

The Prophet (saw) loved Pumpkins!

Usually when we hear the word "pumpkin" we picture a pumpkin carved with a scary face sitting on window sill at Halloween. But did you know that this beautiful autumn vegetable was the Prophet's favourite food?

Yes, that's right! The Prophet (saw) loved pumpkins so much he would prefer to eat them first over the meat in a stew.

There are many ahadith which show that the Sahabas noticed this love.

Anas (ra) reported that "The Prophet used to like pumpkin. He was brought some food and invited to eat. I picked up the pumpkin in the plate and put it before him because I knew he liked it." (Tirmidhi)

So, if people are celebrating chasing away devils by buying pumpkins and carving them. Let us instead celebrate the love the Prophet had for this nutritious vegetable by cooking and baking with it.



But that's not all! Did you know that the Pumpkin was mentioned in the Qur'an?

Surah as-Saffat, ayah 139-148

وَإِنَّ يُونُسَ لَمِنَ الْمُرْسَلِينَ ﴿١٣٩﴾ إِذْ أَبَقَ إِلَى الْفُلِّ الْمَشْحُونِ ﴿١٤٠﴾ فَسَاهَمَ فَكَانَ مِنَ الْمُدْحَضِينَ ﴿١٤١﴾ فَالْتَقَمَهُ الْحُوتُ وَهُوَ مُلِيمٌ ﴿١٤٢﴾ فَلَوْلَا أَنَّهُ كَانَ مِنَ الْمُسَبِّحِينَ ﴿١٤٣﴾ لَلَبِثَ فِي بَطْنِهِ إِلَى يَوْمِ يُبْعَثُونَ ﴿١٤٤﴾ فَنَبَذْنَاهُ بِالْعَرَاءِ وَهُوَ سَقِيمٌ ﴿١٤٥﴾ وَأَنْبَتْنَا عَلَيْهِ شَجَرَةً مِّنْ يَقْطِينٍ ﴿١٤٦﴾ وَأَرْسَلْنَاهُ إِلَى مِائَةِ أَلْفٍ أَوْ يَزِيدُونَ ﴿١٤٧﴾ فَآمَنُوا فَمَتَّعْنَاهُمْ إِلَىٰ حِينٍ ﴿١٤٨﴾

"And, verily, Yunus was one of the Messengers ... Then a (big) fish swallowed him and he had done an act worthy of blame. Had he not been of those who glorify Allah, he would have indeed remained inside its belly until the Day of Resurrection. But We cast him forth on the naked shore while he was sick, and We caused a plant of gourd to grow over him." [al-Saffat 37:139]

Pumpkin = al-Yaqteen

Prophet Yunus) - also referred to as Jonah, was sent by Allah to the people of Nineveh, a town in the area of Mawsil in northern Iraq. He called his people to the message of Allah and truth, but initially they rejected his message and persisted in their disbelief and wrongdoings. Disappointed and frustrated, Prophet Yunus left them in anger, threatening them with punishment after three days.

However, soon Allah guided the hearts of his people and they realized their mistakes and went out to the desert asking for Allah's forgiveness. On this, Allah spared them from the punishment.

Prophet Yunus, after leaving his people, went on to board a ship that got caught up in a storm and its people thought that they would drown. In such a desperate situation when the ship was being pounded by waves on all sides, and they were at risk of drowning, they drew lots to decide to throw someone out of the ship in an effort to lighten the load. The Prophet of Allah, Yunus (peace be upon him), lost the draw three times. However, the people of the ship did not want to throw him out of the ship. So, he took off his garment so that he could throw himself into the sea, and they tried to stop him.

After he threw himself into the sea, Allah sent from the Green Sea — according to what Ibn Masud said — a large fish which cleaved the oceans until it came and swallowed Yunus. Allah inspired that large fish not to devour his flesh or break his bones.

When in the belly of the fish, Prophet Yunus (peace be upon him) realized his mistake and called out to Allah:

"... he cried through the depths of darkness (saying): "There is no God but You, Glorified be You! Truly, I have been of the wrongdoers."(Surah Al Anbiya, 21:87)

فَكَادَى فِي الظُّلُمَاتِ أَنْ لَا إِلَهَ إِلَّا أَنْتَ
سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ
سورة الأنبياء

Yunus (as) made sincere repentance to Allah for his mistake, and it is understood from the books of tafseer that when Yunus عليه السلام was cast onto the naked shore, he was in a very desperate and distressful condition, which arose from the physical injuries he suffered in the acidic belly of the whale, including loss of hair, peeled skin and bleached hands and face etc. Yet the only plant that Allaah provided for his recovery was pumpkin.

Yunus was protected by the shade (growth) of the plant and was given its milk to drink in the morning and evening, in order to heal his flesh and grow and strengthen his hair. He slept and awoke (under its shade)..."

Ibn Katheer said that: "Some describe the benefits of the pumpkin, such as: it grows quickly, it provides shade, it has large, smooth leaves, it keeps flies away and its fruit provides good nourishment: it can be eaten raw or cooked, and its skin may be eaten too."