



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Pumpkin

*Lakota: wadmúzi*



## Pick it!

Choose heavy pumpkins with no cracks and hard skin.

## Try it!

Store in a cool, dark, dry place for 2-3 months. Seed and peel before cooking and eating.

## Like it!



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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Pumpkin

*Lakota: wagnúzi*

## Pick it!

Look for a heavy pumpkin with 3-4 inches of stem still attached.

Avoid pumpkins with bruises or soft spots.

Should be uniformly orange with a nice, hard rind.

Lopsided pumpkins are just as good as the round ones.

Store in a cool, dry, dark place for 2-3 months.



## Try it!

Pumpkin is most popularly used in pies.

Also used to make bars, bread and pumpkin soup.

Pumpkin seeds can be roasted in the oven for a snack.

Rinse, cut in half and roast pumpkins on a baking sheet or steam on the stove or microwave.

After cooling, remove from the skin, and puree with a food processor or potato masher.



## Types of Pumpkins

**Small sugar:** Smaller, sweeter pie pumpkins grown to be eaten, in the winter squash family, used like an acorn squash

**Carving:** Standard orange in small, medium or large sizes, usually used for holiday decor but may be eaten



## Did you know...

Sodium and potassium create a balance in the body to make muscles contract, transmit nerve impulses and regulate blood pressure and heartbeat.

In season:



Summer and  
Fall



**Like it!**

## **Pumpkin and White Bean Soup**

### **Ingredients**

- 1 ½ cups apple juice
- 1-15 oz. can small white beans
- 1 small onion, finely chopped
- 1 cup water
- 1-15 oz. can pumpkin
- ½ teaspoon cinnamon
- ⅛ teaspoon nutmeg, allspice or ginger
- ½ teaspoon black pepper
- ¼ teaspoon salt

### **Directions**

1. Mash white beans, onions and water with a fork until smooth. Set aside.
2. In a large pot, add pumpkin, juice, cinnamon, pepper and salt. If using nutmeg, allspice or ginger, add that too. Stir.
3. Add bean mix to pot. Cook over low heat for 15-20 minutes, until warmed through.

Makes 6 servings

Nutrition Facts per Serving:

Calories 140, Fat 1g; Sodium 420mg; Carbohydrates 28g; Fiber 7g; Sugars 10g; Protein 7g

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-and-bean-soup](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-and-bean-soup)

*Lakota word translate by Jeshua Estes.*

## **Pumpkin Mac and Cheese**

### **Ingredients**

- 1-16 oz. box whole-wheat macaroni
- 3 Tablespoons salted butter
- 3 Tablespoons flour
- 2 cups 1% or fat-free milk
- 1 teaspoon mustard
- 1 ¼ cups pumpkin puree
- 2 cups shredded cheddar cheese
- ¼ teaspoon pepper
- ¼ teaspoon nutmeg
- A generous pinch of salt

### **Directions**

1. Cook macaroni according to directions.
2. In a skillet melt butter, add flour and cook 2 minutes.
3. Add milk, heat to a simmer for about 4 minutes, until mixture coats the back of a spoon.
4. Add seasonings and pumpkin, add cheese and stir until melted. Mix in macaroni.
5. Pour into lightly greased 9x13 pan. Bake at 350 degree F 20-25 minutes until golden brown.

Yield 10 servings.

Nutrition Facts per Serving:

Calories 320; Fat 12g; Sodium 24mg; Carbohydrates 41g; Fiber 5g; Sugars 4g; Protein 15g

Sources: [urbanext.illinois.edu/fruitsandveggies.org/fruits-and-veggies/pumpkin/](https://urbanext.illinois.edu/fruitsandveggies.org/fruits-and-veggies/pumpkin/)

**Find more recipes  
and videos at  
[extension.sdstate.edu](https://extension.sdstate.edu)**

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**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Pumpkin

*Lakota: wadmúzi*

- Look for a heavy, uniformly orange pumpkin with 1-2 inches of stem still attached and a nice, hard rind.
- Avoid pumpkins with bruises or soft spots.
- Lopsided pumpkins are just as good as the round ones.
- Store in a cool, dry, dark place for 2-3 months. Refrigerated will keep for 3-5 months.
- Used to make pies, bars, breads and soups.
- Rinse, cut in half and roast on a baking sheet, or steam on the stove or in the microwave.
- After cooling, remove from the skin, and puree.

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## Pumpkin and White Bean Soup

### Ingredients

- 1 ½ cups apple juice
- 1-15 oz can small white beans
- 1 small onion, finely chopped
- 1 cup water
- 1-15 oz can pumpkin
- ½ teaspoon cinnamon
- ⅛ teaspoon nutmeg, allspice or ginger
- ½ teaspoon black pepper
- ¼ teaspoon salt

### Directions

1. Mash white beans, onions and water with a fork until smooth. Set aside.
2. In a large pot, add pumpkin, juice, cinnamon, pepper and salt. If using other spices add that too. Stir.
3. Add bean mix to pot and cook over low heat for 15-20 minutes, until warmed through.

