

Pumpkins

Cucurbita maxima, C. moschata, C. argyrosperma

Fun Fact: Pumpkins are meant to symbolize gratitude, generosity, harvest, and abundance.

Did you know pumpkins have been grown in North America for almost 5,000 years? Used for carving, cooking or a contest of size pumpkins are a staple of fall celebrations.

When it comes to choosing a pumpkin, think about what you want to do with it. All pumpkins are technically edible, but ornamentals are better for carving & other pumpkins are best for cooking.

Here are a few different types of pumpkins:

Miniature Pumpkin:



'Jack-Be-Little', native to Central America mini pumpkins are used decoratively & are best suited for cooking applications such as baking or roasting.

Field Pumpkin:



'Autumn Gold', these are ideal for carving & decorating. Carving pumpkins are typically thinner and easier to saw into. They also have less guts on the inside, which are also grainier and stringier, making them easier to clean. Typically the seeds are still great roasted.



Giant pumpkin:

'Cucurbita maxima' Typically only grown for contests these pumpkins can technically be eaten, but they are made of mainly water & are very bland in taste. Last year in Italy the largest the world record was broken for the largest pumpkin, weighing 2, 703 pounds!

Colorful Decorative Pumpkins:

- 'Jarrahdale' has blue-green skin and makes for great decorations.
- 'Pepitas Pumpkin' is orange and green.
- 'Super Moon' is a large white pumpkin.



Did you know another name for Pumpkin Seed is Pepita?

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