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June 2008, Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602

- **Substitute strands of cooked spaghetti squash for pasta noodles and top with marinara sauce**
- **Roast chunks of butternut squash by adding a little olive oil and roasting at 425° F until tender**
- **Enjoy the pumpkin seeds by washing and spreading on a greased cookie sheet. Lightly sprinkle with salt or other seasonings if desired and roast at 250° F for approximately one hour**

Fruits and Veggies More Matters



Did you know?

Pumpkins can range in size from less than one pound to more than 1000 pounds.

www.aboutproduce.com

Pumpkin halves were used as guides for haircuts in colonial New Haven, Connecticut, giving rise to the nickname 'pumpkinhead.'

<http://www.foodreference.com/html/fpumpkin.html>



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