

Pumpkin



Pumpkin Patch in Maine

The "pumpkin" is referred to in *The Legend of Sleepy Hollow*, *Peter, Peter, Pumpkin Eater* and *Cinderella*.

Fun Pumpkin Facts

- Pumpkins are a fruit
- Pumpkins originated in Central America
- Pumpkin seeds can be roasted as a snack
- Pumpkins contain **potassium**, which keeps our hearts healthy and **Vitamin A**, which helps our vision
- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake
- Pumpkins were once recommended for removing freckles and curing snake bites
- The largest pumpkin ever grown weighed 1,140 pounds
- Native Americans used pumpkin seeds for food and medicine



History of Pumpkin Pie

The origin of pumpkin pie occurred when the colonists sliced off the pumpkin top, removed the seeds, and filled the insides with milk, spices and honey. The pumpkin was then baked in hot ashes.



Did you know? Pumpkins are 90 percent water