



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

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 more than 2,600 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 were much easier to carve.
- 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?