



Pumpkin

Plant: Pumpkins are a warm season vegetable that can be grown from May to early July in warmer, southern sites. Pumpkins are a very tender vegetable, and should be grown once the possibility of frost has passed as the seeds will not germinate in cold soil.

Grow: Plant miniature pumpkin varieties one inch deep, with 2 or 3 seeds every 2 feet in the row. Rows should be spaced 6 to 8 feet apart. Pumpkins tolerate hot, dry weather well.

Harvest: Once the rind is hard and the pumpkin is a deep, solid color it is time to harvest. Harvesting usually occurs in late September or early October. Pruning shears should be used to cut the pumpkins, leaving 3 to 4 inches of stem attached.

Nutritional Information:

Pumpkins are rich in beta-carotene, which is converted to the active form of vitamin A in the body. Vitamin A is a fat soluble vitamin that helps in immune function and vision. Foods containing beta-carotene have been associated with a lower risk of developing certain types of cancer and heart disease. Pumpkins also contain vitamins C and E and are rich sources of dietary fiber.

Nutrition Facts	
Serving Size 1 cup, mashed 245g (245 g)	
Amount Per Serving	
Calories 49	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Sugars 2g	
Protein 2g	
Vitamin A 245%	Vitamin C 19%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 25g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 370g
Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
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How to Prepare: In order to get its maximum nutrients, it is best to steam the pumpkin meat. After steaming, the meat can be mashed and used as a puree. This puree can be used in pies, muffins or even ravioli. Pumpkin can also be cut into chunks and broiled in the oven and sprinkled with cinnamon for a sweet treat.



Fragrant Pumpkin Bisque

Yields: 8 servings

Serving size: 1 cup

Ingredients

3 cups fresh or canned pumpkin puree (not flavored pie filling)
3 cups homemade vegetable stock or low-sodium canned vegetable broth
1 teaspoon ground Mexican cinnamon
1 teaspoon ground ginger
1/2 teaspoon allspice
1/4 teaspoon freshly grated nutmeg
2 tablespoons honey
1-2 tablespoons chipotle puree (depending on how spicy you like it)
¾ cup Fage Total 2% plain Greek yogurt
Kosher salt and freshly ground pepper
½ cup toasted pumpkin seeds, for garnish
Cilantro leaves, for garnish

Ingredients for Sweet Cinnamon Cream

½ cup Fage Total 0% plain Greek yogurt
1 teaspoon ground cinnamon
½ teaspoon honey
1-2 tablespoons water
Salt and freshly ground black pepper

Preparation

1. To make Sweet Cinnamon Cream, whisk together the Fage Total 0%, cinnamon, honey, and splash of water and season with salt and pepper to taste. Cover and refrigerate for at least 30 minutes and up to 4 hours to allow the flavors to meld.
2. Combine the pumpkin puree and 2 cups of the stock in a medium saucepan and bring to a boil over high heat. Add the spices, honey and chipotle puree, reduce the heat to medium-low for 20 minutes, stirring occasionally. Whisk in a little more stock if needed to thin out.
3. Remove the soup from the heat and let sit 2 minutes. Whisk in the Fage 2% Greek yogurt (off the heat) and season with salt and pepper. Ladle the soup into bowls and drizzle each with some of the Sweet Cinnamon Cream. Garnish with pumpkin seeds and cilantro leaves.

Nutrition Facts per Serving:

80 calories, 1 g fat, 15 g carbohydrates, 1 g fiber, 5 g protein