

Pumpkin Seeds (Grains and Seeds)

Interesting facts: Pumpkins, and their seeds, are native to the Americas. All pumpkin seeds are edible.

How to select: Purchase certified organic raw pumpkin seeds and then light-roast them yourself. By purchasing organic, you will avoid unnecessary exposure to potential contaminants. By purchasing raw, you will be able to control the roasting time and temperature, and avoid unnecessary damage to helpful fats present in the seeds. At the same time, you will be able to bring out the full flavors of the pumpkin seeds through roasting.

What to avoid: Do not buy pre-roasted or flavored pumpkin seeds as they generally are roasted at a higher temperature than recommended.

How to store: Pumpkin seeds should be stored in an airtight container in the refrigerator. While they may stay edible for several months, they seem to lose their peak freshness after about one to two months.

How to use: Toss in a salad or eat as a snack raw. You may also roast the pumpkin seeds for a nuttier flavor.

Roasting: Place the seeds (whether those you retrieved from the pumpkin or those you bought at the store) in a single layer on a cookie sheet and light roast them in a 160-170 °F for 15-20 minutes.