



UCCE Master Food Preservers of El Dorado County

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"Preserve today, Relish tomorrow"

WASTE NOT WANT NOT! Save the "guts" from your pumpkins and squashes and turn them into a lovely stock that can be used in place of vegetable or chicken stock. Add aromatic vegetables or veggie scraps, or a sprig or two of fresh herbs, if you'd like, for additional flavor. Whenever you cook a pumpkin or squash, save the guts in a bag and freeze, either separately or with other vegetable scraps. When you have a sufficient quantity, make this versatile stock. It can be also be frozen instead of pressure canned.

Pumpkin Guts Stock

Yield: variable

pumpkin and/or squash innards, including the stringy pulp, seeds, and if desired the skins
 veggies, such as onion, carrot, celery or any veggie scraps you'd like (*optional*)
 peppercorns, bay leaves, etc. to taste (*optional*)
 fresh water



1. Place pumpkin guts and veggies, if using, in a pot and cover with fresh water.
2. Bring just to a boil, reduce heat, and simmer for 30-60 minutes.
3. Strain the stock through a fine mesh strainer lined with several layers of cheesecloth into another pot. Reheat the stock if necessary so that it's hot.
3. Ladle the hot stock into hot jars, leaving 1-inch headspace. Wipe jar rims with a dampened clean paper towel or cloth. Apply and adjust two-piece metal canning lids. Place jar in canner. Repeat with remaining jar(s).
4. Process in a pressure canner as follows:

Dial-Gauge Pressure Canner						
Jar Size	Process Time	0-1,000 ft	1,001-2,000 ft	2,001-4,000 ft	4,001-6,000 ft	6,001-8,000 ft
Pints	30 minutes	11 lb	11 lb	12 lb	13 lb	14 lb
Quarts	35 minutes	11 lb	11 lb	12 lb	13 lb	14 lb

Weighted-Gauge Pressure Canner			
Jar Size	Process Time	0-1,000 ft	+ 1,000 ft
Pints	30 minutes	10 lb	15 lb
Quarts	35 minutes	10 lb	15 lb

Source: Adapted from Ball Blue Book (2020)

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