

# Pumpkins

- Puree pumpkin flesh to add creaminess to soups, or bake whole and stuff with a lentil or rice mixture. Serve oven-roasted or spice & roast the seeds for an easy snack!
- Take your time eating (good for several weeks)

Store whole pumpkin in a cool & dry area. Avoid refrigeration.

*To freeze: cut & remove seeds, slice and bake until pulp is soft. Mash and store in airtight container.*

