



Pumpkin Fun Facts

- Anamosa is the "Pumpkin Capital of Iowa."
- In 2000, Joe Scherber's 1,009 pound beauty was not only Anamosa's largest, it was the third largest ever recorded in the world.
- Pumpkin seeds can be roasted as a snack.
- Pumpkins contain potassium and Vitamin A.
- Pumpkins are used as feed for animals.
- Pumpkin flowers are edible.
- Pumpkins are used to make soups, pies and breads.
- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- Pumpkins are members of the vine crops family called cucurbits.
- Pumpkins originated in Central America.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- Pumpkins were once recommended for removing freckles and curing snake bites.
- Pumpkins range in size from less than a pound to over 1,000 pounds.
- The largest pumpkin ever grown weighed 1,140 pounds.
- The name pumpkin originated from "pepon" – the Greek word for "large melon."
- The Connecticut field variety is the traditional American pumpkin.
- Pumpkins are 90 percent water.
- Pumpkins are fruit.
- 80% of the pumpkin supply in the United States is available in October.
- In colonial times, Native Americans roasted long strips of pumpkin in an open fire.
- Colonists sliced off pumpkin tips; removed seeds and filled the insides with milk, spices and honey. This was baked in hot ashes and is the origin of pumpkin pie.
- Native Americans flattened strips of pumpkins, dried them and made mats.
- Native Americans called pumpkins "isqoutm squash."
- Native Americans used pumpkin seeds for food and medicine.

Sources: *Illinois Extension and www.ia.net/~anachamb/pumpkin.html*

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