Fresh Vegetable

PUMPKIN



Ref: ZUC-04

Italian name: Zucca

Weight order: 4-5kg

Description: Pumpkins are the most famous of all the winter squashes, and are most associated with Halloween lanterns. The varieties of pumpkin grown in Italy are typically the big orange Halloween pumpkins as well as dark green ones. Inside the hard orange or yellow skin, the bright orange flesh is sweet and honied. They are a particularly good source of fibre, as well as a range of vitamins and minerals.

Season: Winter

Serving suggestion: The orange flesh is cooked as a sweet vegetable or enjoyed as a soup. Diced pumpkin may be sprinkled with cheese and olive oil and grilled au gratin in a hot oven. Pumpkin is also used as a sweet pie filling or as holiday decorations.

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