

Pumpkin Talking Points

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on pumpkin. Here is some information on pumpkin.

What Are Pumpkins?

Pumpkins are a fruit, not a vegetable. They grow from a flower and contain seeds. Pumpkins are part of the squash family, along with zucchini and gourds. **Read trivia for the week.**

How Do Pumpkins Grow?

They grow on vines in fields or patches. They can be round, oval, or flat in shape. **Read trivia for the week.**

Health Benefits of Pumpkins

Pumpkins are rich in vitamin A and vitamin C. They contain fiber and potassium. Pumpkin seeds (also called pepitas) are high in protein, healthy fats, and magnesium. **Read trivia for the week.**

Fun Pumpkin Facts

Pumpkins come in many colors: orange, white, yellow, green, and even blue! Pumpkins are 90% water. The largest pumpkin ever grew to over 2,700 pounds! The flesh inside is used in pies, soups, and bread. The U.S. grows around 1.5 billion pounds of pumpkins each year. Illinois is known as the pumpkin capital of the world. Pumpkins have been cultivated for over 5,000 years! **Read trivia for the week.**

Pumpkins in South Dakota

South Dakota has many pumpkin patches and hosts harvest festivals. Families can visit to pick pumpkins and join in seasonal activities like carving and decorating. **Read trivia for the week.**



Helpful Tips

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where it can be seen by all students.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

Adventure Time:

- Research pumpkin patches in your area. Have grade levels or classrooms take a field trip if its allowed.
- Take a virtual field trip of a pumpkin patch. Search virtual field trip on YouTube.
- Get some smaller pumpkins and do a pumpkin carving contest or draw on them with Sharpie markers.

