

# PUMPKIN



Pumpkin is a RED/ORANGE vegetable. A half cup of pumpkin provides more than a day's worth of vitamin A. It is also a good source of potassium, vitamin C, and fiber.

Typically, we think of pumpkin as a sweetened dessert item, but be sure to broaden your culinary palate and try it in savory soups and roasted. Serve fresh pumpkin cubed and roasted, or purée it and use it in creamy soups, baked goods, or smoothies.

## **FUN FACT :**

Pumpkins are 90 percent water.

Pumpkin seeds can be roasted as a snack.

In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.

Pumpkins are also used as feed for animals.



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Safety:	<p>Mark any cut raw pumpkin with an in-house “use by” date of 3-5 days and discard if not used by that date.</p> <p>If pumpkin has soft spots or black spots, or is moldy inside, <b>throw it away.</b></p> <p>Always use a different cutting board for vegetables than for meats to prevent cross contamination. Use gloves for produce that will be served raw.</p>
Yield:	<p>42.6 lbs of fresh pumpkin should yield 100 ½ cup mashed pumpkin.</p>
Quality:	<p>Select pumpkins with an intact rind and stem. Pumpkins will not store long if stem is missing or rind has been punctured.</p> <p>Pumpkins should be hard and fully colored (Japanese pumpkin rinds stay dark green) and feel solid.</p>
Storage:	<p>Pumpkins can be stored in a cool dark place for 3 months or longer if the rind and stem stay intact.</p> <p>Store all produce 3-6 inches off the floor. If stored in the chiller, do not store under foods that may drip and cross-contaminate, such as meat.</p>
Preparation:	<p>Select “pie-type” or Japanese Kabocha pumpkins for best results. (Pumpkins raised for decoration are watery and bland.) Rinse the outside of the pumpkin before cutting—using continuous running water. Take care to clean the area that was on the ground. Place it upright, using large chef knife, insert the point beneath the stem and draw down to cut the pumpkin in half. Scoop out seeds. It can now be cut into slices or cubes for steaming or roasting.</p>
Seasoning:	<p>Pumpkin squash is delicious with cinnamon and nutmeg. It also blends well with savory rosemary and sage, or curry.</p>

**TIP:** If winter squash is hard to cut, you can bake, steam, or microwave the whole squash for about 5 minutes to soften the rind just enough to make it easier to cut. Cut and cook immediately, do not store partially cooked cubes.

