Pumpkin  
(Cucurbita maxima)

Origin

Pumpkins, a member of the gourd family, are native to the western hemisphere. Pumpkins have been grown in North America for thousands of years.

Food Production

Pumpkin seeds are planted between May and June. They take approximately 100 days to grow and are harvested in October. Pumpkins are a vine crop and require soil that retains water well. Honeybees are important for pollination. U.S. farmers grow more than 1.5 billion pounds of pumpkin each year.

Nutritional Qualities

Pumpkins are high in fiber, vitamin A, vitamin B, potassium, iron and protein. Pumpkins are low in calories and sodium.

Famous Dishes

Salted pumpkin seeds, pumpkin seed oil, pumpkin pie, mashed pumpkin, soup, and ravioli.