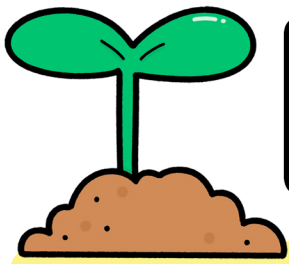


FUN FACTS ABOUT

PUMPKINS



MOSTLY EDIBLE

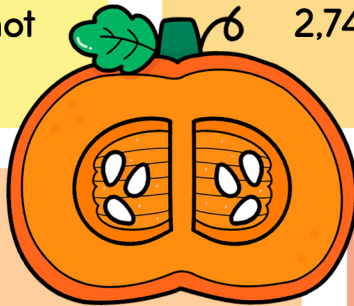
You can eat the flesh, seeds, flowers, and leaves. You can not eat the stalk.

MEGA PUMPKINS

The world's heaviest pumpkin weighed over 2,749 pounds.

LONG VINES

Pumpkin vines can grow up to 30 feet long.



IT'S A FRUIT

Pumpkins are actually fruits, not vegetables because they grow from flowers and have seeds inside, just like apples!

MORE THAN ORANGE

Pumpkins come in over 45 varieties; white, green, blue, striped, and multicolored, not just orange!



MOSTLY WATER

Pumpkins are about 90% water. They are low in calories and packed with vitamins.

ANCIENT PLANT

Native Americans used pumpkins for food and medicine.

BUSY BEES

Pumpkins need bees to carry pollen from a male flower to a female flower.

ALMOST EVERY CONTINENT

Pumpkins are grown on every continent in the world except Antarctica

SUPERSTARWORKSHEETS



SUPER SEEDS!

Pumpkin seeds, also called pepitas, are packed with protein, fiber, and iron.

