



Know What You Grow!



Photo Source: AOL Images

PUMPKIN

Scientific Name: *Cucurbita maxima*

Recommended Varieties

- Spirit (semibush, multipurpose)
- Autumn Gold (multipurpose, turns gold)
- Jack O'Lantern (good for carving)
- Big Max (large fruit for showing)
- Bushkin (compact vine for large container)
- Cinderella (multipurpose, turns bright red when ripe)

Common Pests

Watch for aphids, whiteflies, squash bugs, spider mites, leafhoppers and leafminers.

Source: [University of California Integrated Pest Management](#)

Growing Information

Warm Season Plant

Pumpkins require warm, sunny days and soil temperature at least 60°F.

Ideal Planting Window

Inland Valley: April - June

Desert: March - July

Growing Guidance

Seeds: Sow 2 – 5 ft apart in rows or hills according to seed package directions.

Soil: Loamy soil filled with organic matter.

Water: Deep, yet gentle watering, preferably with a soaker hose or drip irrigation in early morning. Avoid wetting the leaves.

Harvest: Pumpkins should have hard exterior shells that resist denting when you press a fingernail to them. Select a sharp knife or pruning shears to cut the thick stem approximately three to four inches from the top of the pumpkin. Always carry pumpkins from the bottoms, not by the stems.

More Information: [Garden Beast](#)



Photo Source: AOL Images

Interesting Facts

- Pumpkins come in lots of colors including green, red, yellow, tan, white, blue and multi-colored stripes. They can be big, tiny, round, oblong, tall, flat, smooth, ribbed or bumpy.
- A famous pumpkin is Cinderella's carriage.



- Botanically, pumpkins are fruits because they contain seeds (about 500!), but many people refer to them as vegetables anyway.
- Over 1.5 billion pounds of pumpkin are produced each year in the United States; about 80% are ready to harvest by Fall, just in time for Halloween pumpkin carving.
- Pumpkins are grown on every continent in the world, except Antarctica. Illinois leads production in the United States.
- Pumpkins need lots of space. They grow on long vines that can reach 20 feet in length or longer.
- The heaviest pumpkin, according to the Guinness World Records, came from Germany in 2016. It weighed more than 2,600 pounds.

More facts: [Parade Magazine](#)

Photo Source: : Wikipedia

Contact Information



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Nutritional Information

Nutritional Value

Pumpkin is a healthy food, even though it is made up of 91% water. It has just 41 calories per half cup. It is a good source of vitamin A, Iron, Folic Acid and Magnesium, and is rich in Potassium.

Source: [University of California Davis, Vegetable Research and Information Center](#)

Recipe: Pumpkin Seed Snack



Ingredients

Pumpkin seeds

Olive Oil

Choice of Seasoning:

Salt

Directions

1. Preheat the oven to 300 degrees F. Using a spoon, scrape the pulp and seeds out of your pumpkin into a bowl.
2. Separate the seeds from the stringy pulp, rinse the seeds in a colander under cold water, then shake dry. Don't blot with paper towels; the seeds will stick.
3. Spread the seeds in a single layer on an oiled baking sheet and roast 30 minutes to dry them out.
4. Toss the seeds with olive oil, salt and your choice of spices. Return to the oven and bake until crisp and golden, about 20 more minutes.

Recipe: [Food Network](#)

Photo Source: Wikipedia