

PUMPKIN BUTTER POTIONS



October is upon us! Looking for a fun and spooky activity? Consider making pumpkin butter potions.

You only need a few ingredients,
and a dash of magic!

What is a potion?

Potions are just folk medicine made from plants and herbs. Many accused of being “witches” were really healers trying to help people. The medicine they made was often called a potion. Sometimes these potions used ingredients with spooky names! Have you ever heard of eye of newt? Newts are salamanders, some even have yellow eyes. Yellow mustard seeds reminded healers of these little creatures. So, mustard seeds were called eye of newt! Potions are still used today. If you’ve ever had mint tea for an upset stomach, you’ve had a potion. Potions are all around us! Let’s look at some more herbs used for making potions. You may have some growing in your own backyard.



Did you see any herbs that you recognized?

Let's make a pumpkin butter potion!

WHAT YOU WILL NEED

Mixing bowl

Spoon

Measuring cups

Measuring spoons

INGREDIENTS

$\frac{1}{2}$ C butter

$\frac{1}{2}$ C powdered sugar

$\frac{1}{2}$ C pumpkin puree

$\frac{1}{4}$ t ground cinnamon

$\frac{1}{4}$ t ground nutmeg

STEPS

1. Add butter into mixing bowl and stir for 2-3 minutes.
2. Add powdered sugar and combine until smooth.
3. Next add pumpkin puree and continue to stir until fully incorporated.
4. Measure ground spices and add to mixture.
5. Continue to stir for 1 minute.
6. Time to taste!

Fun mix-in ideas! Try adding chocolate chips, maple syrup, or ground nuts.



You just made a delicious potion! Pumpkins were often used in folk medicine by healers. They were used to treat stomach, skin, and wound issues. Good job and happy potion making!

Opportunities for Expanded Learning

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