

ALL ABOUT PUMPKIN



WHAT ARE PUMPKINS?

A pumpkin is a type of fruit, not a vegetable! It develops from a flower and contains seeds. It belongs to the squash family, which also includes zucchini and gourds.

PUMPKINS AND HALLOWEEN



- Pumpkins are famous for jack-o'-lanterns, which are carved pumpkins with faces or designs.
- The tradition of carving pumpkins started with a legend called "Stingy Jack" in Ireland.
- Before pumpkins, people carved turnips for Halloween!



WHERE DO PUMPKINS GROW?

Pumpkins grow on vines and can be round, oval, or even slightly flat. They grow in patches or fields.

HEALTH BENEFITS OF PUMPKINS

Pumpkins are full of vitamin A. They have vitamin C. Pumpkins also contain fiber and potassium.

Pumpkin seeds are good for you as well. They contain protein, healthy fats and magnesium.

PUMPKINS IN SOUTH DAKOTA

South Dakota has many pumpkin patches across the state. Each year they do harvest festivals. You can pick your own pumpkin to carve for Halloween and other harvest themed activities.

FUN FACTS

- Pumpkins can be orange, white, yellow, green, or even blue!
- The largest pumpkin ever grown weighed over 2,700 pounds!
- Pumpkin seeds are also called pepitas and can be eaten as a snack.
- Pumpkins are 90% water!
- Pumpkins have been grown for over 5,000 years!
- Every year, the U.S. produces about 1.5 billion pounds of pumpkins.
- Illinois is the pumpkin capital of the world.

Nutrition Facts	
Portion Size	116 g
Amount Per Portion	
Calories	30
% Daily Value *	
Total Fat 0.1g	0 %
Saturated Fat 0.1g	0 %
Sodium 1.2mg	0 %
Total Carbohydrate 7.5g	3 %
Dietary Fiber 0.6g	2 %
Sugar 3.2g	
Protein 1.2g	2 %
Vitamin D 0mcg	0 %
Calcium 24mg	2 %
Iron 0.9mg	5 %
Potassium 394mg	8 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

