

Pumpkin



Nutrition

Pumpkin seeds pack a high nutrition punch, including protein, fiber and a variety of vitamins and minerals. They are an excellent source of potassium and vitamin A, as well as a good source of fiber.

How Pumpkins are Grown

Pumpkins are a warm season plant with the growing season beginning mid-May, after the last frost date. However, pumpkins are often planted slightly later in order to harvest in October. Pumpkins are grown on vines that spread along the ground. There are many different varieties that produce different size pumpkins, ranging from less than one pound to greater than 50 pounds.

Did you know?

- Original pumpkin pie recipes used a hollowed-out pumpkin instead of crust. They were stuffed with apples, milk and spices and then baked.
- Make your own pumpkin puree using local pumpkins! Cut open the pumpkin, remove pulp and seeds. Roast pumpkin pieces in the oven until tender. Place pieces in a blender or food processor and process until smooth.



Harvest

Pumpkins are ready to be picked when color is rich and solid. Leaving a few inches of the stem attached when picking is beneficial. This will extend the pumpkins shelf life.

Preparation

Pumpkin can be added to many of your everyday foods, including oatmeal, soups, salads, casseroles, breads and muffins. Pumpkin seeds are a great topping for salads or for a snack.

Storage

Pumpkins should be stored in a dry, cool area. Allow for air flow around the entire pumpkin to reduce bacteria. Once pumpkins are cut open, refrigerate for three to five days.

