**RECIPES FROM WAYFARINGTRAVELER.COM**

BAKED WINTER SQUASH, aka PUMPKIN IN NZ

Cut in half from blossom end to stem. Use a spoon to scoop out the seed cavity. If heirloom, separate seeds from pulp, dry and save for next year's garden. Or, bless the wild birds with a treat.

Variations:

1) To each half, add a spoon of maple syrup and sprinkle nutmeg.

2) To each half, add a small pat of butter, a spoon of Sucanat, sprinkle cardamon and cinnamon.

3) Sprinkle each half with powdered cumin and stuff with cooked quinoa or Bhutanese red rice (cooked with a spoon of coconut oil, turmeric, garlic powder to taste.)

Bake covered in a solar oven for a couple hours or indoors in the oven for about 1 hour at 350 degrees F.