

## In Praise of Pumpkins

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Round and orange they grin and glow, unmistakable signs of fall.

But pumpkins don't shine only as jack-o'-lanterns. These nutritious golden stars of the harvest season—packed with fiber, potassium and vitamin A—have a long history of lighting up many a delish dish.

In times past, pumpkin was a Native American staple that was roasted over an open fire. And when colonists filled the plump orange gourds with milk, spices and honey and baked them in hot ashes, it was the precursor of our classic Thanksgiving dessert. The pie's not the limit.

## For Your Kitchen

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Today, pumpkin is in everything from summertime smoothies to specialty coffees that taste like autumn. In fall and winter, try fresh pumpkin in:

- Chili.
- Enchiladas.
- Pasta dishes.
- Soups and stews.
- Stir-fries.

Be sure to pick a blemish-free pumpkin (labeled as sweet or pie) that's heavy and free of soft spots and has a 1- to 2-inch stem still attached. Peel it, cut it into cubes—and it's ready to cook.

Sound like too much work? Try plain, solid-packed canned pumpkin. It's also packed with nutrition and available year-round. The puree can add savory goodness to dips, breads, muffins, puddings and smoothies.

So whether you classify pumpkin as a fruit (as botanists do) or a veggie, carving out space for it in your menu can boost flavor and nutrition all year. And that's something to grin about.



# Nutrition Resources

We want your feedback.  
Take our quick survey!



## Eating Well Starts Here

If you need help choosing healthier food options or need some healthy eating recipes, you can talk with your primary care provider.

### Contra Costa Health

#### Medically Tailored Meals:

Some people may qualify to have meals or groceries sent to their homes. These menus are created for certain health needs.

This program may also include cooking and/or nutrition education. If you have one of the following, talk to your provider today:

- Gestational diabetes.
- Poorly controlled diabetes.
- Poorly controlled heart failure.
- ESRD on dialysis.
- Metabolic syndrome.

Talk to your case manager, PCP, or other provider about getting a referral. You can also call CCHP Member Services at **1-877-661-6230**.

### Health Education



Get access to health tips, self-management tools, and more information on nutrition by visiting [healthed.cchealth.org](http://healthed.cchealth.org) or scanning the QR code.

### Helpful Resources

#### Women, Infants, and Children (WIC)

Website: [cchealth.org/services-and-programs/support-for-families/](http://cchealth.org/services-and-programs/support-for-families/)

#### Cal-Fresh

Website: [cdss.ca.gov/food-nutrition/calfresh](http://cdss.ca.gov/food-nutrition/calfresh)

#### My Plate

Website: [myplate.gov/myplate-plan](http://myplate.gov/myplate-plan)

#### Fresh Approach

Website: [freshapproach.org/](http://freshapproach.org/)

