

PUMPKIN

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Pumpkins are round winter squashes with smooth, ribbed skin. They come in deep yellow to orange colors and contain seeds.
- Select pumpkins that are firm with the stem still intact. Avoid brown spots, fuzziness near the stem, or any cracks.
- 1 cup of fresh pumpkin contains:
 - 17% of your recommended daily value of vitamin C to support immune health and aid in the body's healing process.
 - 9% of your recommended daily value of vitamin A to maintain eye and skin health and to protect the body against infections.



PREPARE

Wash and dry. Trim the skin, cut into large slices, scoop out the seeds, and cut into cubes.

Try pumpkin:

- *Mashed or pureed* for baking pies, muffins, or breads.
- *Roasted* and topped with nuts or brown sugar as a sweet side dish.
- *Season and roast* seeds to top soups and salads or as a snack alone.

STORE

- Wrap cut pumpkin tightly in cling wrap and refrigerate for up to a week.
- Leaving or removing the seeds do not make a difference in freshness. As long as the pumpkin is still firm, it should be safe to eat.