

WHERE GOOD FOOD BEGINS

FRESH FROM THE FIELD



# PUMPKIN

*Cucurbita*

**PLANTING** Aug - Sept. **HARVEST** Jan - April **PROCESS** April - Aug

## INGREDIENTS

- *Pumpkin Powder*
- *IQF Pumpkin*

We grow a specific ornage skin pumpkin htta has a natural sweet creamy flavour

We harvest at this time and store our pumpkins till they reach the optimum maturity for processing in the autumn.

Pumpkins are an excellent source of vitamins, calcium & potassium and make a comforting meal in the cold of winter