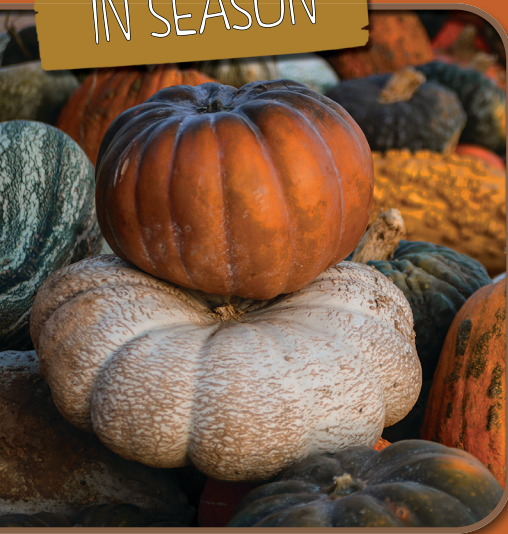


FRESH  
IN SEASON

# HEIRLOOM PUMPKINS



Not only do heirloom pumpkin varieties make beautiful additions to your porch, house or landscape, you can turn them into soups, stews, breads and desserts. These round-fruited squash can be orange, white, green, brown, smooth, bumpy, or striped.

## HIGHLIGHTS

Enjoy grilled, steamed, baked, boiled, or roasted. Pumpkin also can be pureed and baked in bread or cake, or cooked in soup.

A great source of nutrition: dietary fiber, vitamin A, vitamin C, riboflavin, potassium, copper, manganese, vitamin E, thiamin, niacin, vitamin B6, folate, iron, calcium, magnesium, and phosphorus and pumpkin seeds are full of nutrients, too.



**Indianapolis  
Fruit**  
Distributors of Fruits  
Vegetables & Floral

*Produce a Fresh Experience Together*