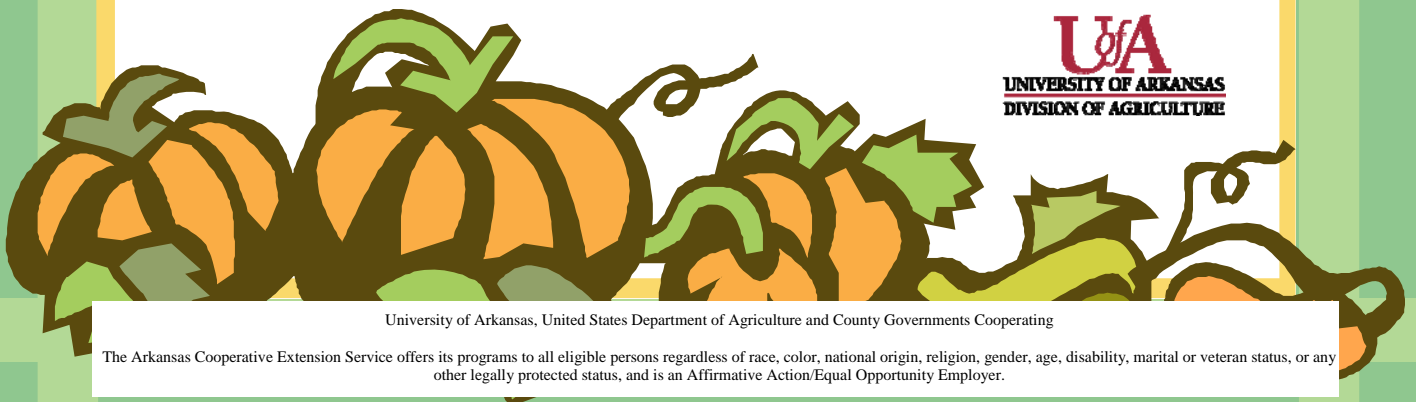


Potty Pointers

The Great Pumpkin

- In 1584, after French explorer Jacques Cartier explored the St. Lawrence region of North America, he reported finding "gros melons." The name was translated into English as "pompions," which has since evolved into the modern "pumpkin."
- Pumpkins originated in Central America. Pumpkins have been grown in North America for 5,000 years.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- Pumpkins are fruits. A pumpkin is a type of squash and is a member of the gourd family (Cucurbitaceae), which also includes squash, cucumbers, gherkins, and melons.
- The largest pumpkin pie ever baked was in 2005 and weighed 2,020 pounds. It was over 12 feet in diameter and four inches deep. It used 900 pounds of cooked pumpkin, 300 pounds of sugar, 155 dozen eggs and took six hours to bake.
- Pumpkins range in size from less than a pound to over 1,000 pounds. The largest pumpkin ever grown was 1,689 pounds. It was grown by Joe Jutras of North Scituate, Rhode Island.
- Pumpkins are low in calories, fat, and sodium and high in fiber. They are good sources of Vitamin A, Vitamin B, potassium, protein, and iron. Even the pumpkin flowers are edible.
- 90 percent of all the pumpkins grown in the United States are raised within a 90-mile radius of Peoria, Illinois.



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