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Pumpkins are high in fiber and low in calcium. They also have disease fighting nutrients in them. In Colonial times they didn't have Jack-o-lanterns, trick or treating, costumes, or candy. What they had was pumpkins; round, large, orange pumpkins.

Did you know they are different pumpkins for different things!? There are also many foods you can make from pumpkins.

- Pumpkin cheesecake
- Pumpkin Pancakes
- Pumpkin curry
- Pumpkin waffles
- Chocolate Pumpkin pudding
- Pumpkin mincemeat pie

Have a fun

Day! |||||
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