



SEASONAL  
KITCHEN

# PUMPKINS

## DID YOU KNOW?

**Pumpkins are 90% water! Despite their dense appearance, they're incredibly hydrating – and that's part of what makes them so great for soups and purées.**

**Pumpkins are rich in beta-carotene, a powerful antioxidant that your body converts into vitamin A. This supports healthy vision, boosts immunity, and helps keep your skin glowing – especially important during the colder months!**