

# Eat with the Seasons - Pumpkin






Best season:  
July – December

Stay Tuned  
for  
**Low Carbon  
Dining Week**  
next month

Green Tips - Sep 2022

My Green Pledges: Eat More Vegetables

## Eat Seasonally, Eat Local

-  lower carbon footprint
-  more nutritional value and better taste
-  support local farmers and communities

## Health Benefits

excellent source of  
**Vitamins A, C and E,  
Beta-carotene and Antioxidants**

Boost healthy skin

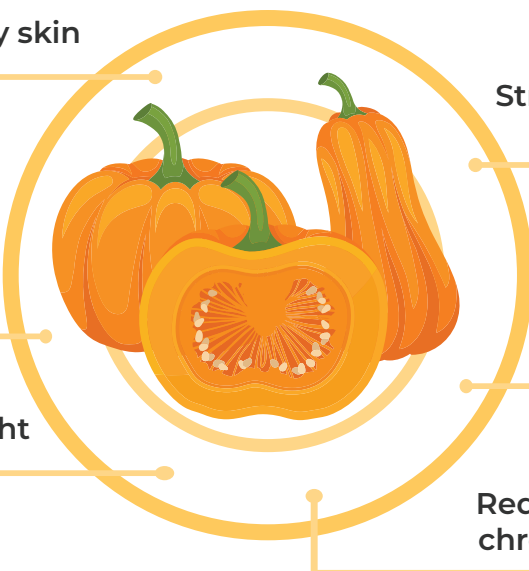
Strengthen immune system

Reduce risk of cancer

Prevent heart diseases

Protect eyesight

Reduce risk of chronic diseases



## Easy Recipe



## Pumpkin Soup

### INGREDIENTS

- Pumpkin 1.2kg/2.4lb (unpeeled weight)
- Onion x 1 (sliced)
- Garlic cloves x 2 (peeled)
- Vegetable broth 750ml
- Water 250ml
- Cream or milk 125 - 185ml



- 1 Place peeled pumpkin, onion, garlic, broth and water into a pot
- 2 Boil rapidly for 15 minutes until pumpkin is very tender
- 3 Use a stick blender or transfer to blender to puree the soup
- 4 Adjust salt and pepper to taste, then add either milk or cream

Source: RecipeTin Eats

References

- BBC Good Food. Top 5 health benefits of pumpkin. Available: <https://www.bbcgoodfood.com/howto/guide/health-benefits-pumpkin>
- Kadoorie Farm and Botanic Garden. Farming Calendar (and What's In Season). Available: <https://www.kfbg.org/en/why-farming-matters/farming-calendar>



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