



Our mission is Making Life Peachy for our guests, team, suppliers and planet.

We're very mindful of our carbon footprint and our waste. We also want to make sure that not only are we trying our best to be green, but that it's easy for you to go green too.

Every Halloween we invite our guests to take part in our pumpkin carving competition - it's lots of fun, and there's always prizes to be won! But what to do with all that pumpkin flesh? Here's a few of our favourite ideas:

Pumpkin Purée

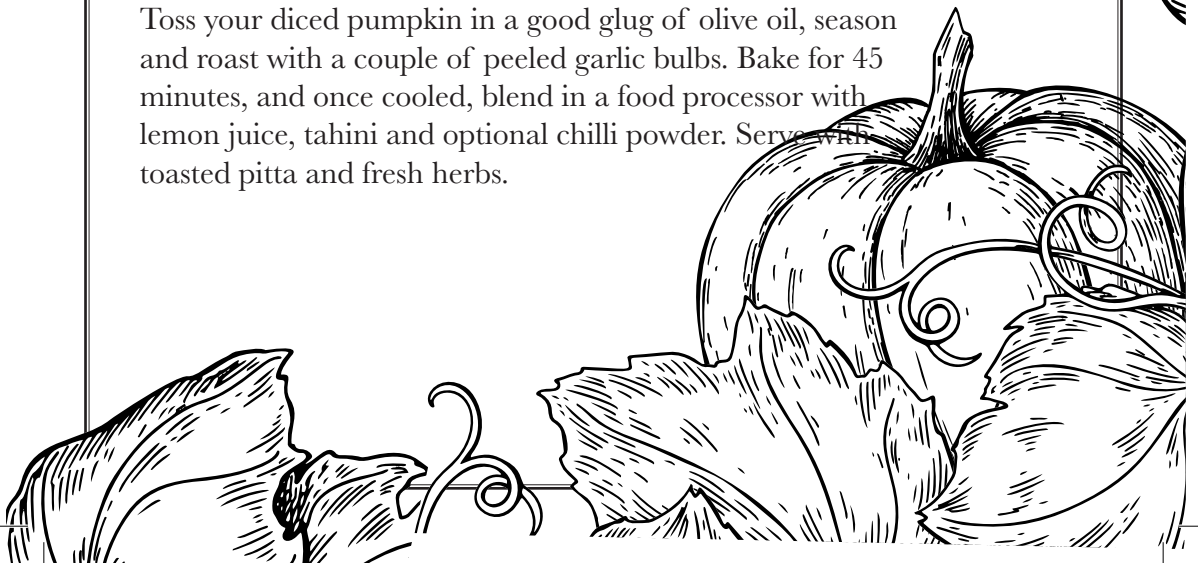
Just separate the seeds from the flesh, boil in a large saucepan and allow to cool. Blend until smooth. Then add to a risotto, make a pumpkin pie or serve with a stack of pancakes!

Roasted Pumpkin Seeds

Simply spread your seeds on a baking tray, drizzle with olive oil and sea salt, and roast until lightly brown.

Houmous

Toss your diced pumpkin in a good glug of olive oil, season and roast with a couple of peeled garlic bulbs. Bake for 45 minutes, and once cooled, blend in a food processor with lemon juice, tahini and optional chilli powder. Serve with toasted pitta and fresh herbs.





October - is my excuse for pumpkin everything!

Pumpkin Soup

Gently fry chopped onions for 5 minutes, add your chunked pumpkin and cook for another 8-10 minutes. Add vegetable stock, bring to boil and simmer until the squash is soft. Add double cream and puree. Pour through a fine sieve.



*There's plenty more recipes online including 60 at:
www.countryliving.com/food-drinks/g619/our-best-pumpkin-recipes*

And if cooking isn't your thing, you can compost your pumpkin, or save it for the animals. Birds, your pet dog or a local farmer may well enjoy a pumpkin dinner.

*Share your recipes with us on Instagram
and remember to tag us @peachpubs*

