

Guåhan Produce Guide:
Pumpkin (Kalamasa)



Plant Traits

Details

Plant Type

Fruit; apart of the squash family

Size

7-12 in. circumference; 12-18lbs.

Spacing

6-10 feet apart

Bloom Time

7-8 weeks male flowers; 8-9 weeks female flowers

Flower Color

yellow

Root Depth	2-6 ft.
Pests	Aphids, beetles, squash bugs, snails, slugs, and vine burrowers.
Diseases	Powdery and downy mildew, white speck, gummy stem blight, and anthracnose.

Health Benefits

- Highly Nutritious and Particularly Rich in Vitamin A
- High Antioxidant Content May Reduce Your Risk of Chronic Diseases
- Packs Vitamins That May Boost Immunity
- Vitamin A, Lutein and Zeaxanthin May Protect Your Eyesight
- Nutrient Density and Low Calorie Count May Promote Weight Loss
- Antioxidant Content May Lower Your Risk of Cancer

Site Characteristics

Sun Exposure	6-9 hrs. Full Sun
Soil Condition	Sandy soil high in organic matter
Support	Trellis (optional)
Water	1-2 inches of water every 2-3 days
Fertilizer	Nitrogen heavy fertilizer

From Seed to Harvest

How to Plant Seedlings	Start seedlings by soaking in a moist paper towel or soil. Keep in a warm, sunny area until seedlings sprout and are ready to be transplanted into the garden.
Transplanting Seedlings	Choose a well spaced area that will receive full sunlight. Once seedlings are ready, space

accordingly and transplant. Compact soil around seedlings and water well. Spread mulch around the plants to stop weeds and retain moisture.

Maintenance

Fertilize plants throughout the season to keep nitrogen and potassium levels healthy for growth. Be sure to water abundantly and keep hydrated,

Harvesting

When the rind is thick and the pumpkin reaches desired size, cut the vine with pruning shears leaving a couple inches of stem intact to the gourd.

Interesting Facts

- Pumpkins are fruits.
- Every part of the pumpkin is edible, including the skin, leaves, flowers, and stem. Pumpkin and other squash blossoms can be eaten raw. They're also particularly tasty when lightly battered and fried!
- Pumpkin is a great source of beta carotene, which gives it its orange color (just like carrots and sweet potatoes). Beta carotene turns into vitamin A after you eat it, which is great for your eye and skin health, and supports your immune system.

Recipes

Pumpkin Doughnuts (Bunelos Kalamasa)

Ingredients

- 1 can of pumpkin puree
- 2 eggs
- 1/2 cup sugar
- A dash of salt
- 1 teaspoon cinnamon

Instructions

- 2 teaspoon baking powder
 - 2 cups flour
1. Mix all wet ingredients together.
 2. Add dry ingredients and mix thoroughly.
 3. Heat oil to 350° in a deep pot or fryer.
 4. Doughnuts should rotate in the fryer without help.
 5. When done, lift out of the fryer, place in a strainer to cool and avoid oil build up.
 6. Roll in white sugar.
 7. Enjoy!

Recipe Link

[671 Guam Recipes: Pumpkin Donuts | Lifestyle | quampdn.com](http://671GuamRecipes.com/PumpkinDonutsLifestyle/quampdn.com)

Pumpkin Coconut Soup with Caramelized Pecans

Ingredients

Pumpkin Soup

- 2 cups local pumpkin puree
- 2 cups water
- ½-½ cup coconut milk
- 1 tsp (up to 2) red curry paste
- 3-4 tbls local honey
- ¼ tsp or more cumin salt

Caramelized Pecans

- ½ cup pecans
- 1 TBSP butter
- 1 TBSP brown sugar

Instructions

1. In a large saucepan, combine pumpkin, water and coconut milk on a medium heat and stir. Add ½ teaspoon of red curry paste, stir to combine. Add honey. Add ¼ teaspoon of cumin to the soup and season to desired taste.
2. Once seasoned with salt, more red curry paste may be added if desired using ½ teaspoon to measure.
3. To caramelize pecans: add butter and sugar to the frying pan on medium-high heat, add pecans. Cook for about 5 minutes, continuously stir and coat the pecans until they caramelize. Place pecans on foil and let them cool. Chop up pecans and sprinkle over each serving of warm pumpkin soup.

Recipe Link

[Pumpkin Recipes – Farm to Table Guam Corp.](#)

Sources

1. [Planting Pumpkins - Quick Guide for Pumpkin Plants \(tipsbulletin.com\)](#)