



DOWN ON THE FARM

October 2008 Volume 1, Issue 3

PUMPKIN CARVING CONTEST



Celebrate the Fall season and show some Fresno State pride!

*Pick up a FREE pumpkin and entry form at the Gibson Farm Market on the corner of Barstow & Chestnut

*Carve a "Fresno State" themed pumpkin - open to all individuals, groups, clubs, teams, social organizations, academic departments, and more!

*Bring your pumpkin to the market on Wednesday,

October 15th to be judged by customers on the 16th-17th

*Winners will be announced on Friday, October 17th at 5:30 PM.

*1st - \$50 gift certificate, 2nd - \$25 gift certificate, 3rd - \$10 gift certificate

*Presence not mandatory to win prizes.



For complete contest rules and information, please call the Gibson Farm Market at 278-4511 or visit www.FresnoStateFarmMarket.com

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Down on the Farm is brought to you by Meghan Grennan, an Ag Communication major at Fresno State. To download the current and past newsletters visit our website @

www.FresnoStateFarmMarket.com

FREE ice cream samples!*
Blueberry Muffin

Tuesday, October 14th
9:00 AM to 6:00 PM
*while supplies last

FOOD FOR THOUGHT...

Brought to you by the Student Dietetic Association of Fresno State

PUMPKIN SEED GRANOLA

Serving Size 1/4 cup

Calories per Serving Size 140

Amount	Ingredients	Health Benefits	Calories	Available
1/2 cup	Pumpkin Seeds	Great Source of Magnesium which is a component of bones and teeth, needed for nerve activity and activates enzymes involved in energy and protein formation.	360	Gibson Farm Market
1/4 cup or 33 pieces	Natural Almonds	Vitamin E an antioxidant, heart healthy fiber, and almonds are a source of the "good" monounsaturated fats.	135	Gibson Farm Market
2 cups	Whole Grain Rolled Oats	A good source of Dietary Fiber which includes both soluble and Insoluble Fiber. Good source of Iron.	600	Local Grocery
3 tsp	Olive Oil	Olive oil has monounsaturated fats that may lower the risk of heart disease by reducing the total fat as well as the "bad" fats in your blood.	135	Gibson Farm Market
2 Tbsp	Brown Sugar	Contains some calcium; however, brown sugar is mostly empty calories added for additional flavor.	106	Local Grocery
1 Tbsp	Raisins	Raisins contain fiber, antioxidants, and are rich in potassium which is a part of the DASH (Dietary Approach to Stop Hypertension) to treat high blood pressure.	60	Gibson Farm Market
2 1/3 cups (approximately 10 servings)	6 Ingredients	Great in Monounsaturated fat to reduce "bad" fats. Provides magnesium for your bones, Rich in potassium which is also heart healthy. Delicious flavor and great texture!!	Total Calories for entire <u>Recipe</u> 1,396. <i>Serving Size</i> 1/4 cup <i>Calories per</i> <i>Serving Size</i> 140	4 Items from Gibson Farm Market 2 Items from Local Grocery

Pumpkin Seed Preparation

1. Remove the pulp from the pumpkin seeds and rinse
2. Spread out and allow to dry overnight.
3. The next day put the pumpkin seeds into the blender to reduce the size.
4. Preheat oven to 325° F.
5. Combine the chopped pumpkin seeds, oats, and natural almonds (chopped finely) in a bowl (dry ingredients).
6. In a small bowl, combine olive oil, and brown sugar. Stir well. Pour this mixture over the dry ingredients and mix well.
7. Spread the granola in one layer on baking sheets lined with parchment paper.
8. Bake until golden brown.
9. Cool completely in pan.
10. Add raisins or other dry fruits or nuts.

Enjoy on cereal, yogurt or as a snack!