

# SQUASH

*Cucurbita maxima*

HARVEST Jan - April PROCESSING April - June

## INGREDIENTS

- *Pumpkin Powder*
- *IQF Pumpkin*
- *Pumpkin Puree*

Squash (kabocha, buttercup) are grown in Gisborne and Hawkes Bay over the summer for fresh export markets in Asia.

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

