



**SPOOKY
SEASON!**

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Pumpkin Page



5 Fun Facts about fall's favorite

The pumpkin is, in fact, a fruit. It's a member of the gourd family, which also includes cucumbers, honeydew melons, cantaloupe, watermelons and zucchini.

The self-proclaimed "Pumpkin Capital of the World" is Morton, Illinois, home to the Libby's pumpkin operation.

Pumpkins contain vitamin A, vitamin B, potassium, protein and iron. They are also low in calories, fat, and sodium and high in fiber.

The world record for the largest pumpkin was set in 2016 by Mathias Willemijns of Belgium. It weighed a whopping 2,624.6 pounds!

The world record for the largest pumpkin pie was set in Ohio in 2010 by New Bremen Giant Pumpkin Growers. It weighed a decadent 3,699 pounds!

Sources: Farmers' Almanac, History.com, Guinness World Records

'Tis the season for everything



Easy-as-Pie DIY Pumpkin Spice

- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground allspice (optional)

Mix and adjust the measurements to please your palate. Then store in an airtight container for use in pumpkin pies, pancakes, whipped cream, lattes and your favorite fall desserts!



Pumpkin Seed Power

According to the American Heart Association, whole roasted pumpkin seeds in their shells contain about 5.2 grams of fiber per one-ounce serving. A serving of the shelled kernels, also known as pepitas, contains about 1.8 grams of fiber. Pumpkin seeds also are rich in other nutrients like magnesium and zinc, as well as antioxidants!

Here's how to prepare your own roasted pumpkin seeds:

- Scoop seeds out of the pumpkin.
- Rinse the seeds to remove excess pulp.
- Dry the seeds with a towel.
- Toss the seeds with some olive oil, then sprinkle with your favorite seasonings.
- Roast seeds on a baking sheet at 350 degrees for 12 to 15 minutes, tossing every few minutes for even roasting.

Pumpkin Cheesecake with Gingersnap Crust-----

Fall in love with this recipe for "Pumpkin Cheesecake with Gingersnap Crust," courtesy of Lori Longbotham's "Luscious Creamy Desserts" (Chronicle Books).

- Serves 8 to 10
Crust
- 1 1/2 cups gingersnap cookie crumbs
 - 1/2 cup finely chopped hazelnuts
 - 6 tablespoons unsalted butter, melted
 - 1/4 cup sugar

- Filling
- 1 1/2 pounds cream cheese, at room temperature
 - 1/2 cup packed light brown sugar
 - 1/4 cup granulated sugar
 - 2 large eggs
 - 2 large egg yolks
 - 1 1/2 tablespoons all-purpose flour
 - 2 teaspoons pumpkin pie spice
 - 1 cup solid-pack pumpkin purée (not pumpkin pie mix)
 - 1/2 cup crème fraîche, homemade (see below) or store-bought, or sour cream
 - 2 teaspoons pure vanilla extract

- Preheat the oven to 350 F. Lightly butter an 8- or 8 1/2-inch springform pan.
- To make the crust: Stir together all of the ingredients in a medium bowl until the crumbs are moistened. Press the mixture over the bottom and up the sides of the pan. Bake the crust for 10 minutes. Let cool completely on a wire rack. Increase the oven temperature to 425 F.
- To make the filling: With an electric mixer on medium speed, beat the cream cheese, brown sugar and granulated sugar in a large deep bowl until light and fluffy. Beat in the eggs and then the egg yolks one at a time, beating well after each addition. Add the flour and pumpkin pie spice and beat on low speed until just combined. Add the pumpkin purée, crème fraîche and vanilla, and beat until just combined. Pour the filling into the shell.
- Place the cheesecake on a baking sheet and bake for 15 minutes. Reduce the oven temperature to 250 F and continue baking for

1 hour.

- Turn the oven off and let the cheesecake cool in the oven for 2 1/2 hours. Then transfer to a wire rack and let cool to room temperature. Refrigerate, tightly covered, for at least 10 hours, until thoroughly chilled and set, or for up to 2 days.
- To serve, run a knife around the side of the cheesecake and remove the side of the pan. Serve slightly chilled or at room temperature, cut into thin wedges with a sharp knife dipped into hot water and wiped dry after each cut.

Crème Fraîche

Makes about 1/2 cup

- 1/2 cup heavy whipping cream
- 1/2 cup crème fraîche or sour cream with live cultures

Pour the cream into a glass jar with a tight-fitting lid and spoon in the crème fraîche. Let sit on the counter,