



DESCRIPTION

Gourd-like squash with a thick beige, orange or green hard shell, with an orange pulp containing seeds.

NUTRIENTS/ BENEFITS

Vitamins A, C, Calcium, Magnesium, Phosphorus, Potassium. Its high fibre content helps to aid digestion.

PREPARATION/USES

- Peel shell off, discard seeds and cook.
- Boiled
- Baked
- Steamed
- Roasted

WHEN TO EAT

Eat after harvested.

HANDLING

Keep at room temperature.