

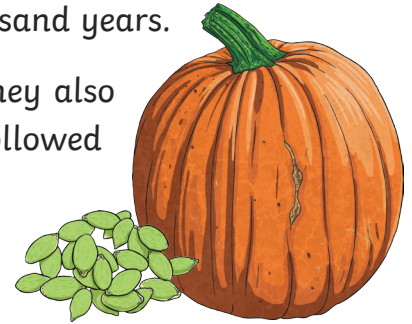
All About Pumpkins

History

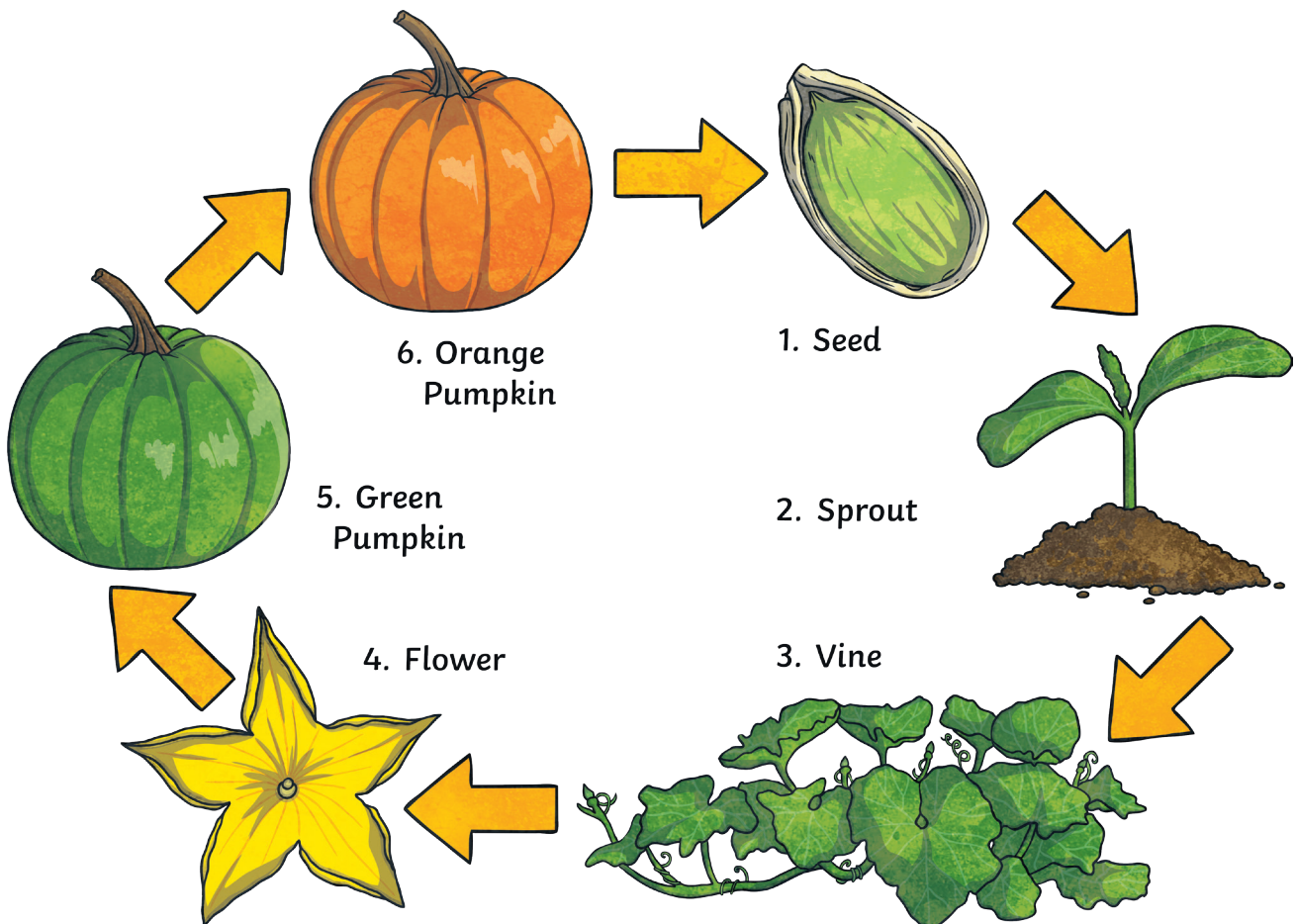
Pumpkins have grown in North America for over seven thousand years.

Native Americans used pumpkins for food and medicine. They also used them for other practical purposes. They even used hollowed out pumpkins as storage containers.

