



Hey kids, become a
FOOD EXPLORER
and check out this
Month's Discovery...

Pumpkins



Did you know...?

- Massachusetts has more than 80 pick-your-own pumpkin farms. Have fun picking the best pumpkin for you!
- The world's largest pumpkin weighed 1,689 pounds – heavier than a full-grown buffalo!
- The Irish made the first jack-o'-lanterns from foods like turnips and beets. When they came to America, they found pumpkins much easier to use.
- Early colonists filled empty pumpkins with milk, honey, and spices, and baked them in hot ashes – the first pumpkin pies.
- 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?**