Yields 6 servings

Nutrition Facts per Serving:

Calories 140, Fat 1g; Sodium 420mg; Carbs 28g; Fiber 7g; Sugars 10g; Protein 7g

Sources: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-and-bean-soup](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-and-bean-soup)

## Pumpkin Mac and Cheese

### Ingredients

- 1-16oz box whole-wheat macaroni
- 3 Tablespoons salted butter
- 3 Tablespoons flour
- 2 cups 1% or fat-free milk
- 1 teaspoon mustard
- 1 ¼ cups pumpkin puree
- 2 cups shredded cheddar cheese
- ¼ teaspoon pepper
- ¼ teaspoon nutmeg
- A generous pinch of salt

### Directions

1. Cook macaroni according to directions.
2. Make roux by melting butter, then add flour and cook for 2 minutes.
3. Add milk to roux and heat to a simmer, about 4 minutes. Mixture should coat back of a spoon when ready.
4. Add seasonings, pumpkin and cheese. Stir until melted. Mix in macaroni.
5. Pour into lightly greased 9x13 pan. Bake at 350°F, 20-25 minutes until golden brown.

Yields 10 servings

Nutrition Facts per Serving:

Calories 320; Fat 12g; Sodium 24mg; Carbohydrates 41g; Fiber 5g; Sugars 4g; Protein 15g

Sources: [urbanext.illinois.edu/](https://urbanext.illinois.edu/) and [fruitsandveggies.org/fruits-and-veggies/pumpkin/](https://fruitsandveggies.org/fruits-and-veggies/pumpkin/)



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Pumpkin

In season:



Summer and  
Fall

*Lakota: waggmúzi*

## Sampling Display Instructions

### Pumpkin Mac and Cheese

Ingredients	24 samples	32 samples	48 samples
Samples: 2 Tablespoons serving			
Whole-wheat macaroni	4 ounces	6 ounces	9 ounces
Salted butter	2 <sup>3</sup> / <sub>4</sub> teaspoons	1 Tablespoon	2 Tablespoons
Flour	2 <sup>3</sup> / <sub>4</sub> teaspoons	1 Tablespoon	2 Tablespoons
Fat-free milk	<sup>1</sup> / <sub>2</sub> cup	<sup>3</sup> / <sub>4</sub> cup	1 cup
Mustard	<sup>1</sup> / <sub>2</sub> teaspoon	<sup>3</sup> / <sub>4</sub> teaspoon	1 <sup>1</sup> / <sub>4</sub> teaspoon
Pumpkin puree	6 Tablespoons	<sup>1</sup> / <sub>2</sub> cup	<sup>3</sup> / <sub>4</sub> cup
Shredded cheddar cheese	<sup>1</sup> / <sub>2</sub> cup	<sup>3</sup> / <sub>4</sub> cup	1 cup
Pepper	Dash	Dash	<sup>1</sup> / <sub>4</sub> teaspoon
Nutmeg	Dash	Dash	<sup>1</sup> / <sub>4</sub> teaspoon
Salt	Dash	Dash	pinch

### Directions:

1. Cook macaroni according to directions; don't over cook noodles as they will continue to cook when baked.
2. Melt butter. Add flour. Cook 2 minutes. Add milk. Heat to a simmer about 4 minutes until mixture coats back of a spoon. Add seasonings and pumpkin. Add cheese and stir until melted. Mix in macaroni. Pour into lightly greased 9 x 13 pan. Bake at 350 degrees F 20-25 minutes until golden brown.
3. Transfer to a warmed slow cooker for transport.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon, spatula for serving
- Pick it! Try it! Like it! Preserve it! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)  
[youtube.com/watch?v=tW9lFR-elko](https://www.youtube.com/watch?v=tW9lFR-elko)



### Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place a few samples out at a time in small cups. Provide spoons. Ask parent's permission before children sample.
- Ask if they use pumpkin often in their meals or snacks. Ask if they could use this recipe. Remind that leftovers can be refrigerated, but should be eaten within 2-3 days.
- Lakota word translated by Jeshua Estes

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Summer and  
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## Sampling Display Instructions

### Pumpkin and White Bean Soup

Ingredients	24 samples	32 samples	48 samples
Samples: 2 Tablespoons serving			
Apple juice	$\frac{3}{4}$ cup	1 cup	1 $\frac{1}{2}$ cups
White beans	$\frac{1}{2}$ -15 ounce can (about 1 cup)	$\frac{3}{4}$ -15 ounce can (about 1 $\frac{1}{2}$ cups)	1-15 ounce can
Onion, small	$\frac{1}{2}$ small	1 small	1 small
Water	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Pumpkin, canned	$\frac{1}{2}$ -15 ounce can (about 1 cup)	$\frac{3}{4}$ -15 ounce can (about 1 $\frac{1}{2}$ cups)	1-15 ounce can
Cinnamon	$\frac{1}{4}$ teaspoon	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon
Nutmeg, allspice or ginger	Dash	Dash	Dash
Pepper	$\frac{1}{4}$ teaspoon	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon
Salt	Dash	Dash	$\frac{1}{4}$ teaspoon

### Directions:

1. Mash white beans, onions and water with a fork until smooth. Set aside.
2. In a large pot, add pumpkin, juice, cinnamon, pepper and salt. If using other spices add that too. Stir.
3. Add bean mix to a slow cooker and continue to cook on low for 15-20 minutes, then keep warm.  
Transport in slow cooker.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon, fork, spatula for serving
- Pick it! Try it! Like it! Preserve it! sign as table tent and fact sheet or recipe card
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### Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Ensure Allergy Alert sign is visible.
- Place a few samples out at a time in small cups. Provide spoons. Ask parent's permission before children sample.
- Ask if they use pumpkin often in their meals or snacks. Ask if they could use this recipe. Remind that leftovers can be refrigerated, but should be eaten within 2-3 days.
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