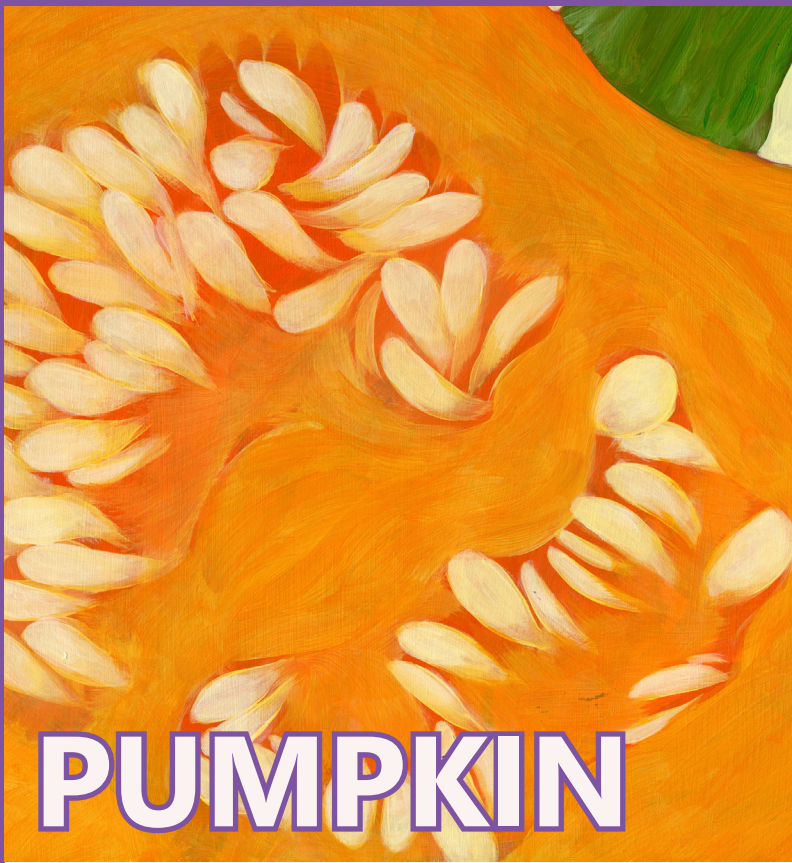


# Harvest of the Month



## Literature Links

- *From Seed to Pumpkin*, by Wendy Pfeffer and James Graham Hale
- *Pumpkin Jack*, by Will Hubbell
- *How Many Seeds in a Pumpkin?*, by Margaret McNamara and G. Brian Karas

## Local Highlight

October is pumpkin time, and there are more pumpkin patches in our region than ever! Visit one near you to see the many varieties of edible and decorative pumpkins and squash we can grow in Humboldt County.

## Joke Corner

Q: What do you get when you drop a pumpkin?

A: Squash!

Q: What do you use to mend a jack-o-lantern?

A: A pumpkin patch.

# Harvest of the Month



## PUMPKIN

*Cucurbita pepo*



Spanish: la calabaza  
Hmong: taub dag

## Nutrition Power

Pumpkins are an excellent source of vitamin A. and fiber.



Vitamin A

helps your vision!



Fiber

helps your digestion!

## History

Pumpkins are native to the Southern U.S. and Mexico, but now grow on six continents—all but Antarctica. Indigenous North Americans have grown pumpkins for thousands of years, even before the cultivation of beans and corn. Both the pumpkin flesh and the seeds were and still are important food items among many tribes. Today, the state of Illinois grows more than 90 percent of the pumpkins that are processed and canned in the United States.



## Did You Know?

- Plant part we eat: FRUIT
- Pumpkins are a type of squash and are part of the gourd family, which includes cucumbers, honeydew melons, cantaloupe, watermelons and zucchini.
- The heaviest pumpkin was grown in Belgium in 2016 and weighed 2,624 pounds!
- One cup of mashed pumpkin contains 245 percent of your recommended daily intake of Vitamin A.
- The custom of carving pumpkins at Halloween grew out of an Irish tradition of carving turnips!

