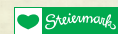




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Pictures: Stefan Kristofersich, Pixelmaker, Design: Graphic Design Bruckbauer

# The Styrian ART of Living



Gemeinschaft Steirisches Kürbiskernöl g.g.A.

# A Styrian Treasure





*This is How the Styrian Oil Pumpkin Grows*

*These giant berries are especially sun hungry. The pumpkin seeds are sown in the beginning of May. The seedlings, with their two small leaves, sprout from the soil one to two weeks after the seeds have been sown. The bright yellow pumpkin flowers bloom*



*The Production of Styrian Pumpkin Seed Oil P.G.I.*

*Styrian pumpkin seeds are easily stored, this means that fresh Styrian Pumpkin Seed Oil P.G.I. is produced all year long. At the oil mills, the seeds are first ground, are the mixed with salt and water, and finally, the mixture is gently*

*heated. The use of purely domestic pumpkin seeds in combination with the traditional production techniques, without the addition of chemical additives, produces a high-quality natural Styrian Pumpkin Seed Oil P.G.I.*



*Styrian Pumpkin Seed Oil P.G.I. Likes it Cold and Dark*

*Styrian Pumpkin Seed Oil P.G.I. stores well for 9 – 12 months in dark, cool (12 °C – 18 °C) and dry conditions. But of course: the fresher the better. The typical nutty taste and the unique green-red colour palette makes Styrian*

*Pumpkin Seed Oil P.G.I. suitable for use in soups, desserts, drinks, starters and main dishes – there are many possibilities to use in both the cold AS WELL AS the warm kitchen.*

*An All-Natural Quality Product*

*Make note of the excise stamp! This guarantees the natural quality of Styrian Pumpkin Seed Oil P.G.I., and all of its valuable nutrients, on the outside. Styrian Pumpkin Seed Oil P.G.I. has a large amount of unsaturated*

*fatty acids (averaging 82 g/100 g) and vitamin E (averaging 29 mg/100 g), though the concentration of vitamin E can vary as a result of the product's natural origins.*



**Nutritional components of 100g Styrian Pumpkin Seed Oil P.G.I.:**

energy	3700 kJ / 900 kcal
fat	100 g
of which	
- saturates	18 g
- monounsaturates	36 g
- polyunsaturates	46 g
carbohydrate	0 g
of which	
- sugars	0 g
protein	0 g
salt	0 g
vitamin E	29 mg*
*242% of nutrient reference value	



**P.G.I. stands for Protected Geographical Indication and guarantees:**

- it is guaranteed that the pumpkin seeds originate in a geographically defined region (in Austria)
- pumpkin seed oil was manufactured in domestic oil mills
- 100 % pure pumpkin seed oil from the first pressing

