

PUMPKIN

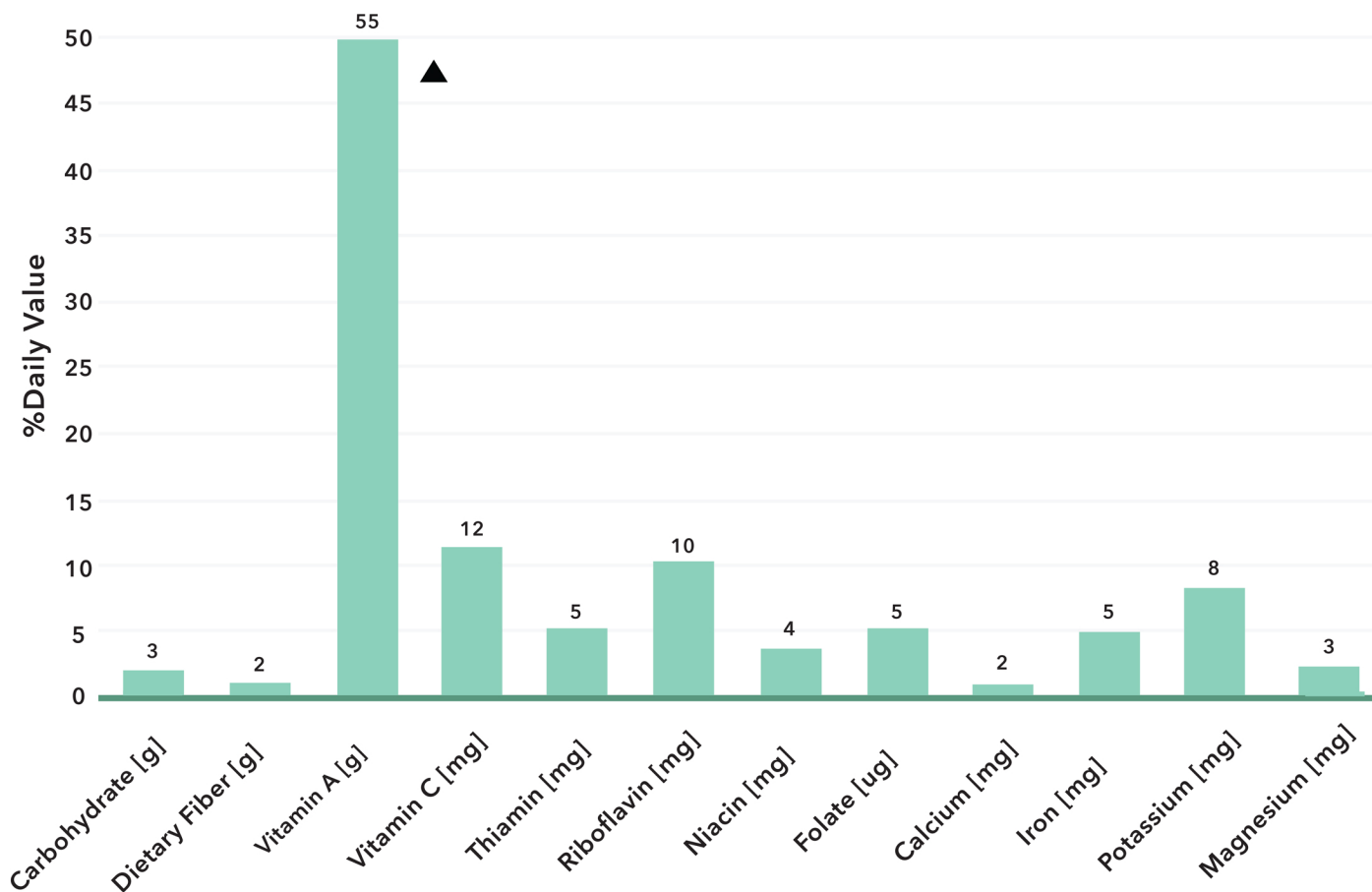


KALAMASA

PUMPKIN / KALAMASA

Cucurbita pepo

(CHamoru Name)



* ▲ = AMOUNT EXCEEDS GRAPH LIMITS

*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

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SEASON

Peak availability
January through
July; moderate
availability
year-round
January through
December

DID YOU KNOW?

All parts of the pumpkin can be used in nutritious cuisine - flesh (inside), seeds (roasted), and the leafy green pumpkin tips.

Graph based upon USDA database for 1 cup, raw, 1 " cubes (116 g)

