

FRESH PROSPECTS

Week 20 – October 30, 2008

Sorry for the delay, folks! Autumn brings so many things to do, and we've just nearly caught up. Without further ado. . .

This Week:

- Natty Garden
- Election Day is Nearly Upon Us!
- Pumpkins on Parade

Natty Garden

Ever walked, driven, or biked down Washington Avenue and wondered what was behind the colorful wall mural and overflowing greenery on the corner of Dean Street? It's Natty Garden, a nursery and garden shop that your fearless newsletter team delightfully wandered into last week. A friendly and easygoing staff, great selection of healthy plants, and more-than-fair prices makes Natty Garden our new go-to spot for brightening up our apartment in winter with beautiful and hardy houseplants.

Natty Garden
609 Washington Av (between Atlantic Ave & Dean St)
Brooklyn, NY 11238

Election Day is Nearly Upon Us!

Ah, election day. . .so close, and yet so far! Too bad it isn't on a Thursday. . .because good old P.S. 9 is the polling place for many neighborhood shareholders. Double-check your polling place using the handy-dandy Board of Elections site locator at <http://gis.nyc.gov/vote/ps/index.htm>. No matter where your polling site is, all voters have from 6 a.m. to 9 a.m. to cast their ballot on Tuesday. And should you be unable to make it that day because of volunteer duty or some other reason, you can file for an absentee ballot up till the evening of the day before, Mon. November 3. Information can be found here. Happy voting!

Pumpkins on Parade

According to Patricia Brooks, author of *Creativity With Pumpkins: It's Beyond Pies*, the pumpkin was probably cultivated in prehistoric times by Indians of both North and South America and was observed by Christopher Columbus and his peers. In Brazil, home cooks make pumpkin soufflés, custards and a variety of candies (often combined with coconut). Puerto Rican cookbooks have recipes for pumpkin cakes, fritters and puddings.

But nowhere in the Americas is the pumpkin more a part of the cuisine than in Mexico, where virtually every bit of the vegetable is used. The seeds are featured in dips, in moles (complex spicy sauces), as snacks and ground into sauces for pork and shrimp dishes. Pumpkin blossoms are used in soups and are also stuffed, pumpkin meat is made into soups and soufflés, and the rind is often candied or pickled.

Below are a few pumpkin recipes using classic autumn flavors and ingredients to kick off the pumpkin season right!

[Pumpkin, White Bean and Kale Ragout](#) -- an autumnal delight that also includes such seasonal flavor stars as maple syrup and cider vinegar

[Pumpkin-Turnip Soup](#) -- use up those turnips from the past couple of weeks!

[Pumpkin Pie from A to Z](#) -- with instructions on how to properly cut up and cook your pumpkin to use as much as possible.

UNTIL NEXT WEEK, we wish you all happy veggie eating...