

Community SPICE LIBRARY

PITTSBURG · FRONTENAC

October – Allspice

Allspice Roasted Butternut Squash Soup

Ingredients:

- 1 medium butternut squash
- 2 tbsp olive oil
- ½ tsp ground allspice
- 1 small onion (chopped)
- 3 cloves fresh garlic
- 3 cups of vegetable broth
- Salt and pepper to taste

Instructions:

Preheat oven to 400°F. Peel and cube butternut squash, then toss in a bowl with garlic, olive oil, allspice, salt, and pepper. Spread on a baking sheet and roast 25–30 minutes until tender. In a pot, sauté onion until soft, then add roasted squash and vegetable broth. Simmer for 10–15 minutes then blend until smooth. Adjust seasoning to taste. Perfect as a starter or light lunch--or pair with Turmeric Coconut Rice from August 2025 for a hearty meal. Try adding a swirl of greek yogurt, coconut milk, or a sprinkle of toasted seeds on top. Garnish with fresh herbs like parsley or thyme, or add a pinch of cayenne for a little heat.



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Allspice tastes like a warm blend of cinnamon, cloves, and nutmeg, with a slight peppery and earthy kick

- Allspice is incredibly versatile and can be used in both sweet and savory dishes. Its warm, spicy flavor makes it a popular ingredient in Caribbean cuisine, especially in dishes like Jamaican jerk chicken and spiced rum. In European and Middle Eastern cooking, it is often used in sausages, soups, and stews.
- Contrary to its name, allspice is not a mix of different spices. It is the dried, unripe berry of the *Pimenta dioica* tree, a species native to the Caribbean and Central America. The name "allspice" was coined by English explorers who thought the spice tasted like a blend of cinnamon, nutmeg, and cloves.
- Allspice shines in baked goods like gingerbread, pumpkin pie, and spice cakes. Its ability to enhance the flavors of other spices makes it a staple in autumnal desserts and holiday treats.

What is the Spice Library?

Stop by Pittsburg Public Library or Frontenac Public Library each month to pick up the Spice of the Month, along with a specially curated recipe by Heather Horton, chef and owner of TOAST. Each recipe is designed to highlight the unique flavors of the featured spice. Perfect for home cooks and food lovers!

The Spice of the Month will be available at your library, with one per family per month, while supplies last.

Special thanks to Heather Horton and our friends at TOAST Restaurant!

