



Pumpkin

NUTRITION:

Pumpkin is an excellent source of vitamin A and fiber. 1/2 cup contains 40 calories.

HOW TO SELECT:

Look for pumpkins true to type in size, shape, and color. Thick flesh and heavy for size. Rind should be clean and hard. Avoid pumpkins that are misshapen, have scars or blemishes and are light weight for their size.

STORAGE:

Pumpkins should be harvested before the first frost. Wipe and polish them with a soft cloth. Leave 1" of stem attached. Cure for 10 days in an area that is 80-85 degrees F. This hardens the rinds and heals the surface cuts. Then store in a dry, warm (50-60 degrees F) area on shelves in a single layer so air can circulate around them. Such areas might include a dry basement, heated garage, or closets that adjoin an outside wall.

FREEZING:

Select full colored mature pumpkin. Cut or break into fairly uniform pieces. Remove seeds. Bake at 350 degrees F or steam until tender. Cool, scoop pulp from rind and mash or put through ricer. Pack in moisture vapor proof container allowing at least 1" headspace for expansion. Label, date containers and freeze. This should maintain high quality for 8-12 months.

CANNING:

PRESSURE CAN

Produce needed per quart jar: 1-1/2 to 3 pounds of pumpkin or 15 pounds per 7 quart canner. Select full colored mature pumpkin. Wash, remove seeds and peel. Cut into 1" cubes. Add just enough water to cover, boil for 2 minutes. **Caution:** Do not mash or puree. Fill jars with cubes and cooking liquids leaving 1" headspace. Adjust lids and process in pressure canner, pints 55 minutes at 10 pounds (weighted gauge) or 11 pounds (dial gauge) and quarts for 90 minutes at 10 pounds (weighted gauge) or 11 pounds (dial gauge).

Note: For making pies, drain jars and strain or sieve cubes.

For more information call WSU Skagit County Extension:

360-428-4270

Or visit:

<http://skagit.wsu.edu/FAM/MFP.htm>

**HANDOUT DEVELOPED BY: WSU Master Food Preservers
Under the direction of
Joanne Austin, Skagit County Extension Faculty
WSU Skagit County Extension**