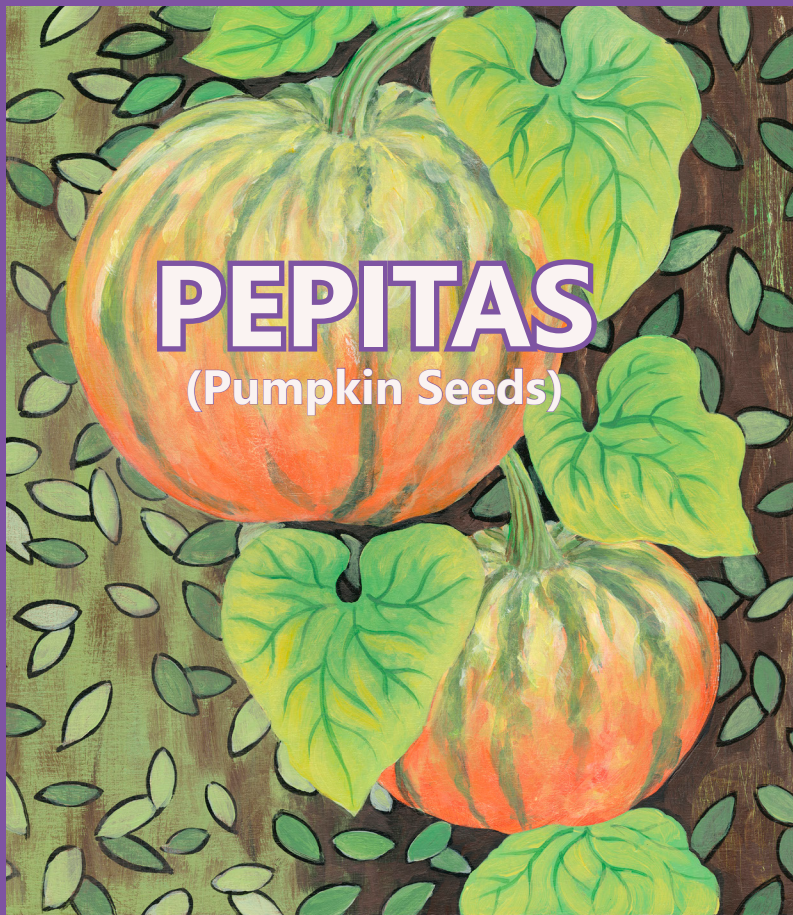


Harvest of the Month



Local Highlight

Humboldt County is home to many farms that grow pumpkins for harvest around Halloween, but production of pumpkins for their seeds is less common.

Literature Links

- *How Many Seeds in a Pumpkin*, by Margaret McNamara
- *Ready for Pumpkins*, by Kate Duke
- *Let it Grow*, by Mary Ann Fraser

Joke Corner

How did the pepita win first place?

She squashed the competition!

What does a pepita say when he gets surprised?

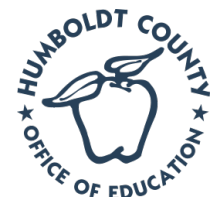
Oh my gourd!

What did the soil say to the pepita?

I've got you covered.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Harvest of the Month



PEPITAS

Seeds from *Cucurbita pepo*



Spanish: las pepitas
Hmong: noob taub dag

Nutrition Power

Pepitas are a good source of protein and magnesium!



Protein

helps your body
build muscles!



Magnesium

helps your bones
stay strong!

History

Squashes and pumpkins are originally from what we now call Mexico and Central America. Indigenous peoples of that region started using pumpkin seeds for food and medicine over 8,000 years ago! Today pumpkin seeds are used in many traditional Mexican dishes. A pumpkin seed is also known as a pepita, which means 'little seed of squash' in Spanish.

The word pepita can also refer specifically to the green pumpkin seed kernels that have been taken out of their white outer shell, or hull. The shell is edible but it can be tough and woody, so it is often removed. Some types of pumpkins make seeds that never develop a shell at all! Their seeds are called pepitas too.

Did You Know?

- Plant part we eat: SEED
- In Mexico, pumpkin seeds are eaten as a snack or used to make salsas, soups, drinks, and sauces.
- While some parts of Europe are famous for producing olive oil, Austria is known for its pumpkin seed oil. They roast and press Styrian pumpkin seeds to make a culinary oil that has a rich, nutty flavor. They call it green gold!
- The US grows over one billion pounds of pumpkins each year, mainly for Halloween, but we are the world's biggest importer of pumpkin seeds.

