



# Pumpkin

## What am I?

Pumpkins are a type of squash and are smooth & round. They are typically orange in color and weigh between 10-25 lbs. Pumpkins are actually considered a fruit because they contain seeds!

## How do I grow?

- Pumpkins grow on vines after their seed has been planted in the ground.
- Vines that have large leaves can grow more pumpkins
- They are usually grown July-October in Wisconsin



## Nutrition Facts

Pumpkins contain beta-carotenes, an antioxidant that may reduce a person's chances of cancer & heart disease, Eating all the colors of the rainbow ensures that you are getting all of the vitamins and minerals a growing body needs!

## Fun Facts

- You can eat all parts of the pumpkin except for the stalk
- A Jack-O-Lantern pumpkin can be used for Halloween carving!
- Pumpkins are used to make pumpkin pie-a staple at Thanksgiving meals!

