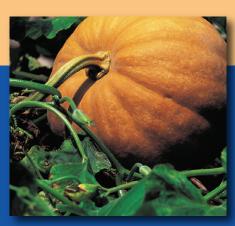
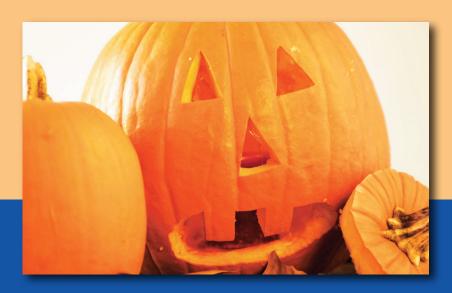


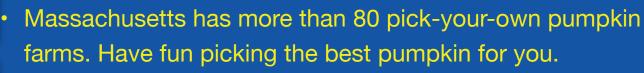
# Hey kids, become a FOOD EXPLORER and check this out!

# Pumpkins

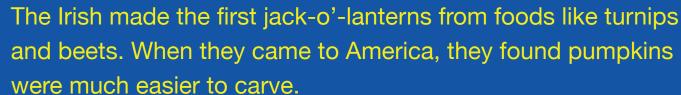


## Did you know...?











- Early colonists made the first pumpkin pies. They filled empty pumpkins with milk, honey, and spices and baked in hot ashes.
- Pumpkins are in the squash family. They are really fruits because they have seeds.

# **DELICIOUS AND NUTRITIOUS**

Like carrots, pumpkins have vitamin A that helps us see at night—all the better for trick-or-treating!

### A SUPER SNACK IDEA

Try roasting pumpkin seeds for a crunchy, healthy snack.

### **PUMPKIN HUMOR**

Knock Knock. Who's there? Wanda. Wanda who?

Wanda piece of pumpkin pie?