



Cindy Daigre

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Pumpkin Seeds: Good for you and your animals

Pumpkin seeds, also known as pepitas, are flat, dark green seeds. Subtly sweet and nutty with a chewy texture, they are one of the most nutritious and flavorful seeds around.

Nutrient Value

Pumpkin seeds provide a wide range of nutrients. They are a very good source of phosphorus, magnesium and manganese, and also a good source of trace minerals zinc, iron and copper. In addition, pumpkin seeds are a good source of protein, Vitamins A, C and E, and amino acids Lysine, Methionine, Tryptophan. One quarter-cup of pumpkin seeds provides 180 calories, 9 grams of Protein and 15 grams of Fat. This serving size provides 46% of the daily value (DV) for magnesium, 52% of the DV for manganese, 24% of the DV for copper, 16% of the DV for protein, and 17% of the DV for zinc.

While higher in Omega 6 Fatty Acids, they do contain 2.5% of the daily value of Omega 3 Fatty Acids.

Natural Dewormer

The pumpkin belongs to the plant family Cucurbita, comprising of melons and squash like fruits. The seeds of many plants in this species are regarded as being very potent and effective teniafuges, which are de-worming agents that can easily paralyze and eliminate intestinal worms from the digestive system. The seeds of the pumpkin are excellent against intestinal parasites.

Pumpkins possess an unusual amino acid known as cucurbitin, which is the main reason for its anti-helminthic properties (capable of eliminating worms). This amino acid, cucurbitin is found concentrated only in the seeds of the Cucurbita species of plants.

The use of pumpkin seeds in herbal medicine is mainly as a natural and safe de-worming agent, as the seeds are able to rid the body of all intestinal parasites when used properly. Pumpkin seeds offer a chemical free and natural removal of intestinal parasites with no known side effects.

Storage

Pumpkin seeds should be stored in an airtight container in a cool, dark space. While they may stay edible for several months, they seem to lose their peak freshness after about two months.

Cindy Daigre is the founder and director of Ferrell Hollow Farm, an Equine Retirement facility in Middle Tennessee focusing on the unique concerns of Senior and Special Needs horses.