



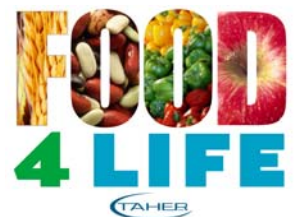
PUMPKIN

- ☆ Pumpkins are a gourd-like squash of the genus **Cucurbita**. They are related to cucumbers, gherkins, and melons.
- ☆ Their name comes from the Greek word 'pepon' meaning '**large melon**'.
- ☆ They are thought to have originated in North America.
- ☆ Pumpkin seeds dating between **7000 and 5500 B.C.** were found in Mexico.
- ☆ Besides roasting them on an open fire for eating, Native Americans dried strips of pumpkin and wove them into mats.



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- ☆ Pumpkins are **monoecious**, having both male and female flowers on the same plant.
- ☆ Pumpkins range in size from less than 1 pound to over 1,000 pounds, but generally weigh 9–18 pounds.
- ☆ They are typically orange or yellow and have many creases running from the stem to the bottom.
- ☆ They have a thick shell on the outside, with seeds and pulp on the inside.
- ☆ 80% of the pumpkin supply in the U.S. is **available in October**.





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- ☆ One cup of 1" cubes of pumpkin has only **30** calories.
- ☆ Pumpkin flowers are edible.
- ☆ Pumpkins are a **very good source** of beta carotene/ vitamin A, Vitamin C, potassium, and fiber!
- ☆ **Canned pumpkin** (not pumpkin pie filling) is one of the only canned foods that has no salt or sugar added.
- ☆ Stir canned pumpkin into oatmeal. Sprinkle with pumpkin pie spice and top with walnuts.
- ☆ **Pumpkin seeds** can be roasted as a snack high in iron and protein.



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- ☆ Although the pumpkin is treated like a vegetable, it is **technically a fruit** because it develops from flowers and produces seeds.
- ☆ Most pumpkins are orange but they can also be yellow, green or white.
- ☆ A **1,725-pound pumpkin** is believed to be the world's largest ever recorded.
- ☆ Pumpkins are **90% water**.
- ☆ Pumpkins were once recommended for removing freckles and curing snake bites.

