

HARVEST OF THE MONTH: PUMPKIN



NUTRITION FUN FACTS:

- Pumpkin is an excellent source of vitamin A. Vitamin A helps keep your vision strong, fight infection, and keep your skin healthy.
- Pumpkin is also a good source of vitamin C, which helps your body heal cuts and wounds. It also helps lower your risk of infection.
- Pumpkin seeds have different nutrients, so try them out! They can add great crunch and nutrition to lots of dishes.

Fun snack ideas!

HOW TO EAT PUMPKIN:

1. Roast, bake, or mash pumpkin for warm, tasty side dishes. You can even puree pumpkin to use in soups!
2. Use canned or pureed pumpkin to make tasty breads, muffins, or even pancakes! Add raisins and chopped nuts too.

Pick the yummiest!

THINGS TO LOOK FOR:

1. Pick fresh pumpkins that are firm and feel heavy for their size.
2. Keep fresh pumpkins in a cool, dark place for up to two months
3. Pick your own! Go to a pumpkin patch and pick out your very own pumpkin.

BEST TIME TO EAT:

SEPTEMBER -
OCTOBER



UNC Center for Health Promotion and Disease Prevention

RECIPE: BREAKFAST PUMPKIN COOKIES

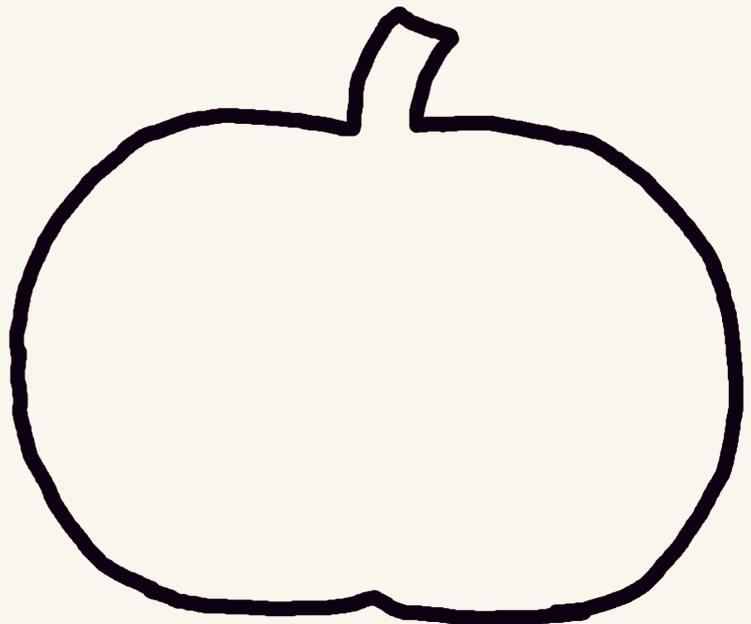
DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls on greased cookie sheet.
6. Bake 10-12 minutes until golden brown.

[HTTPS://WWW.CHOOSEMYPLATE.GOV/RECIPES/SUPPLEMENTAL-NUTRITION-ASSISTANCE-PROGRAM-SNAP/BREAKFAST-PUMPKIN-COOKIES](https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/breakfast-pumpkin-cookies)

ACTIVITY: PAINT A PUMPKIN

Pumpkins are very popular in the fall both to eat and for arts and crafts! Pumpkin painting and pumpkin carving are fun ways to turn a pumpkin into a festive outdoor decoration. Color the pumpkin below or draw on it to make a unique piece of art!



INGREDIENTS

Makes 48 small cookies:

- 1 3/4 cups pureed cooked pumpkin
- 1 1/2 cups brown sugar
- 2 eggs
- 1/2 cup vegetable oil
- 1 1/2 cups flour
- 1 1/4 cups whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1 cup raisins
- 1 cup chopped walnuts