



## Press Releases

### **Beautiful to see, good to eat: ten ways to use pumpkins**

From beer to purifying face masks, not forgetting delicious recipes, festive decorations and even musical instruments, the pumpkin is considered the king of autumn thanks to its sweetness and versatility. All its parts are used: peel, flesh, seeds ... and not only in the kitchen.

Here is our top ten of the most interesting ways to use pumpkin.

**And the top spot goes to – pumpkin ale**, tasty, spicy and with such warm autumnal colours and aromas. Common in the USA, pumpkin ale has taken off in Italy too. In addition to pumpkin, specific caramel malts and a mix of spices like cinnamon, nutmeg and pepper and orange peel are used. It should be served at a temperature of about 10 ° C and is perfect to accompany desserts, especially creamy ones, or savoury pumpkin-based dishes such as gnocchi and stuffed pasta or just as an aperitif to enjoy with cheese or appetizers.

**In second place, pumpkin oil**, cold-pressed from the seeds. This vegetable oil is now increasingly popular and has been protected by the European Union PGI (Protected geographical indication) quality label. Rich in vitamin E, it contributes to lowering cholesterol levels, because it contains beta sterols, substances similar in structure to androgens and oestrogens and is beneficial for heart health and circulatory problems. It takes at least 35 pumpkins to produce a bottle of seed oil.

**In third place, homemade sponges and beauty treatments** such as anti-aging moisturizing masks, smoothing scrubs and hair wraps. The non-abrasive vegetable loofah sponge is obtained from the luffa gourd, and is perfect both for washing the dishes and in the shower. Beauty treatments are quick and easy to prepare, sustainable, good value and good for you, as pumpkin is rich in vitamin A, vitamin C and zinc. You can make a mask with pumpkin pulp and aloe for your face, which will give the effect of a light natural lifting or a body scrub of pumpkin and brown sugar, which will make your skin softer and smoother or even a pack to revitalize your hair with cooked pumpkin, coconut oil and lemon juice.



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**In fourth place the decorative pumpkins for Halloween:** one trend this year is a pumpkin painted in black and white to decorate your festive table. You can indulge yourself with stencils and decoupage according to the style of the house or create "dark" pumpkins by wrapping the stem with black ribbon.



**In fifth place using pumpkin in the kitchen,** which embraces many recipes from appetizers to desserts, to satisfy everyone's tastes. Try a classic risotto, where rice and pumpkin represent a perfect combination. You can add some sausage and maybe stir in a soft cheese that will melt a little in such as taleggio. Or a creamy soup, whether in a lighter version as a first course or enriched with cheeses, butter, croutons as a main dish. Pumpkin gnocchi are so inviting, or let your imagination run wild with filled pasta: tortelli, tortelloni, ravioli, cappellacci, stuffed with pumpkin, amaretti and mustard or with parmesan, nutmeg and eggs or with hazelnuts, lemon and a pinch of cinnamon. For dessert, pumpkin cake and amaretti, to be prepared with the Mantua and Delica varieties, and of course Halloween desserts made in the States: pumpkin pie - also made for Thanksgiving Day- caramelized apples, doughnuts, tarts and cookies with pumpkin and chocolate.



**In sixth place pumpkin for medical purposes:** rich in water, it has a diuretic and calming action. In addition, its pulp can be used to soothe skin inflammations, while the peel can be used for minor burns. Rich in fibre and antioxidants, it can help you lose weight and have a clear and glowing skin. Finally, the seeds can help prevent cystitis, because they contain cucurbitin that can help prevent and treat urinary disorders.

**In seventh place a pumpkin vase,** perfect for an autumn table and a floral centrepiece. A pumpkin can serve as a vase for flowers or for succulent plants. You just need to choose a pumpkin from a nursery and buy a pumpkin carving kit. Hollow out the inside with a scoop and remove the flesh and seeds, insert a plastic container of the right size and fill it with colourful flowers or plants. And why not embellish it with pebbles, coloured stones or even moss.

**In eighth place the Pumpkin Patch:** around Italy, following the example in the States for Halloween parties, beautiful gardens have now been cultivated, where the undoubted star in autumn is the orange, beautiful and inviting pumpkin. Visitors, especially children, visit these huge gardens full of thousands of pumpkins. Armed with red trolleys, they choose their pumpkin, load it on the trolley, take part in carving workshops and then take their spooky carved pumpkin home. And so much more: corn mazes, street food kiosks with savoury and sweet pumpkin-based dishes, small animal farms, themed shops and super instagrammable corners for taking photos. So much so that the Pumpkin Patches are besieged, especially by families and influencers, and a perfect opportunity for everyone to spend a day in contact with nature and animals.

**In ninth place, pumpkin tisane** to better face the change of season. It is rich in vitamins E and F, mineral salts, proteins and carbohydrates. If we add lemon and carrot to the drink, it is even more effective! The pumpkin can help as a sort of chromotherapy: its orange, warm and bright colour helps to transmit happiness and optimism.

How can you prepare this herbal tea? First boil the flesh, then boil the seeds, pound them in a mortar and cook them again. Filter the seeds, add them to the flesh and blend. Add lemon juice, carrots cut into strips, boil for 10 minutes and the tisane is ready.

**In tenth place the pumpkin to make music.** The lagenaria gourd variety is used, the external structure is dried and processed and made for some musical instruments, like the berimbau which is played in the practice of the Afro-Brazilian martial art capoeira, b several types of drums and the so-called "thumb piano".



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