

# Pumpkin

- Choose pumpkins with bright orange skin and no spots.
- Store in a cool, dry place for up to 1 month.
- Before cooking, rinse, cut in half, remove seeds and cut into small pieces. Boil or roast until pieces are tender, about 10 to 20 minutes.
- Pumpkin has vitamin A, which is good for your eyes and skin.



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## Curried Pumpkin and Potato

### Ingredients:

1 tablespoon vegetable oil  
1 onion, sliced  
1 garlic clove, chopped  
2 1/2 teaspoons curry powder  
1 pumpkin or any winter squash, chopped  
2 potatoes, chopped  
3/4 cup raisins  
Salt and pepper to taste  
Chopped fresh cilantro, to taste (optional)

### Directions:

1. In a medium pot, heat oil over medium heat.
2. Add onion and cook for 5 minutes. Add garlic and cook for 1 more minute.
3. Add curry powder, pumpkin, potatoes, salt and pepper. Cook for 5 minutes, stirring often.
4. Add 1 1/2 cups of water and raisins. Cover and cook until the pumpkin and potatoes are soft, 5 to 10 minutes.
5. Add cilantro. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [countryliving.com](http://countryliving.com).

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## Pumpkin Sage Soup

### Ingredients:

1 tablespoon vegetable oil  
2 cups chopped onion  
2 tablespoons chopped parsley  
2 tablespoons chopped sage  
4 cups diced pumpkin or calabaza squash  
3 garlic cloves  
Salt and pepper to taste

### Directions:

1. In a large pot, heat over medium heat.
2. Add onion, parsley and sage and cook until onion is soft, about 6 to 8 minutes. Stir often.
3. Add pumpkin and garlic and cook 2 minutes.
4. Add 3 cups of water. Cover and cook until pumpkin is tender, about 12 to 15 minutes.
5. Puree in a blender, adding extra water as needed. Add salt and pepper to taste.
6. Return to pot to reheat or enjoy at room temperature.
7. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [bonappetit.com](http://bonappetit.com).

## Quick Tips

- Puree cooked pumpkin and add to pancake batter.
- Scoop out seeds from the pumpkin and rinse. Salt seeds lightly and bake at 350 degrees Fahrenheit for 15 minutes.
- Pumpkin is a type of winter squash. Any type of winter squash can be used in place of another.

## Kids can:

- Scoop out and rinse pumpkin seeds for baking.
- Measure and add ingredients to recipes.