

FOR IMMEDIATE RELEASE

For more information,
contact: Katherine Pinto
EFNEP and SNAP-Ed Agent, Wildcat Extension District
kd Pinto@ksu.edu, 620-232-1930

Pumpkins

What is round, smooth, slightly bumpy, and most often shades of deep yellow and orange? If you were thinking of Oranges, you're not wrong. But, in this article, I am referring to pumpkins!

Native to North America, pumpkins are one of the oldest domesticated plants, having been used as early as 7,000 to 5,500 B.C. Pumpkins are widely grown for food, but also make beautiful fall decorations! Pumpkins are commonly carved into decorative jack-o'-lanterns for the Halloween season.

Pumpkins aren't just pretty to look at; they provide a ton of great nutrition. Pumpkins provide a great source of vitamins A and C, Potassium, and Fiber.

Pumpkins are a type of winter squash that are available in October and November. If you really take a liking to pumpkin, canned pumpkin is convenient and available year-round. Unopened canned pumpkin is safe to eat for up to years after the 'use by' or 'best by' date if the can has no dents, rust, or swelling. Once opened, canned pumpkin can be kept in the refrigerator can be kept for 3 to 4 days. Store whole pumpkins in a cool, dark, and dry place for up to 3 months. With any pumpkins that you plan to consume, make sure that you scrub them under running water before cutting or cooking. Once cut, wrap tightly and store in the refrigerator for up to 1 week.

Pumpkins grown for cooking are called "Pie Pumpkins" and usually weigh from 2 to 10 pounds. Their flesh makes a smooth and flavorful puree. Choose pie pumpkins that are firm and heavy for their size, without cracks or any soft spots. Pumpkins grown for carving are often large and have a thinner wall of flesh that can be cooked but the texture and flavor are not always pleasant. Each pound of uncut pumpkin will provide 1 to 1 ½ cups of cooked puree. Pumpkin puree is a great way to add in flavor and fiber to your favorite food; I enjoy putting pumpkin puree into my morning oatmeal with Cinnamon!

There is so much fun to be had with pumpkins; get the whole family involved! When kids help make healthy food, they are more likely to try it!

Show kids how to:

- Gather ingredients and tools for cooking
- Measure and mix ingredients
- Follow proper food safety steps

Make decorating the house for all a fun family activity! Try visiting a local pumpkin patch and letting everyone pick out their own pumpkin. There are big ones and small ones, but most importantly there are some for everyone!

For more information, please contact, Katherine Pinto, EFNEP and SNAP-Ed Agent, kdpinto@ksu.edu or 620-232-1930.

###

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of K-State Research and Extension, Kansas State University, County Extension Councils, Extension Districts.