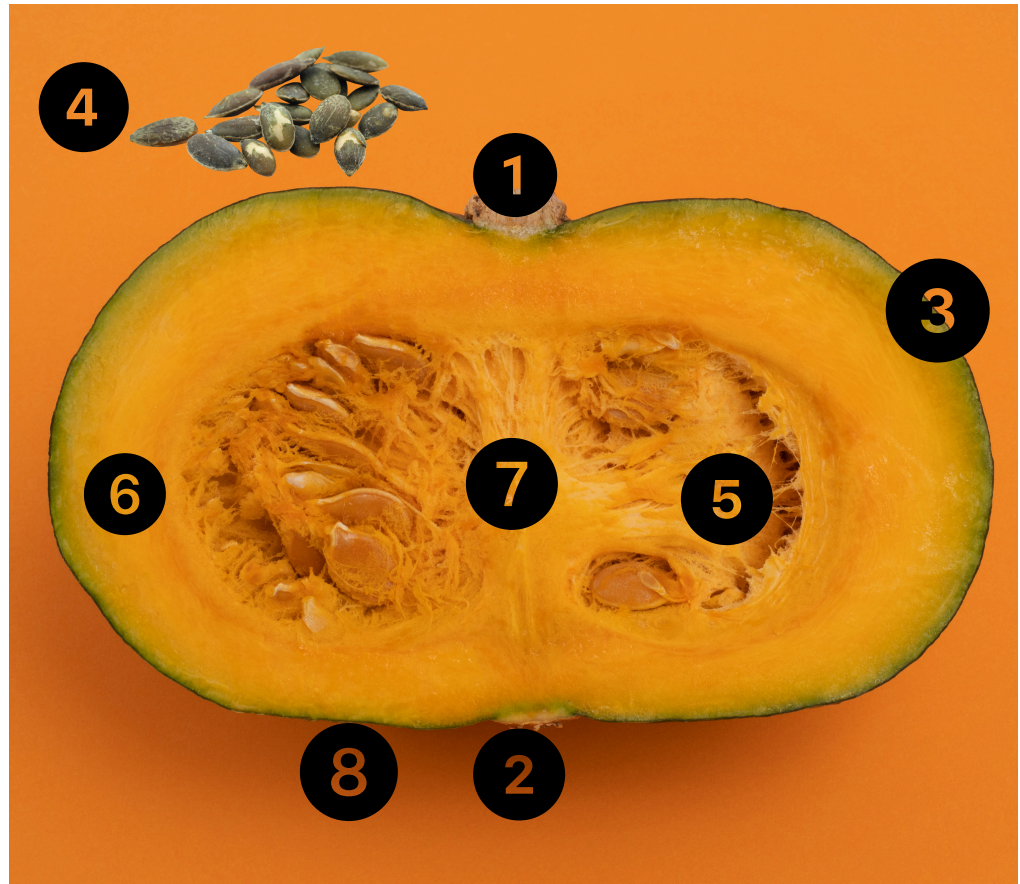


What Parts of a Pumpkin are Edible?

- 1 STEM
- 2 BLOSSOM END
- 3 SKIN
- 4 SEEDS
- 5 FIBROUS STRANDS
- 6 FLESH/MEAT/PULP
- 7 CAVITY
- 8 RIBS



Pumpkins are very versatile in their uses for cooking. Most parts of the pumpkin are edible, including the fleshy shell, the seeds, the leaves, and even the flowers.

What can I use the inside of a pumpkin for?

Turns out pumpkin guts are deeply flavorful and can also be used in any recipe that calls for chicken or vegetable broth. Sauté the pulp with diced onions and other vegetable scraps, then add water and let the mixture simmer for 30 to 60 minutes before straining.

Other ideas!

- Roasted Pumpkin Seeds. Making roasted pumpkin seeds is a great snack option. ...
- Pumpkin Butter. Pop all of the ingredients in your crock pot and let this simmer overnight. ...
- Pumpkin Dog Treats. ...
- Pumpkin Body Scrub. ...
- Pumpkin Cheesecake. ...
- Pumpkin Cornbread Muffins. ...
- Pumpkin Soup.

How can I tell if my pumpkin is edible?

The skin of a pumpkin will be hard when it is ripe. Use a fingernail and gently try to puncture the pumpkin's skin. If the skin dents but doesn't puncture, the pumpkin is ready to pick.

There are no known side effects to eating pumpkin, so long as you're not allergic.

Are pumpkins a superfood? Yes, pumpkins have superfood qualities, like all fruits and vegetables. Pumpkins have vitamin A, antioxidants, and fiber — all of which make them a nutritious option.

Pumpkins contain compounds that promote healthy skin. They are high in carotenoids like beta-carotene, which your body turns into vitamin A.