**Pumpkin Recipes**

Every year over a quarter of all Halloween pumpkins end up in landfill – that’s 18,000 tonnes

of food waste with the flesh of many pumpkins going straight to the food waste bin or composting heap without being eaten - Hubbub and the local Pumpkin Rescue team are urging pumpkin carvers across the county and city to join this year’s Pumpkin Rescue and reduce the waste sent to landfill,

Every pumpkin eaten is a step towards tackling the 7 million tonnes of food and drink that is thrown away from UK homes every year.

Do not waste the flesh of your pumpkin follow the links to a wide range of pumpkin recipes

**Love Food Hate Waste** (<http://ni.lovefoodhatewaste.com/node/4172> )

LFHW publishes  a range of pumpkin recipes such as: Gnocchi in Pumpkin and Chilli Sauce, Pumpkin & Butter Bean Broth, Pumpkin ravioli, Pumpkin Tart, Roasted Pumpkin, Roast Pumpkin Lasagne  and Coriander Soup.

**Allrecipes** (https.//www.a;;recipes.com/)

Search under pumpkins to find a wide range of recipes using pumpkins including pumpkin burgers, brownie bars with frosting, crunch cake, gooey pumpkin cake,

**BBC Good Food (**<https://www.bbcgoodfood.com/recipes/collection/pumpkin>)

Recipes From savoury soups to sweet treats

**Country Living (**<https://www.countryliving.com/food-drinks/g619/our-best-pumpkin-recipes-1008/>)

Recipes including [pumpkin soups](https://www.countryliving.com/food-drinks/g981/pumpkin-soup-recipes/), [pumpkin pastas](https://www.countryliving.com/food-drinks/g4570/pumpkin-pasta/), [healthy pumpkin recipes](https://www.countryliving.com/food-drinks/g4588/healthy-pumpkin-recipes/), and so many more savoury meals.

Pumpkin seeds, when toasted or baked, are rich in potassium and protein.

After Halloween take the skin of the pumpkin to a collection point or bring it to Stokes Wood Allotment site to join in the “Pumpkin Smash” and composting on 9th November

Details from [carryoncomposting1@gmail.com](mailto:carryoncomposting1@gmail.com)