Pumpkins: More Than Just For Carving

Have you ever eaten a pumpkin?

Fall is fresh pumpkin season, but pumpkins can be used to make delicious healthful treats all year around.

Fresh or canned, pumpkins are full of essential nutrients, especially vitamin A, potassium and fiber.

Pumpkin seeds are packed with protein and rich in minerals.

Edible Pumpkin Possibilities

Canned pumpkin is great for making soups, stews, breads, smoothies and spreads. Be sure to use 100% pumpkin puree in the can, or make your own.

Use chunks of pumpkin in healthy stir fries, salads or baked vegetable dishes to add color, texture and flavor.

Try drying, toasting or roasting pumpkin seeds for a great crunchy snack. Sealed in an airtight container seeds last for weeks.