



# STEIRISCHES KÜRBIS KERNÖL g.g.A.



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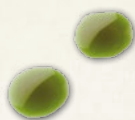
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[www.steiermark.com](http://www.steiermark.com)

# The Styrian ART of Living



Gemeinschaft Steirisches Kürbiskernöl g.g.A.

# A Styrian Treasure



# *This is How the Styrian Oil Pumpkin Grows*

*Our climate provides the ideal growing conditions for these sun-hungry giant berries. The sowing of the pumpkin seeds starts in April. One or two weeks later the two-leaved seedlings begin to sprout. The bright yellow pump-*

*kin flowers bloom in July and soon the yellow-green „Kürbisplutzer“ or ripe pumpkins are laying in the fields. In August and September the pumpkin seeds are harvested or „ausgepatzelt“, usually using modern mechanised methods.*





# *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, then mixed with salt and water and finally the mixture is carefully*

*roasted. The use of high-quality pumpkin seeds in combination with the traditional production techniques, without the addition of chemical additives, provides a unique natural vegetable oil with its typical aromatic nutty taste.*



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

Originally sealed Styrian Pumpkin Seed Oil P.G.I. should be stored in a dry and dark place at room temperature. At this conditions it keeps well 9 to 12 months easily. Use quickly after opening, storage in die fridge is not necessary. When used sparingly, we

recommend buying a smaller bottle. 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.



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

energy	3.700 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



# *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, which are enriched through the pressing methods. 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.*



***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)*
- *traditional production techniques*
- *100 % pure pumpkin seed oil from the first pressing*

