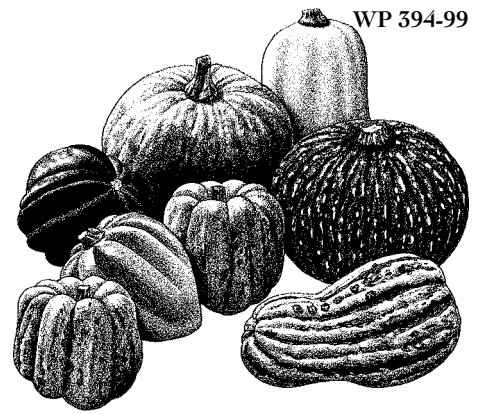


Preserving Pumpkin and Winter Squash



These processing recommendations are for West Virginia conditions (maximum altitude, 4,000 feet). For canning directions in other locations, consult your county Extension office.

Fall and winter squash varieties include buttercup, butternut, hubbard, and acorn. Pumpkin and winter squash should have a hard rind, bright color, and stringless mature pulp when they are at their peak. Pumpkin and winter squash can be canned or frozen, but canning should not be used for mashed or pureed pulp. Heat penetrates the dense product slowly and the center of the jar may not reach the high temperature needed to kill the botulism-causing organism. An average of 16 pounds is needed for a 7-quart canner.

Canning Winter Squash and Pumpkin

Wash, remove seeds, cut into 1-inch-wide slices, and peel. Cut pulp into 1-inch cubes. Boil 2 minutes in water. **Do not mash or puree.** Fill jars with hot cubes and cooking liquid, leaving 1-inch headspace. Adjust lids and process.

When using the canned product for making pies, drain jars and strain or sieve cubes.

Dial gauge pressure canner: Set at 12 pounds for 55 minutes for pints and 12 pounds for 90 minutes for quarts.

Weighted gauge pressure canner: Set at 15 pounds for 55 minutes for pints and 15 pounds for 90 minutes for quarts.

Freezing Winter Squash and Pumpkin

Select mature product with good texture. Wash thoroughly. Cut into manageable sections for cooking and remove seeds. Cook in gently boiling water, steam, pressure cooker, or oven until tender. Remove pulp from rind and mash. To cool quickly, place pan containing product in ice water and stir occasionally. Package in freezer containers leaving $\frac{1}{2}$ -inch headspace. Seal, label, and freeze.

Roasted Pumpkin Seeds

Remove fiber from seeds. Add $1\frac{1}{2}$ teaspoon melted butter or margarine and $1\frac{1}{4}$ teaspoon salt to 2 cups seeds. Spread them in a shallow pan. Place in 250 degree oven and bake until slightly brown, about 20 minutes.

This publication was adapted from the U.S. Department of Agriculture's *Complete Guide to Home Canning*, revised edition, September 1994, and *So Easy to Preserve*, from Cooperative Extension Service, University of Georgia, by Patricia Kisner, Extension Agent; Sheila Rye, Graduate Student; and Guendoline Brown, Ph.D., Nutrition and Health Specialist, 1999.

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