



Pumpkin

Selection:

Choose pumpkins that are firm and heavy for their size. Choose pumpkins with a rich, orange color. Avoid choosing pumpkins that are cracked, decayed, or excessively scarred.

Storage:

Whole pumpkins can be stored in a dry, airy location for several months. Pumpkin puree can be frozen for up to 10 months.

Dry Storage: Several months
Freezer (Pumpkin Puree): Up to 10 months

Use:

Rinse pumpkins first. To bake pumpkins, pierce many times and put in the oven at 325°F until they pierce easily. When cool, quarter the pumpkins and peel off the outer skin. Scoop out the seeds and stringy membrane. The pulp can be mashed or pureed and either used in recipes or frozen. The seeds can be roasted for a snack.



Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the amount of pumpkins you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Pumpkins

Use this table to find the total cost.

Example: What is the total cost for 3 lbs of Pumpkins at \$1.89 per lb? **3 lbs x \$1.89 = \$5.67**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.

Nutrition:

¾ cup Pumpkin

Nutrition Facts	
Serving Size ¾ cup (87g)	
Servings Per Container	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	
Vitamin A 130%	Vitamin C 15%
Calcium 2%	Iron 4%

Nutrition facts labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrition content.

The nutrition facts label shown here is for ¾ cup of pumpkin.

Recipe:

Quick 'n Easy Pumpkin Soup

Preparation Time: 25 minutes

Serves 4

Cups of Vegetables per Serving: ½

Ingredients:

2 cups low sodium chicken broth
dash of salt

1 teaspoon pumpkin pie spice

16 oz. pureed pumpkin, unsalted

1 cup skim milk

2-3 teaspoon artificial sweetener (sucralose)

Preparation:

1.) Combine broth, spices, and pumpkin in a saucepan over medium heat.

2.) Bring to a boil.

3.) Reduce heat and allow to simmer for about 15 minutes.

4.) Slowly add milk and heat through, careful not to boil. Add sweetener to taste.

Nutrition Information per Serving:

Calories 70, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 5mg, Sodium 480 mg, Carbohydrates 13 g, Dietary Fiber 3 g, Protein 4 g.

