunky un-sweetened applesauce—I like Gravenstein apples and make my own.) Ginger is a nice flavor too. Honeyed Greek Yoghurt

To Prepare

Preheat oven to 200C. Grate first 3 ingredients to colander and pour boiling water over, stirring gently. Alternatively, they may be soaked in cold water and lemon for 30 minutes to prevent browning. Drain and squeeze with hands until mostly dry. Transfer to a large bowl with remaining ingredients. Stir until smooth.

To Cook

Place baking paper on cookie sheets and film with spray or butter. I save butter wrappers to easily coat on paper or pan. Shape latkes to pan in size desired. Bake in oven for approximately 15-20 minutes and flip over for another 5 or 10 depending upon size or until golden brown. Serve nice side or first side up.

To Serve

Present with desired garnish.



Susanne Wilder

Fast and Fresh Cuisine

"I've long wanted to grow organic produce for myself, and recently have started growing my own organic veggies! Just to walk outside and check the garden status and see what's been growing is a relishing pleasure. Then I rock back into the kitchen to turn live foods into delightful and delicious dishes. I've started creating versions of favourite recipes with organic potatoes, parsnips, zucchini and crookneck. As a new Aussie citizen I am also having a go with the popular pumpkin!"

Fast and Fresh Cuisine
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Tips for planting Pumpkins



Pumpkins love plenty of sunshine and do best in rich, moisture-retentive, free-draining soil.

Plant two seeds per hole—it's preferable that they are surrounded by bare ground without other crops.

Also note that you should avoid planting pumpkins where you've recently had other vine crops such as melons. It's a good idea to wait at least two years before planting pumpkins in these areas.

Give them lots of room to grow (because they are vines) and allow over a square metre per plant.

Plant in late spring for a season that begins in early autumn.

As your pumpkins develop, the foliage will naturally protect them from the sun. However, an extra layer of shading maybe useful to help the pumpkin achieve its maximum size. Try using a shade structure made of burlap to shade your pumpkins.

You will know your pumpkins are ready for harvest when you knock on them and they sound hollow, but still have firm skin.