Harvest of the Month is a great way for your family to explore, taste, and learn about eating more fruits and vegetables every day.

**PUMPKINS AND OUR HEALTH**

» A 1/2 cup of pumpkin is an excellent source of vitamin A and a good source of vitamin C.
» Vitamin A helps keep your vision good, fight infection, and keep your skin healthy.
» Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

**WHEN ARE PUMPKINS IN SEASON?**

On Martha’s Vineyard, pumpkins ripen in late September, and are widely available at Farmer’s Markets and farm stands. Pumpkins will store in a cool, dry place through the winter months.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1/2 inch slice (47g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>150</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>6 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Potassium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
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<td>Sugar Alcohols</td>
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<tr>
<td>Protein</td>
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</table>

**HEALTH TIP**

Eating a variety of colorful fruits and vegetables can help your family stay healthy, feel good, and may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

**HEALTHY SERVING IDEAS**

» Roast, bake, or mash pumpkin for warm, tasty side dishes. You can even puree pumpkin to use in soups.
» Roast pumpkin seeds in a preheated oven at 300°F for 10 to 25 minutes. Be sure to wash and dry the seeds first!
» Use canned pumpkin to make tasty breads, muffins, or even pancakes. Add raisins or chopped nuts for extra fiber.

**SHOPPER’S TIPS**

» Pick fresh pumpkins that are firm and feel heavy for their size.
» Keep fresh pumpkins in a cool, dark place for up to two months.
» Look for canned pumpkin with no added sugars or sodium. You can use canned pumpkin in any recipe that uses cooked pumpkin.
» For best prices, buy pumpkins at a farm stand or a local farmers’ market.

for more info visit islandgrownschools.org/harvestofthemonth

This material is adapted from Harvest of the Month by the California Department of Public Health’s Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 1-866-950-3663.