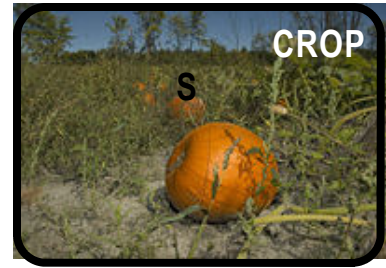


EXTENSION FACT SHEET

Caribbean Agricultural Extension Project
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Using and Storing Pumpkin

PUMPKINS belong to the same family as cucumbers, watermelons, muskmelons and gourds. Since pumpkins are watery vegetables, a large amount of cooking water is undesirable. Size and shape have little to do with flavour. Smaller pumpkins have less waste and usually a more tender flesh. One 5 pound (2 1/4 kg) pumpkin yields about 4 1/2 cups mashed, cooked pumpkin.

- Wash, dry and roast the seeds for a nutritious snack.

NUTRITIONAL BEBEFITS

Pumpkin is a good source of vitamins A and C. Vitamin A helps prevent night blindness. 100 g edible, raw pumpkin contains 30 calories hence it can be included in special diets.

TIPS ON STORING PUMPKIN

- Handle with care because bruises and cuts cause spoilage.
- Store in a cool, dry place to prevent rotting.
- Ideal storage may be in the garage, downstairs of a house or in big bags with fine holes.
- Ideal storage temperature is about 13 degree celcius or 55 degree ferenheit.

USING PUMPKINS

Pumpkin can be served in many ways:

- Boiled
- Steamed-serve steamed pumpkin as a side dish.
- In baked products-such as in breads or muffins.



BASIC COOKING DIRECTIONS

Half or quarter the pumpkin, remove the seeds and stringy portions. Cut into small pieces. The pumpkin can either be peeled thinly or it can be cooked with the skin on. Cook in a small amount of lightly salted water, until just tender.

Save pumpkin seeds to use as a nutritious snack.