



Circular Economy Month

By Lorraine Roulston

The Circular Innovation Council (CIC), a non-profit charity, celebrates the annual Circular Economy Month campaign in October by educating the public on circular economy solutions that 'design out' waste. Through local events, social media campaigns, online pledges, and educational resources, the campaign engages millions of Canadians from coast to coast to coast. Circular Economy Month is a reminder that everyone has a role to play in protecting the earth's finite resources.

Caitlin Perry, CIC's Senior Manager of Education & Communications who leads this month's campaign stated, "Canadians can sustain the campaign's momentum by taking daily steps to rethink your consumption. Purchase smartly designed products meant to last longer, be reused, refurbished, and dismantled. Support companies that offer take back programs for products and packaging. Use your purchasing power to influence greater performance; and deliver environmental and social value."

By the end of the month, many enjoy the excitement of planning and dressing up for halloween. By thinking 'circular', it's a great idea to check out costumes and halloween trinkets at your local thrift store. Even your jack o'lantern has great value. As Ruth Johnston stated in her "The Creative Cook's Recycling Book," - "That scary face needn't hit the dust on November 1st. Beneath the stare, he houses a wealth of golden goodness."

An easy way to cook a pumpkin is to cut it in half and bake face down. This method allows the thick skin to just peel away.

Pumpkin cookies, pies, muffins, and squares make great desserts. Creamy pumpkin soups and loafs offer a sturdy lunch. Cooked, pumpkins can be substituted in equal parts in winter squash recipes, and can be used as a pizza topping.

To prepare a snack of pumpkin seeds, rinse them with water while holding them in a sieve. Blot dry. Spread on a cookie sheet, sprinkle with salt, and bake at 360 F for about 15 minutes, tossing frequently.

For a pudding, add 1 cup cooked pumpkin and a 1 cup cold milk to a 3-ounce package of vanilla instant pudding. Include a pinch of cinnamon, allspice and nutmeg. Beat until pudding thickens. Pour into small bowls and chill for 15 minutes.

The gooey pulp can be added to smoothies, or composted. If you have a worm bin with red wigglers, they will love this slushy pulp treat.

Ruth Johnson's cookbook on Pumpkin Soup.

4 cups of pumpkin mashed & cooked 4 cups of chicken stock 1 tbsp of ground ginger 2 tsp butter 1 cup of cream Salt & pepper to taste.

Combine all ingredients, except cream, and simmer gently for 10 minutes. For variety, substitute 1/2 tbsp of dill weed and a tsp of curry in place of ginger.

For my pumpkin soups, I've also included cooked apples and potatoes.

Cooked pumpkin can be mashed, placed in small bags and frozen.

Can't finish those last remaining bits? Composting is the final stage which will replenish the soil.

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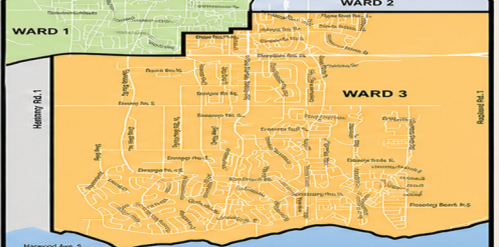
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