





Pumpkin seed oil from Styria and Prekmurje









What is it?

- Pumpkin seed oil is produced from pumpkin seeds.
- It's colour is dark green-brown.
- It has highly aromatic "nutty" taste.









Traditional production

- 1. The seeds are cleaned from pumpkin leftovers and peeled.
- 2. Pumpkin seeds are fully dried for several weeks and cleaned once again.
- 3. Seeds are grinded in special machine.
- 4. Water is added and seeds are roasted for half hour in 100 110 degrees.
- 5. Oil is compressed from the pumpkin seed mass.
- 6. After one week oil is naturally cleaned and ready to pack.

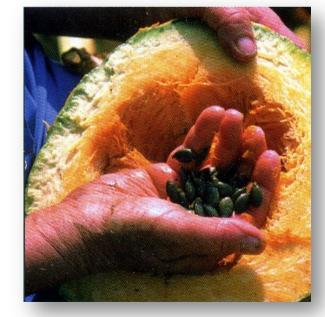






How much pumpkin seeds?

- You need 3 kg of pumpkin seeds for 1 liter of pumpkin oil (if seeds are roasted).
- You need 6 kg of pumpkin seeds for 1 liter of pumpkin oil (if seeds are cold-pressed).
- For 3 kg of pumpkin seeds you need 30-40 pumpkins!









Where is it produced?

- It's traditional (protected) product of North-Eastern Slovenia and South-Eastern Austria.
- Pumpkin seed oil is also produced in parts of Croatia, Romania (Transylvania) and Romania.
- The earliest production is dated to 1697.











Storage

- Pumpkin seed oil is light-sensitive.
- It needs to be stored in cold and dry place.
- If it is exposed to light it looses vitamins and

minerals and it becomes bitter.









Use in culinary

- Salad dressings
- Addition to bread/cakes
- Addition to soups and sauces
- Deserts (famous combination with vanilla ice cream)
- Cookies & Chocolate
- Some people don't recommend it for cooking!
- More on:











Medical benefits

- Prostate cure (Benign prostatic hyperplasia).
- Anti-hair loss.
- Lowers bad cholesterol.
- Eases arthritis troubles.
- Cures burned or frozen skin.
- Good for nervous system and metabolic processes.
- Treats malfunctions of the bladder and the urinary passages.