

FRESH
IN SEASON

PIE PUMPKINS

Pie pumpkins are sweeter than other varieties making them the perfect pumpkin for baking and cooking.

PREPARATION TIPS

For every pound of whole pie pumpkin, you end up with about 1 cup (8 oz) of pumpkin purée to work with in pies.

A size of 4 to 6 pounds yields enough flesh to make one pie from.

APPLICATIONS

Roast it whole, steam it, or cut it into smaller pieces before cooking into soups and curries.



**Indianapolis
Fruit**

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