

# Description

Pumpkins are in season August to November in Missouri. Vitamins A, C, and E, potassium, and manganese are some of the nutrients found in pumpkins. Vitamin A may reduce the risk of heart disease and certain cancers. Potassium plays a critical role in maintaining blood pressure. Manganese aids in building strong bones and regulating blood sugar.

### **Selection**

For cooking, avoid large orange pumpkins that are typically used for decorating as the flesh is stringy. Some varieties that can be used in cooking include Sugar/Pie pumpkins, Jarrahdale, and Buckskin.

#### Storing

Pumpkins can be stored for three to six months. Ideal temperature for storage is 40 to 50 degrees Fahrenheit. Do not store in the refrigerator or in a damp place as moisture will cause spoiling.

# **Preparing**

Pumpkins can be cooked by boiling, steaming, microwaving, or roasting. After cooking, it can be pureed or cut into pieces depending on the recipe being used.

# **Recipe of the Month**

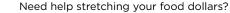
Pumpkin Pie Overnight Oats

#### **Ingredients:**

- 2 Tbsp pumpkin puree
- <sup>1</sup>/<sub>4</sub> tsp pumpkin pie spice
- 1/2 cup old-fashioned oats
- <sup>1</sup>/<sub>2</sub> cup milk of choice
- 1-2 Tbsp pure maple syrup
- Toasted pecans (optional)

#### **Directions**

- 1. Add all ingredients except pecans to a 16-ounce mason jar and stir or shake until combined.
- 2. Refrigerate overnight.
- 3. Before serving, top with pecans if desired.



Contact your local resource center or go online to: mydss.mo.gov/food-assistance



\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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