

Pumpkin



Pumpkins are a type of winter squash. Pie pumpkins are grown specifically for cooking. They are a great source of vitamins Z and C as well as potassium and fiber.

Used in:

Soups, pastas, pancakes, muffins, or desserts

What do they taste like?

Pumpkin has a slightly sweet, earthy flavor. It can be used in both sweet and savory dishes. Cooked pumpkin has a soft, creamy texture.

How do I store, save, and freeze it?

Before use, store in a cool, dry, and dark place. Pumpkin will keep for a few months. Once cut, pumpkin can be wrapped and stored in the refrigerator for 1 week. To freeze: Pack cooked pumpkin in freezer safe containers/bags, label with date, and use within 8 to 12 months.

How do I prepare it?

1. Wash and scrub the pumpkin with water to remove any dirt. Cut the pumpkin in half from the stem ends and scoop out 2. the insides.
2. the insides.
3. Roast or boil until soft, then add to recipe.

How do I cook it?

In the oven: Cut pumpkin into desired pieces face down in baking dish and put into preheated 350°F oven for 1 to 2 hours or until tender. Let cool, then scrape out the flesh.

In the microwave: Place squash (skin on) cut side down in a microwave safe dish with 1-2 tbsp. of water. Cook on high until tender, checking every few minutes. Time will vary. Serve in skin or scoop out flesh, and season as desired.

Seasoning ideas: Sweet: cinnamon, nutmeg, allspice, ginger, maple syrup, or instead of water use apple juice or apple cider. Savory: garlic powder, onion powder, chili powder, oregano, or parsley.



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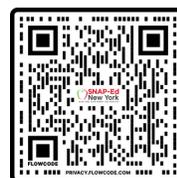


This guide has been adapted from the University of Rhode Island SNAP-Ed Program.

Recipes using Pumpkin from SNAP-Ed NY:



To find these recipes & more on our website.



To find more produce guides on our website.



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