



## FLAT WHITE BOER

Flat White Boer was historically popular in South Africa and was named for the Dutch Boers, who were once the colonial power.

The earthy, rich **sweet orange flesh** is uniquely savory and perfect for **soups, curries** and other dishes. Add F.W.B. to **chili** or incorporate it into loose batters such as alfredo.

It can be roasted to make **soups, casseroles**, and **stews** or **pureed** for **baked goods** and other **desserts**.

How to bake:

- **Cut** pumpkin like a pie **into wedges**.
- Remove seed cavity (save seeds to bake).
- Wrap in **foil** and cook at **400** for **45 – 60 min**.

Store up to **3 months** in a cool and dry place.

**SWEET & Savory**

**Slightly Stringy to  
Smooth**

**Averages  
up to 30lbs**

**Maturity:  
White with corky  
steam**

**Vitamin A & C,  
Iron, Potassium  
and Calcium**

### THE PUMPKIN STAND

7844 State Rte 414  
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[www.ThePumpkinStand.com](http://www.ThePumpkinStand.com)

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