

## Green or Orange?

You will notice that our New England Long Pie Pumpkins are green at harvest time in September, with a splash of orange on one side. That orange is on the side that was on the bottom as the pumpkin grew, and prior to ripening this area was a pale yellow. Once the spot has turned orange, the pumpkin has begun to ripen and can be used. However, during storage the entire pumpkin will turn a bright orange indicating further ripening and even better eating quality. Thus in September you will see mostly green New England Long Pies, but by late October they will almost all be entirely orange and will keep all winter.



Credits: Thanks to FEDCO Seeds for some of the descriptions and to Melissa Hackett for the cut pumpkin photo and some description.



## WHERE TO FIND US

### Newport Farmers' & Artisans' Market

Saturdays 9am–2pm. At the Paris Farmers Union parking lot, May - September.

### Orono Farmers' Market

Saturdays 8am–1pm. Tuesdays 2–5:30 pm. At the UMO Steam Plant parking lot on College Ave.

### Pittsfield Farmers' Market

Monday & Thursday, 2–6pm. At Hathorn Park across from Hartland Ave. (Rte 152).

### Unity Farmers' Market

Saturday 9am–1pm. At the Community Center on Rt 139 (School St.).

### Downtown Waterville Farmers' Market

Thursdays 2–6 pm. On the Concourse next to Main St.

### At the Farm

Anytime we're not at market, stop by from 8am til dusk. From the Higgins Road, we are ½ mile down the Snakeroot Road on the right. The farm isn't visible from the road; look for our sign near the end of our driveway (which is called Organic Farm Road) heading into the woods.

### We Grow...

...a wide variety of vegetables and herbs, garden seeds, seedlings and perennials. Our planting season begins in February to bring fresh greenhouse veggies to market in May. We also offer specialty items such as dried vegetables & herbs, and blooming lupines in pots.

# Snakeroot Organic Farm

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*Gardeners to the public since 1995.*

## *Heirloom* New England Long Pie Pumpkin



*from*  
**S**nakeroot  
Organic  
Farm

# New England Long Pie Pumpkin

Probably the same variety as Nantucket Pie Pumpkin and Negro. Said to have migrated in 1832 from the Isle of St. George in the Azores to Nantucket on a whaling ship whence it was picked up by various seedsmen and came north to Maine. Burpee offered it in 1888 as St. George. It was and remains highly esteemed as the best pumpkin for Yankee pumpkin pies. It was so widespread a couple of generations ago that many people who grew up on Maine farms never saw a round pumpkin before leaving home. Widely grown in Androscoggin County 60 years ago (an old-timer remembers them stacked up on porches like firewood), it was nearly forgotten and narrowly saved from extinction. LeRoy Souther, a Livermore Falls, ME, native who had been maintaining it for more than 30 years, sometime in the late 1980's brought seeds to cucurbit aficionado John Navazio at his Common Ground Fair squash booth. Navazio took them with him to Garden City Seeds in Montana where he re-introduced them to commerce. 3–5 lb. fruits look like overgrown zucchinis to the uninitiated, but the telltale sign is an orange spot where the otherwise all-green elongated fruit rested on the ground. In storage, the whole fruit first blushes, then glows bright orange, signaling that its delicious flesh is ready to be turned into incomparable pies. One of the best for continued ripening after picking, Long Pie stored at 50° keeps all winter.

## What makes it a “Pie Pumpkin”?

Pie pumpkins are smaller, sweeter, less grainy textured pumpkins than the jack-o-lantern types. The Long Pie pumpkin is a dark zucchini-green ripening to pumpkin orange. It is one of the very best for pies—if we had to choose only one pie pumpkin, this would probably be it. The fruits are almost a perfect cylinder, slightly rounded at top and bottom. Do not hesitate to pick this even if it is still dark green—the idea is that it will orange up in storage, letting you know when it is at its best for making a fantastic pie. Long Pie has virtually stringless, smooth and brilliant orange meat.

## Recipes

For any recipe, simply substitute your made-from-scratch pumpkin puree for canned pumpkin. It's as easy as pie to make!

**Pumpkin Puree:** One 6-inch pie pumpkin usually makes enough filling for one 10-inch deep dish pie, or two shallow 9-inch pies. You may also use the puree for pumpkin bread, muffins, or cookies

First, scoop out all the seeds and stringy bits. You may choose to wash the seeds and use them for roasting. Next, there are several different methods for actually cooking the pumpkin. Either cut it into pieces (skin on, but with stem cut off) and put them into a microwaveable dish, with about an inch of water in the bottom and lid, or steam it on your stovetop. In either method, it should take 15-20 minutes to cook through. The insides should be soft enough to scoop out with a spoon. It should come easily away from the skin at this point, so simply scoop it out. If it seems watery, you may strain it overnight in the refrigerator. If you like your puree chunky, you are done at this point. If you like a smoother texture, you can blend it with a hand beater, food processor, or blender, or beat it by hand with a wooden spoon. If you're not going to use the filling right away, it freezes well, too.

## Pumpkin Pie

Use your favorite pie shell to make one 9-inch pie. Filling:

2 cups Long Pie pumpkin puree  
2 eggs  
1 1/2 cups cream  
1/2 cup unrefined cane sugar  
1/2 teaspoon sea salt  
1 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/2 teaspoon freshly grated nutmeg  
1/8 teaspoon ground cloves  
Preheat the oven to 350°F.

Heat your oven to 425°F. In a large mixing bowl lightly beat the eggs. Add the purée and the remaining ingredients and stir to blend. Pour the mixture into the dough-lined pan. Bake for 15 minutes and then reduce the heat to 350°F and bake an additional 45 minutes or until a knife inserted comes out clean. Allow to cool slightly before serving.

## Pumpkin Bread

Ingredients:

1 ½ cups unbleached, all-purpose flour  
1 ¼ tsp. baking soda  
1 tsp. salt  
1 tsp. cinnamon  
½ tsp. nutmeg  
½ tsp. cloves  
1 cup pumpkin puree  
1 cup firmly packed brown sugar  
½ cup buttermilk  
1 large egg  
2 tbsp. canola oil  
¼ cup chocolate chips, raisins, walnuts, or pecans  
Preheat oven to 350 degrees. Grease loaf pan. Mix dry ingredients in a small bowl. Beat wet ingredients together until combined. Add dry mix to wet. Stir only until just moistened (over mixing will cause it to become tough). Add chips and bake until toothpick comes cleanly out of center of loaf