Pumpkin Spring Rolls
(Source: Mga Lutuing Katutubong Gula'y)

Ingredients
4 cloves garlic
1 medium size onion, minced
1/3 cup grind pork meat
1/4 kg pumpkin, cut in thin strips
1/2 tsp salt
1/4 tsp black pepper
4 pcs oregano leaves
20 pcs egg roll wrappers
cooking oil

Procedure
- Sauté the garlic and onion together with pork and pumpkin.
- Add salt and black pepper.
- For extra taste, add the oregano leaves.
- Collect and let it cool in a medium container.
- Wrap in the egg roll wrapper the desired amount of cooked pork and pumpkin.
- Fry the pumpkin spring rolls until its crispy and wrapper is brown-red.
- Serve with vinegar as dip.

Other ways of food preparation
- Flowers, young stems, and young and ripe fruits are used as a vegetable.
- Young leaves and stems are cooked and used as a potherb, or added to soups and stews.
- Fresh flowers are dipped in batter and fried; immature fruits are sautéed, boiled, or lightly stir-fried; or chopped and eaten raw as a salad (in the United States).
Introduction
Squash or *Cucurbita moschata* is an easy to grow, warm season crop that can be harvested about two months after planting. In Southeast Asia, it is grown mainly for the local markets, and is mostly found in home gardens, or in mixed cropping together with maize and other field crops. Squash can also be found in commercial plantations, where it is cultivated as a monocrop.

Local Name
English — squash, pumpkin, gourd
Bangladesh — sweetgourd
Cambodia — lo-pêu
Indonesia — waluh, labu, labu merah
Laos — fak kh'am, fak th'oong, 'ü'
Malaysia — labu merah, labu parang
Philippines — kalabasa
Thailand — fak-thong, narmtao farang
Vietnam — b[is] d[or], b[is] ng[oo]

Biodiversity
Squash is believed to have originated in Central Mexico, and has been in cultivation since 8000 BC. Archaeological records indicate its presence in northwestern Mexico from 4900 to 3500 BC, and in northern Belize, Guatemala, and Peru from 3000 to 2000 BC. It spread to North and South America, and was introduced to Asia, where secondary centers of diversity developed.

Cultivation
- Prepare furrows 15 cm deep.
- Plant by direct seeding or transplanting.
- When sowing for transplanting use individual containers for seed. Be careful not to remove soil from around the roots during transplanting.
- It has hard, angular stems with large, hairy, mottled, grayish green, and shallowly lobed leaves.
- Flowers are showy, bell-shaped, and lemon yellow to deep orange in color.
- Fruits come in various shapes, sizes, and colors, but are often large, mottled green to cream, round to angular, with thick cork.
- Fruits usually weigh between 2.2-5.4 kg.
- Seeds are numerous, white to dark colored, and flattened.
- Squash fruits are firm and meaty, and are said to have a delicious flavor when baked, much like that of a sweet potato.
- Seeds have a nutty flavor.

Nutritional Value
Squash is a good source of vitamin A. Table below shows nutritional value per 100 g edible portion.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount (per 100 g edible portion)</th>
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</thead>
<tbody>
<tr>
<td>Water</td>
<td>85-91 g</td>
</tr>
<tr>
<td>Protein</td>
<td>0.8-2.0 g</td>
</tr>
<tr>
<td>Fat</td>
<td>0.1-0.5 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>3.3-11.0 g</td>
</tr>
<tr>
<td>Mg</td>
<td>16-34 mg</td>
</tr>
<tr>
<td>Ash</td>
<td>0.5 g</td>
</tr>
<tr>
<td>Ca</td>
<td>14-48 mg</td>
</tr>
<tr>
<td>P</td>
<td>21-39 mg</td>
</tr>
<tr>
<td>Fe</td>
<td>70 mg</td>
</tr>
<tr>
<td>Vit A</td>
<td>340-7000 IU</td>
</tr>
<tr>
<td>Vit E1</td>
<td>0.07-0.14 mg</td>
</tr>
<tr>
<td>Vit C2</td>
<td>6-21 mg</td>
</tr>
<tr>
<td>Energy Value</td>
<td>85-170 kJ/300 g</td>
</tr>
<tr>
<td>Antioxidant of fruit (by ABTS) water</td>
<td>5 μmol/g (Very low)</td>
</tr>
<tr>
<td>Antioxidant of shoot (by ABTS) water</td>
<td>70 μmol/g (Very low)</td>
</tr>
</tbody>
</table>

Utilization
Aside from its use as food, squash can also be utilized in other ways.
- Ripe fruits are used as fodder.
- Seeds yield a valuable vegetable oil.
- Squash is known to have medicinal properties.
- Tea from the leaves is used for the treatment of stomach inflammation and jaundice (in Surinam).
- Flowers are found effective against jaundice.
- Seeds used to treat fever and kidney stones, and to expel parasitic intestinal worms.
- Boiled roots are said to stimulate breast milk production in nursing mothers.

References


