



Pumpkin

The fruit of a plant related to the melon and the cucumber. The orange flesh of winter squash is fibrous and sweet and becomes soft when cooked.

Buying

Choose: a firm, intact pumpkin, heavy for its size, with dull skin. It should have part of its connecting stem attached.

Serving Ideas

Used in soups, stews and curries. As well as pies, cakes, muffins, cookies, desserts, and creams.

Cooking

Boiled: cut pumpkin into $\frac{3}{4}$ – $1\frac{1}{2}$ in. cubes, use only a little water and cook 10–15 min until tender.

Steamed: cut the pumpkin in half, into slices or chunks, season with salt and place on a rack in a large saucepan (15–40 min. depending on the size of the pieces).

Nutritional Information

Per 3.5 oz/100g	cooked
Water	89%
Protein	0.9g
Carbohydrates	8.8g
Fiber	2.8g
Calories	39

Preparing

The cooked flesh can be pureed and appropriate spices and sugar added to make into pumpkin pies.

Excellent Source: potassium and vitamin A

Contains: vitamin C, folic acid, pantothenic acid and copper.

Storing

At room temperature: 1 week- 2 months, in an environment sheltered from cold, heat and light. Leave part of the stem that connected the pumpkin to the plant and remove any soil residue.