

A Whole Lot'a Pumpkins Goin' On!

In 2014 the United States grew nearly 2 BILLION pumpkins. And we ate less than 1/3 of all that fiber rich food full of potassium and beta carotene! How many people could we have fed with all that went into the landfill. Oh, and about that. Everyone of those golden squashes in the landfills generates greenhouse gas!

So, lets do our part in saving the world and feeding our families – Here are some really easy ways to eat that beautiful treasure that is bestowed in such abundance this time of year!



Here are seven delectable recipes that use pumpkin. Any pumpkin will work. Oh, if you need a jack-o-lantern, there are some great re-usable ones available!

Happy Pumpkining!

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