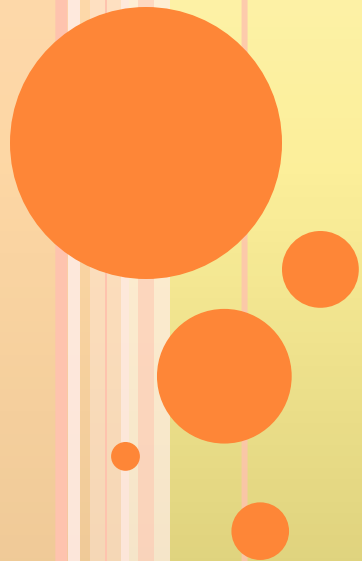


PUMPKINS

BLESSING OF ALLAH (SWT)



Given to mankind for benefits

NOT

Horrifying peoples for fun



ALLAH (SWT) SAYS IN HOLY QURAN

CHAPTER: 6 , VERSE: 141 (AL-ANAM)

○ [وَهُوَ الَّذِي أَنْشَأَ جَنَّاتٍ مَّعْرُوشَاتٍ وَغَيْرَ مَعْرُوشَاتٍ وَالنَّخْلَ وَالزَّرْعَ مُخْتَلِفًا أُكْلُهُ وَالزَّيْتُونَ وَالرُّمَّانَ مُتَشَابِهًا وَغَيْرَ مُتَشَابِهٍ كُلُوا مِنْ ثَمَرِهِ إِذَا أَثْمَرَ وَءَاتُوا حَقَّهُ يَوْمَ حَصَادِهِ وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ]

And it is He Who produces gardens Ma`rushat and not Ma`rushat, and date palms, and crops of different shape and taste, and olives, and pomegranates, similar, and different. Eat of their fruit when they ripen, but pay the due thereof on the day of their harvest, and waste not by extravagance. Verily, He likes not the wasteful. 1



ALLAH (SWT) SAYS IN HOLY QURAN

CHAPTER: 16 , VERSE: 10-11



[هُوَ الَّذِي أَنْزَلَ مِنَ السَّمَاءِ مَاءً لَكُمْ مِنْهُ شَرَابٌ وَمِنْهُ شَجَرٌ فِيهِ تُسِيمُونَ - يُنْبِتُ لَكُمْ بِهِ الزَّرْعَ وَالزَّيْتُونَ وَالنَّخِيلَ وَالْأَعْنَابَ وَمِنْ كُلِّ الثَّمَرَاتِ إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَتَفَكَّرُونَ]

(10. He it is Who sends water down from the sky; from it you drink and from it (grows) the vegetation on which you send your cattle to pasture.)

(11. With it He causes crops to grow for you, the olives, the date palms, the grapes, and every kind of fruit. Verily, in this there is indeed an evident proof and a manifest sign for people who give thought.) 2

ALLAH (SWT) HAS CREATED EVERY THING...

- Allah created everything, including the produce, fruits, sending rain down from the sky above, which has been fulfilling the needs and bringing joy to people these all are Allah blessings.
- Allah causes crops to grow for us with this one kind of water, He makes the earth sprout plants every kind of fruit with different tastes, colors, scents and shapes.
-)We should reflect and ponder that these are indeed an evident proof and a manifest sign of Allah (swt) & that there is no god besides Allah. 3



HADITH OF PROPHET MOHAMMAD (S.A.W)

- Anas Bin Malik states that a tailor invited Rasulullah s.a.w. to meals. He prepared the barley bread and meat with Pumpkin. Rasulullah s.a.w. very affectionately ate the pumpkin pieces from the curry. (Narated by Bukhari and Muslim) 4
- The Prophet (PBUH) said: "كلوا اليقطين ، فلو علم الله شجرة أخف منها ، فإنه يزيد في الدماغ لأنبتها على يونس ، وإن اتخذ أحدكم مرقا فليكثر فيه من الدباء ، فإنه يزيد في الدماغ وفي العقل".

"Eat pumpkin. If Allah knew a lighter tree than it, He would have grown it on Jonas, and if you cook broth, increase its pumpkin, for it strengthens the brain and the mind". 5

In the Prophetic Hadith, pumpkin refers to squash.

Pumpkin or Squash (Cucurbita pepo) Squash and pumpkin belong to the same family



PUMPKINS BOTANICAL HISTORY

- The pumpkin, a member of the Cucurbita family including squash and cucumbers, got its name from the Greek word "pepon" for large melon.
- Seeds (pepitas) from related plants have been found in Mexico, dating back over 7000 years to 5500 B.C.



HISTORY



- Pumpkins, and their seeds, were a celebrated food of the Native American Indians who treasured them both for their dietary and medicinal properties.
- The cultivation of pumpkins spread throughout the world when the European explorers, brought back many of the agricultural treasures of the New World.
- Pumpkin seeds are featured in the recipes of many cultures, they are a special hallmark of traditional Mexican cuisine.
- Pumpkin seeds have recently become more popular as research suggests that they have unique nutritional and health benefits. **6**

MOST POPULAR

- **During the fall season**
- **Halloween**
- **Thanksgiving**



BUT!!! ITS MORE THAN JUST A DECORATIVE CANDLEHOLDER ON HALLOWEEN

- Many uses (as a plant, to grow, and cook pumpkins)
- Many benefits (medicine, Antioxidant Rich etc)
- Most Nutritious-Rich Fruit
- Many health-boosting nutrients
- Packed with disease-fighting nutrients
- Anti-Aging and Disease-Fighting Properties **7**



ANTIOXIDANT RICH



- *Beta carotene*---The rich orange color is a dead give away to the nutrients present in pumpkin.

