

Mountain Recipes - Thea's Kitchen


Thea (aka: Cynthia L. Stacey) an established musician, poet, healer, and cook of Highlands shares her recipe for Pumpkin Soup. Her involvement in holistic and alternative medicine spans thirty years as a mother, midwife, herbalist, nutritionist and grandmother. This lifetime of study has led Thea to write a new book entitled "Thea's 'Organic' Kitchen with supportive web site www.theaskitchen.com. Thea is an extraordinary talent whose belief in the natural is woven throughout her music, poetry, interactions and the garden. Naturally, the most important last step in any gardeners wish is to apply these principles in cooking. Thea can be found at StarPony Electronics (Radio Shack) in the Falls on Main Shopping Center (526-3350)

Perfect Pumpkin Soup


- 2 cups pumpkin, peeled and diced
- 2 cups butternut squash, peeled and diced
- 6 shallots or 1 medium red onion, chopped
- 1 large jalapeño, chopped
- 8 cups chicken or vegetable broth
- 1 bouillon cube
- 1 tsp. fresh rosemary, chopped fine
- 1 Tbs. fresh ginger, chopped fine
- 2 Tbs. fresh parsley, chopped
- dash all spice
- 1/4 tsp. turmeric (1 Tbs. fresh minced)
- 1/4 tsp. white pepper
- dash of cayenne pepper
- 1/4 tsp. nutmeg*
- salt to taste*
- 1 cup heavy cream*
- toasted pumpkin seeds, course ground*

Combine all ingredients except last four*. Simmer covered until pumpkin is mushy and soft (approx. 25 minutes) stirring occasionally. Let cool. Puree in a blender or food processor. Return to pan and stir in cream, nutmeg and salt. Heat on low. Serve with toasted pumpkin seeds sprinkled on top.

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