

# Pumpkin

Pumpkin is a vibrant orange squash known for its mildly sweet flesh and rich beta-carotene content, which converts to vitamin A to support eye and immune health. Low in calories and high in fiber, pumpkin aids digestion and promotes heart health.

Pumpkins are incredibly versatile; while they're most commonly cooked for their flesh, the seeds can also be roasted and eaten. It's a seasonal favorite in soups, pies, and roasted dishes, delivering both nutrition and warmth.



## Pumpkin Soup

### INGREDIENTS

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground ginger (or 1 tablespoon fresh ginger, grated)
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon ground nutmeg
- $\frac{1}{2}$  teaspoon ground cumin
- 1 can (15 oz) pumpkin puree (or 2 cups fresh pumpkin, roasted and pureed)
- 4 cups vegetable broth or chicken broth
- 1 cup coconut milk (or heavy cream for a richer soup)
- Salt and pepper to taste

### DIRECTIONS

1. In a large pot, heat olive oil over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes. Add minced garlic, ginger, cinnamon, nutmeg, and cumin, and cook for an additional 1-2 minutes until fragrant.
2. Stir in the pumpkin puree, mixing well. If using fresh pumpkin, make sure it's already roasted and pureed.
3. Gradually pour in the vegetable or chicken broth, stirring to combine. Bring the mixture to a gentle simmer and let it cook for about 15-20 minutes, allowing the flavors to meld.
4. Using an immersion blender, puree the soup until smooth. Alternatively, carefully transfer the soup in batches to a blender and blend until creamy. Return the blended soup to the pot.
5. Stir in the coconut milk or heavy cream and heat gently, ensuring it doesn't boil. Season with salt and pepper to taste.
6. Ladle the soup into bowls and enjoy!

### STORAGE & SELECTION

Look for pumpkins with a hard, smooth skin free of soft spots or cracks. They should feel heavy for their size. Whole pumpkins can be stored in a cool, dry place for up to 2-3 months. Cut pumpkins should be wrapped tightly and refrigerated for up to 5 days.