



PUMPKIN

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
- ¼ tsp pumpkin pie spice
- ½ cup old-fashioned oats
- ½ 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.

Nutrition Facts

Serving Size 1 cup raw cubes
pumpkin (245g)

Amount per serving

Calories 50

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0mg | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 3g | 11% |
| Total Sugars 5g | |
| Includes Added Sugars 0g | 0% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 37mg | 2% |
| Iron 1mg | 6% |
| Potassium 564mg | 10% |

*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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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Need help stretching your food dollars?

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

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