

POWERFUL PUMPKINS



Nutrition Chart

Pumpkin 1/2 cup fresh	
Calories	25
Total fat (g)	0.1
Saturated fat (g)	0.1
Monounsaturated fat (g)	0
Polyunsaturated fat (g)	0
Dietary fiber (g)	1.4
Protein (g)	1
Carbohydrate (g)	6
	8

Did You Know?

- The pumpkin is responsible for preventing the starvation of the pilgrims during their first winter in America
- Pumpkins are 90 percent water.
- Pumpkins are related to watermelons.
- Pumpkins are low in calories, rich in fiber, potassium, riboflavin, & vitamins C and E.
- Pumpkins originated in Central America.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.

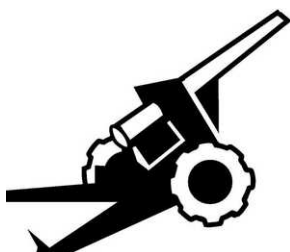


Farthest Pumpkin

On September 19, 1998, a pumpkin was shot a distance of 4,491 ft by the Aludium Q-36 Pumpkin Modulator, (an air cannon), at the Morton Pumpkin Festival, Illinois, USA. All the pumpkins, which are hurled at the annual festival, must weigh between 8 and 10 pounds.

Largest Pumpkin Pie

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.



Largest Pumpkin

Gerry Checkon of Altoona, Pennsylvania, grew a pumpkin weighing 1,131 lb from Atlantic Giant seed stock USA. It was weighed at the Pennsylvania Pumpkin Bowl on October 2, 1999.