



Idaho enjoys a healthy bounty when it comes to growing **pumpkins**. Idaho's favorable growing conditions allow the state's **pumpkin** harvest to produce many varieties that are pleasing to the eye and rich in flavor.

Pumpkins are a member of the squash family and contain an important phytonutrient called beta-carotene. Our bodies convert beta-carotene into vitamin A, which is essential for good eyesight and proper growth.

Pumpkins are thought to have originated in Central America. **Pumpkin** seeds have been found in Mexico dating back to 5500 B.C. Westerners got their first tastes of the **pumpkin** when settlers arrived in America. The **pumpkin** quickly became an important part of the settlers diet and soon found its way back to Europe where it became hugely popular.

Little Known Pumpkin Facts:

- **Pumpkins** are a fruit.
- **Pumpkins** are 90% water.
- **Pumpkins** range in size from less than 1 pound to over 1,000 pounds.
- 80% of the **pumpkin** supply in the U.S. is available in October.
- **Pumpkins** are used to make soups, pies, and breads.