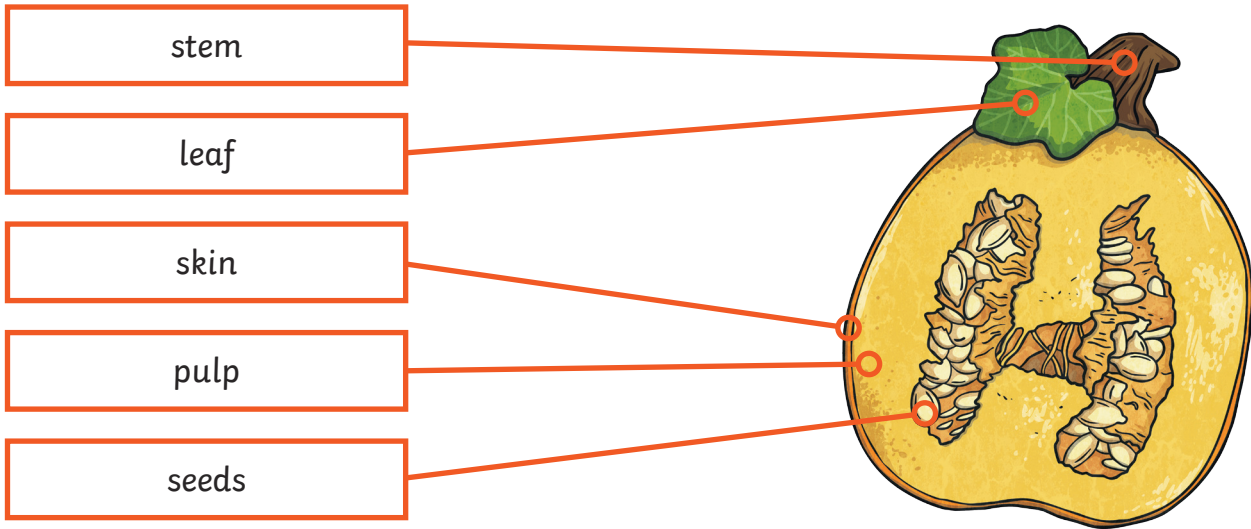
The word pumpkin means 'large melon.'



Life Cycle



Parts of a Pumpkin



Types of Pumpkins

The most popular pumpkins are the round, smooth-skinned, orange species. There is a large variety of pumpkins of different colors, shapes, and sizes. Some pumpkins weigh less than one pound when they are fully-grown. Other large varieties can grow to weigh more than two thousand pounds!

A Healthy Food Choice

Pumpkins are a healthy food choice. Pumpkins are low in calories and salt. They are high in nutrients.

The USA's favorite pumpkin creation is pumpkin pie. Pumpkin pie is eaten at Thanksgiving. It is a delicious way to eat pumpkin, but it is not the healthiest if a lot of sugar is added.



Common Uses

Farmers grow pumpkins to make food. They also grow pumpkins to feed animals. And, of course, farmers grow pumpkins for people to decorate. The USA, Canada, Mexico, India, and China grow the most pumpkins in the world.

In the USA, people love to visit the pumpkin patches. They enjoy pumpkin treats. And, of course, they carve and decorate spooky, Halloween jack-o'-lanterns.



Fascinating Facts

The heaviest pumpkin in the USA was grown in 2016. It weighed over two thousand pounds. That is more than a car!

Native Americans taught the Pilgrims how to grow and use pumpkins to help them survive in their new country.

The Pilgrims hollowed out their pumpkins, filled them with a mixture of cream, eggs, honey, and spices, and baked them in an open fire. This is similar to today's pumpkin pie but without the pie crust.

Questions

1. When were pumpkins first grown in North America?
 - over 700 years ago
 - over one thousand years ago
 - over 7,000 years ago
 - over 2,000 years ago
2. What are pumpkins used for?
 - food for humans and animals
 - fuel for cars
 - habitats for birds
 - fertilizer
3. How did the Pilgrims learn how to grow pumpkins?
 - They found them growing in the wild and harvested their seeds.
 - The Native Americans taught the Pilgrims how to grow them.
 - The Pilgrims brought the seeds with them from Europe.
 - The Pilgrims learned through trial and error.
4. What is the USA's favorite pumpkin dish?
 - pumpkin pudding
 - pumpkin pie
 - pumpkin bread
 - pumpkin cookies
5. How did pumpkins benefit the Pilgrims and Native Americans?

6. How do pumpkins benefit us today?

Answers

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5. How did pumpkins benefit the Pilgrims and Native Americans?
Pumpkins provided much-needed food for the Pilgrims and Native Americans.
6. How do pumpkins benefit us today?
Pumpkins benefit us today by providing food for us, food for animals, and enjoyment (in decorating).