

Facts Page

Let these pumpkin and vegetable group facts help enhance your lesson.

Why pumpkin?

Pumpkins find their place across the menu—breakfast, lunch, dinner as well as dessert. We eat pumpkin in many products—pancakes, muffins, breads, seeds for snacking, soup or delicious pie. Pumpkin is very full of nutrients— its dark yellow to orange color lets us know it is a great source of Vitamin A—good for our eyes!

There are many delicious uses for pumpkin besides jack-o-lanterns and pumpkin pie. The French make a tasty soup out of it—often served right in the pumpkin. The Israelis stuff it with meat, and the Greeks fry slices of pumpkin in oil and eat it with a garlic sauce. Pumpkin may be baked, boiled, or steamed—no matter how it is cooked, it is tasty and nutritious.

How do pumpkins grow?

Pumpkins grow in a variety of sizes—from a few ounces to over 500 pounds! The traditional Jack O'Lantern is a particular variety officially known as the Connecticut Field Pumpkin. They usually grow to between 10 and 20 pounds each, though they can grow as big as 50 pounds, and feature the bright orange color and classic pumpkin shape. Pumpkins are a vegetable, but we eat the fruit of the plant. This “fruit” is the largest of the vegetable world.

Growing pumpkins love a sunny spot—the more sun, the better! A single pumpkin vine can grow to thirty feet in length. If pumpkins could speak, their first words would probably be “give me a drink!”

Between 80 - 90% of every pumpkin is water. Autumn is harvest time for pumpkins, and we often see them featured as decorations around that time of year.

To receive free pumpkin seeds:

Classroom teachers may send for a free pack of pumpkin seeds and a lesson plan for growing pumpkins in the classroom. Send a self-addressed envelope and a \$1 bill for postage and handling to: Pumpkin Seed Offer
Pumpkin Circle Project
P.O. Box 67
Santa Cruz, CA 95063

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