



The I Love Fruit & Veg Campaign: Pumpkins, autumn's queens

Switzerland, October 31, 2021: Once upon a time used to bring girls to castles or to decorate gardens carved with the shape of Jack-o'-lantern; pumpkins have also conquered for themselves long ago a place as queens of autumn in our kitchens.

Perfect protagonists in soups and gnocchi appreciated in risotto, adorable when stuffed or as a base for fillings, delicious in cakes, and creating spoon desserts. For a moment of creamy delicacies, the cooked pulp can also be mixed into smoothies together with banana, vegetable milk, and some spices like cinnamon. There are so many recipes with pumpkin: not only are they colorful, sweet, and delicious, but they are also very interesting from a nutritional point of view, perfect for fizzy days.

Pumpkin belongs to the cucurbit family, which also includes cucumbers, courgettes, melons, and watermelons. Although it is a low-calorie food (about 25 per 100 grams), it is very nutritious and satiating. What about its many properties? It is rich in carotenes, substances that the body uses for the production of vitamin A and which have antioxidant and anti-inflammatory properties. It is also rich in water (more than 90%), which aids diuresis, and it is low in sugar, thus helping to safeguard the health of the arteries and the heart. It contains vitamins C and B, as well as important minerals such as calcium, phosphorus, potassium, sodium, and even magnesium (contained in its seeds), which acts as a muscle relaxant and helps combat physical fatigue and stress. Rich in fiber, it aids the regular functioning of the intestinal transit and fills you up for a long time without weighing you down. In the kitchen, nothing really goes wasted: flowers, pulp, skin, and seeds are all edible.

The cooking process starts off almost always in the oven, as it will be easier to peel away the skin. When preparing a soup, the peel is as tasty as the flesh and it will add a creamy

consistency if mixed together. For stuffing into pies or adding to tarts and pizzas, you might be better peeling and cubing them first.

Cut into moon slices and roast in the oven with a drizzle of olive oil and a sprinkle of rosemary (ca 200C/for 40-45 min), it is a perfect appetizer or side dish. But pumpkins go very well together with other veggies and ingredients too: for example, rice, cheeses, eggs, nuts, and exotic flavors like butternuts, coconut, and curry.

Finally, if you do not cook it straightaway, it's best to keep it in a cool place where it can be preserved for several weeks or you can wash it, cut it into cubes and freeze it in freezer bags, so you'll always have portions of this wonderful vegetable to hand.

To find out more about the "I Love Fruit & Veg Campaign" and learn about the versatility and the thousands of recipes based on fresh fruits and vegetables to bring to your table every day, visit our website <https://ilovefruitandvegfromeurope.com> or contact us at the following email address ch.social@ilovefruitandvegfromeurope.com

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