

# The scary truth about pumpkins



Each year millions of Halloween pumpkins are bought for decorating



**39.9 million** to be exact!



Yet many pumpkins will be carved, and not cooked

Only **1 in 9** always cook their pumpkin



**22 million** pumpkins

will go to waste this year

That's around **£32 million**

worth of edible food!

But there's gourd news...

**3 in 5** know you can eat your carving pumpkin.

Pumpkins are **cheap**, **nutritious** and **delicious** and can be cooked in a variety of ways.

## Stalk

Don't eat this!

## Skin

Edible in small varieties like gem squash.

## Seeds

Delicious when roasted.

## Flesh

Smaller pumpkins are great for pies and breads. Larger pumpkins for soups and curries.

## Guts

Makes a great base for broth and mulled wine.

#EatYourPumpkin