Pumpkins originated in Mexico and Central America. They have been grown in North America for 5000 years.

- Native Americans depended on pumpkins to feed them during the winter.
- The Native Americans introduced pumpkins to the pilgrims when they arrived.

Pumpkins are part of the *cucurbita* family along with zucchini and squash.

- Pumpkins are high in fiber and good sources of Vitamin A and potassium.
- The tradition of pumpkin carving began when the Irish immigrated to America.

**Did You Know?**

This month you can enjoy PUMPKIN at school! Look for pumpkin seeds on the salad bar and roasted pumpkin on the menu!

Pumpkins grow all over the world, except in Antarctica. This month the pumpkins we are using at school were grown in Snohomish, Washington! Look to the right to see how a pumpkin grows.

**Books**

**Grades K-3**

- From Seed to Pumpkin by Wendy Pfeffer

**Grades 1+**

- The Pumpkin Book by Gail Gibbons
- Fall Pumpkins: Orange and Plump by Martha E.H. Rustad

For more information, see:
- [http://www.pumpkinook.com/facts.htm](http://www.pumpkinook.com/facts.htm)
- [http://urbanext.illinois.edu/pumpkins/nutrition](http://urbanext.illinois.edu/pumpkins/nutrition)
Activity: Pumpkins

How do Pumpkins Grow?

Draw & Label your own version of The Pumpkin Life Cycle:

It starts with a seed...

And ends with an orange pumpkin!

Pumpkins are orange because they have beta-carotene. Beta-carotene helps to protect our bodies from diseases.

Created by: The EPS Food & Nutrition Department