



Fun Pumpkin Facts



Pumpkins are an integral part of American tradition and there's something magical about finding the perfect pumpkin at a local farm or pumpkin patch. Here are just a few fun facts about pumpkins.

- 1.** How pumpkins grow. Pumpkins are a warm-weather crop and are typically planted in July. A pumpkin takes 90-120 days to grow, and contains about 500 seeds! Honeybees play a significant role in fertilization. Although pumpkins are typically orange, they can be yellow, white, green, and red. Pumpkins are native to North America and are one of the oldest domesticated plants.
- 2.** A pumpkin is a fruit. Native to the Americas, pumpkins are actually considered a fruit. Along with squash and Indian corn, Native American Indians have been growing pumpkins for more than 5,000 years.
- 3.** Pumpkins are edible and nutritious. High in iron and fiber, pumpkins are also rich in vitamin A and potassium. Not only is the fleshy pulp inside the pumpkin good for you but so are the seeds and edible pumpkin blossoms. Pumpkins have male and female flowers. You can eat these flowers! They are good for fighting colds, helping your bones, and strengthening your eyes with Vitamin A.
- 4.** Where pumpkins are grown. Pumpkins are grown all over the world (on every continent except Antarctica) and in all 50 states (yes, even Alaska). California is America's fifth-largest pumpkin-growing state. Illinois comes in at number one, followed by the nearby states of Indiana, Ohio, and Pennsylvania.
- 5.** Pumpkins are 90 percent water. That's why they feel so heavy. Some pumpkins are purposely grown for fair and festival contests to win ribbons and prizes. In fact, the heaviest pumpkin in the world grew in Switzerland and weighed 2,096 pounds.
- 6.** How pumpkins became associated with Halloween. Carving pumpkins into jack-o'-lanterns is a popular Halloween tradition that originated hundreds of years ago in Ireland. Back then, jack-o'-lanterns were made out of turnips or potatoes. It wasn't until Irish immigrants arrived in America and discovered the pumpkin (and how much easier it was to carve) that a new Halloween ritual was born.
- 7.** There really is a Cinderella pumpkin. Once upon a time in a faraway land (France), farmers cultivated a unique pumpkin. In the Cinderella fairy tale, this ornate French heirloom pumpkin is magically transformed into the elegant coach that took Cinderella to the ball to meet her prince. Celebrate the harvest by heading to the Ashland Berry Farm pumpkin patch in search of the perfect pumpkin. It's an American seasonal tradition!

