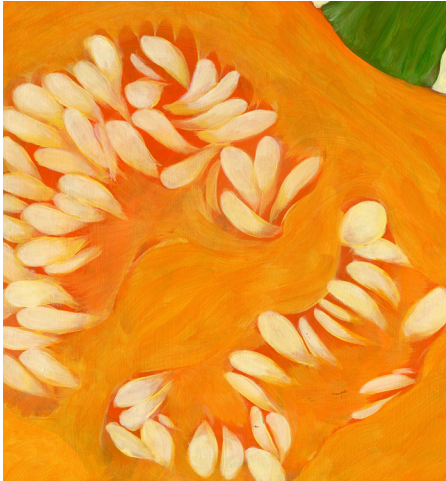


# Harvest of the Month



## PUMPKIN



### TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some pumpkin on its own.
2. **MAKE** a dish with pumpkin using the recipe and ingredients provided.
3. **LEARN** about pumpkin with the information below.



### Fun Facts

- Pumpkins are native to the Southern U.S. and Mexico. Indigenous North Americans have grown pumpkins for thousands of years.
- The heaviest pumpkin was grown in Belgium in 2016 and weighed 2,624 pounds!
- Pumpkins are related to zucchini, melons and cucumbers.
- One cup of mashed pumpkin contains 245 percent of your recommended daily intake of Vitamin A!

### Jack-O'-Lanterns

The custom of carving pumpkins at Halloween grew out of an Irish tradition of carving turnips and potatoes! In fact, the name, jack-o'-lantern, comes from an Irish folktale about a man named Stingy Jack. Irish immigrants brought the tradition to America, and found the pumpkin perfect for carving!



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services



*Enrolled in CalFresh? Don't forget to complete your semi-annual report, also known as the SAR 7! Call the Eureka Call Center to verify when it is due: 1-877-410-8809.*