



# Pumpkin

Illinois is a top pumpkin processing state. Enjoy these cucubrits in a variety of sweet and savory recipes.



## Nutrition

- Nutritionally, 1/2 cup pureed pumpkin has around 40 calories, 10g carbohydrate, 3g fiber, and is a source of vitamins and minerals, including vitamin C, vitamin A, folate, and potassium.
- Pumpkin is not a significant source of fat, protein, or sodium.



## Shopping

- Buy the style of canned pumpkin you need. Pumpkin puree is not the same as pumpkin pie mix or pumpkin pie filling.
- For a list of pumpkin varieties that are good for eating, visit the "Watch Your Garden Grow" website from Illinois Extension at [web.extension.illinois.edu/veggies](http://web.extension.illinois.edu/veggies).



## Price

- Canned pumpkin averages \$0.75 per cup.

Source: U.S. Department of Agriculture, Fruit and Vegetable Prices



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## Storage

- Keep unopened canned pumpkin in a cool, dry and dark location, like a pantry.



## Eat

- Pumpkin works well in both sweet and savory recipes. Muffins, pie and bread are classic options. Also try pumpkin chili or pumpkin pasta recipes.



## Preparation

- Canned pumpkin is ready to use straight from the can.
- Once the can is opened, refrigerate any extra pumpkin within 2 hours. Use within 7 days or freeze for longer storage.
- **Preserve at Home**
  - Canning, freezing, and drying are all options for preserving pumpkins.
  - The "National Center for Home Food Preservation" currently recommends only canning cubed pumpkin, not pureed.
  - Visit the "National Center for Home Food Preservation" at [nchfp.uga.edu](http://nchfp.uga.edu) for recipes and instructions.



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