Research shows that people who eat a diet rich in beta-carotene are less likely to develop certain cancers

- *Loaded with Potassium*---lower the risk for hypertension.

- *Zinc*---major boost for your immune system aids in bone density support for people at risk for osteoporosis.

- *High in Fiber*---May prevent cancer, heart disease and other serious ailments. 8



KEY HEALTH BENEFITS PUMPKIN & ITS SEEDS

Prostate Cancer

- The protective compounds present within the seed of the pumpkin, called phytosterols, may be responsible for shrinking the prostate.
- For BPH (Benign Prostatic Hyperplasia or enlarged prostate) prevention, eating a handful (about 1 ounce) of shelled pumpkin seeds three times a week is recommended. **8**



KEY HEALTH BENEFITS OF PUMPKIN SEEDS



Better Bones

As this season is for scary ghosts and skeletons, a great looking skeleton with good bones hanging on door for the “tricker treaters”. Pumpkin seeds are high in zinc so it make our bones stronger.

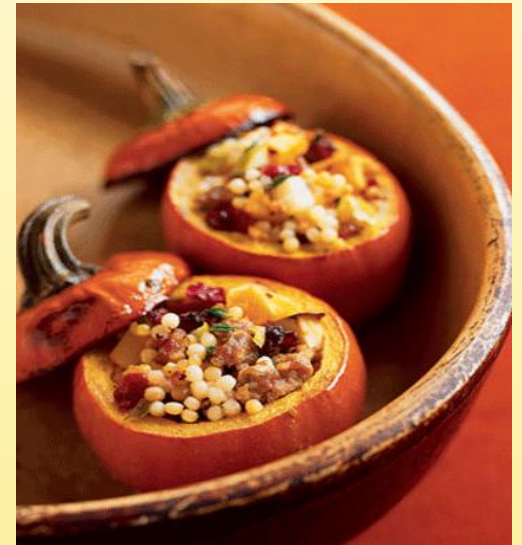
Lower Cholesterol

Ability to help lower LDL “bad” cholesterol. That is because the seeds have phytosterols, a compound that not only helps lower cholesterol but helps protect against certain cancers. 8



ANTI-INFLAMMATORY BENEFITS IN ARTHRITIS

- Pumpkin seeds do not increase damaged fat levels in the lingus joints, a common side effect associated with indomethacin (anti-inflammatory drug) which contributes to the progression of arthritis.
- Great on your skin
- Pumpkins contains lots of anti-oxidant vitamins A and C, as well as zinc and alpha-hydroxy-acids which helps to reduce the signs of aging.



PUMPKIN NUTRITION FACTS

(1 CUP COOKED, BOILED, DRAINED, WITHOUT SALT)

- Calories 49
- Protein 2 grams
- Carbohydrate 12 grams
- Dietary Fiber 3 grams
- Calcium 37 mg
- Iron 1.4 mg
- Magnesium 22 mg
- Potassium 564 mg
- Zinc 1 mg
- Selenium .50 mg
- Vitamin C 12 mg
- Niacin 1 mg
- Folate 21 mcg
- Vitamin A 2650 IU
- Vitamin E 3 mg



Pumpkins are 90 percent water!! 9

“HALLOWEEN”

Is this something people want
to play a part
in?



CONCLUSION

- If you truly want to meet Allah (swt) and Prophet (S.A.W), be in heaven than **DON'T** enjoy the things of the devil, which represent death and destruction? Stop and look at the kind of things done on Halloween, it all glorifies death and ugliness. Shatan is the source of these things.
- Think of some of the horrible masks used on this night- would you want to really look like that? Just follow Shatan and you will end up like that. Do you really want to be dead? Is it really fun to be scared?
- Is this the teaching of Prophet (S.A.W
- Dear all; if Halloween still has any influence in your life, pray for forgiveness and ask Allah (swt) to help and guide us on straight path and follow the Sunnah of (s.a.w) **10**





- Be thankful on the blessings and their benefits.
- Follow the Sunnah (s.a.w)
- Reflect and ponder in Quran
- Convey the message of Islam
- Be a true Muslim



WE SHOULD FEAR ALLAH (SWT) ALONE



"O you who believe! Fear Allah as He should be feared,
and die not except in a state of Islam."

[Surah Al-Imran 3: 102]

You who believe! Do not make friends of people with
whom Allah is angry, who have despaired of the
Hereafter as the disbelievers have despaired of the
inhabitants of the graves. (Surat al-Mumtahana: 13)

REFERENCE

1. Tafsir Ibn Khateer
2. Tafsir Ibn Khateer
3. Tafsir Ibn Khateer
4. sunnahhalal.blogspot.com
5. The Medicine of the Prophet, a Brilliant Text and Contemporary Certified Experience www.albadr.org/www/hosainy2.php?id=944 - Qatar
6. www.whfoods.com/genpage.php?tname=foodspice&dbid..
7. Sep 27, 2009 Jennifer Murray Health Benefits of Pumpkin: Nutrient-Rich Fruit with Anti-Aging and Disease-Fighting Properties <http://www.suite101.com/content/health-benefits-of-pumpkin-a153140#ixzz12inr5kgv>
8. www.exercise4weightloss.com/benefits-of-pumpkin.html
9. hubpages.com/hub/Health-Benefits-of-Pumpkin
10. www.remnantofgod.org/halloween.htm

