

PUMPKIN

FAST FACTS

- Pumpkin is a type of cucurbitaceae fruit, such as cucumbers, gourds, melons and squashes
- Every part of the pumpkin plant can be eaten, including the flowers, leaves, stems, and seeds
- Pumpkins mature in early autumn
- Characterized by a hard orange rind with distinctive grooves
- It has two classifications, summer and winter



IMPORTANT NUTRIENTS

- **Fiber** - good for your gut and heart
- **Magnesium** - helps build bones and teeth
- **Vitamin A** - keeps tissues and skin healthy
- **Vitamin C** - helps with wound healing
- **Potassium** - needed for muscle contraction

SELECTION & STORAGE

Choose a pumpkin with firm tough skin that are heavy for its size. Avoid moldy or sunken skins.

Uncut pumpkins can be kept in a cool dry place for up to 6 months.

IDEAS FOR SERVING

- Incorporate into baked goods, like muffins or bread
- Roast pumpkin as a side dish and season with spices to add additional flavor
- Toast and lightly salt the seeds

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ACTIVITIES

Five Senses Fun!

Use your five senses to describe how pumpkin looks, feels, tastes, sounds, and smells.

Pumpkin Math

If one pumpkin vine holds 20 pumpkins and you have 5 pumpkin vines, how many pumpkins could you harvest?

Compare & Contrast

Make a list of similarities and a list of differences between pumpkins and another fruit. Are there more similarities or differences?

Poetry

Write a poem about the health benefits of pumpkin. Share with the class!

Write a Recipe

Invent a new recipe that includes pumpkin as one of the ingredients.

Watch a Video

Find and watch a video online that shows how pumpkin is grown, harvested, and distributed in the United States.

CHECK FOR UNDERSTANDING

What are some examples of other cucurbitaceae fruits?

Describe the steps you would take to grow pumpkin at home.

Why is eating pumpkin good for your health?

What should you look for when selecting pumpkin at the store?

Where do pumpkins grow?

REFERENCES

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