

# Pumpkins

God gives us many reasons to be thankful for pumpkins! These festive squashes are native to North America, and over a billion pounds are harvested in the U.S. each year. The planting season usually begins in summer, and pumpkins are popular as the weather gets cooler. Did you also know...

- ✓ Pumpkins are super-healthy food. They're full of essential vitamins and minerals, fiber, and protein. The seeds are good for you, too!
- ✓ There are over 100 varieties of pumpkins. They come in all sorts of colors, like orange, green, white, yellow, pink, and blue.
- ✓ Pumpkins grow from the flowers of their plants, which makes them a type of fruit.
- ✓ The world's largest pumpkin was over 2,702 pounds.



### Did you know?

Pumpkins are known as winter squash because they have a firmer rind than summer squash, like zucchini. This allows them to be stored during the cold months.

### Name That Pumpkin

Many pumpkins have silly names. Which of the options below isn't a variety of pumpkin?

- |                       |               |            |
|-----------------------|---------------|------------|
| Autumn Gold           | Knucklehead   | Blue Doll  |
| Cinderella's Carriage | Polar Bear    | Goosebumps |
| Long Island Cheese    | Pumpkin Spice | Munchkin   |

Circle five differences in the pictures below.



Answer: Pumpkin Spice