aapld SPICE CLUB

OCTOBER 2026

PUMPKIN PIE SPICE



Each month from February to November, we'll offer a free "take-and-make" spice kit highlighting a different spice, herb, or blend. Each kit includes a small portion of the featured spice, enough for the suggested recipes on the back page. Kits will be available starting the first Monday of the month at the Adult Services desk at both Harnish and Eastgate branches. Supplies are limited. Please take one kit per household. After trying the recipes, we'd love to hear from you! Share your photos, tips, or feedback at **info@aapld.org**.

Despite its name, **pumpkin pie spice** contains no pumpkin! It is a blend traditionally made with cinnamon, ginger, nutmeg, cloves, and allspice, although recipes vary. It was created as a way to combine the spices commonly used in pumpkin pie.

The blend has been part of American cooking for generations. Early American pumpkin recipes used spices such as ginger, nutmeg, and allspice, and McCormick introduced its commercial pumpkin pie spice blend in 1934. The Pumpkin Spice Latte came much later. Starbucks introduced it in 2003, helping turn this classic baking flavor into a seasonal sensation.

Pumpkin pie spice is so aromatic because many of its spices contain natural essential oils that are released when heated, filling your kitchen with that familiar fall scent.

Pumpkin pie spice isn't just for pie. Try it in oatmeal, muffins, pancakes, or smoothies, or sprinkle it over roasted sweet potatoes, squash, carrots, or nuts. The spices add plenty of flavor with very few calories, fat, or sodium.

The spices themselves have diverse origins and histories, reflecting centuries of global trade and culinary exchange. Pumpkin, meanwhile, is native to North America, making pumpkin pie a delicious combination of a local ingredient and spices from around the world.



***ALLERGEN WARNING** AAPLD is not responsible for any reactions or sensitivities to any spice. Please be aware that spices may contain or come into contact with common allergens like dairy, eggs, soybeans, tree nuts, peanuts, fish, shellfish, or wheat. Stay safe! Cook with caution.*



BUTTERSCOTCH PUMPKIN BREAD

Ingredients

- 2 cups all-purpose flour
- 2 tsp pumpkin spice
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup canned pumpkin puree
- 1/2 cup vegetable oil
- 1 cup granulated sugar
- 2 large eggs
- 1 & 1/2 cups butterscotch chips

Instructions

- Preheat oven to 350F. Butter and line a 9×5″ loaf pan with parchment paper.
- In a large bowl, toss together the flour, pumpkin spice, baking soda, and salt. Set aside.
- In a medium bowl, whisk together canned pumpkin puree, vegetable oil, granulated sugar, and eggs.
- Pour the wet ingredients into the dry, and stir until almost combined. Fold in the butterscotch chips.
- Spoon the batter into the baking pan. Sprinkle a few more chips on top if desired.
- Bake for 50-60 minutes or until a toothpick inserted into the center comes out clean.

Source: https://www.littlesweetbaker.com/butterscotch-pumpkin-bread/



CARAMELIZED SQUASH

Ingredients

- 1 squash (best with pumpkin, Buttercup, Kabocha, Acorn)
- 3 Tbsp butter or coconut oil
- ½ cup cane sugar, molasses or maple syrup
- 2 tsp pumpkin pie spices, ground
- 1 pinch of salt

Instructions

- Preheat oven to 375 °F.
- Cut the squash in half or quarters. Remove all fibers and seeds.
- Rub the squash thoroughly with half the butter.
- Add sugar (or molasses) into the hollows of the squash.
- Sprinkle with the ground spices and salt.
- Divide the remaining butter into pieces and place on squash sections.
- Cook for 45 minutes to 1 hour, depending on the size of the squash.

Source: https://spicetrekkers.com/en-us/recipes/spicy-caramelized-squash