

# FRUIT/VEGETABLE OF THE MONTH!

The featured fruit is **PUMPKIN**

## PUMPKIN FACTS:

Pumpkin is a type of winter squash that is **technically a fruit** because it contains seeds, much like its cousins the cucumber and melons.

Pumpkins are rich in vitamins, minerals and antioxidants which makes them incredibly healthy.

Pumpkins produce about 500 seeds which, when roasted, make for a delicious and nutritious snack.



Pumpkins were **first named** by a French explorer in 1584. He called them "**gros melons**," which translated to "pompions" in English. The first known use of the word "pumpkin" was in the fairy tale, Cinderella.

The U.S. produces **1.5 billion pounds of pumpkins annually**, most of which are sold during October. Most of our supply is grown in California, Illinois, Indiana, Pennsylvania, and Texas.

The best ways to enjoy pumpkin is roasted, pureed, in soup or in hummus.

## HEALTH BENEFITS OF EATING PUMPKIN:

- May **reduce the risk of chronic diseases** including type 2 diabetes
- Contain potassium, vitamin C, and fiber that may **benefit heart health**
- Antioxidants found in pumpkins may lower the risk of some cancers
- May **protect and sharpen eyesight**
- Loaded with nutrients which can **boost the immune system**
- Low in calories
- May **promote weight loss and digestive health**
- Promotes **good sleep and healthy skin**
- Contains compounds that ease inflammation

## CRANBERRY PUMPKIN MUFFINS RECIPE:

Servings 2 dozen | Total Cook Time 30 Min

### Ingredients:

- 2-1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon salt
- 2 large eggs
- 2 cups sugar
- 1 cup canned pumpkin
- 1/2 cup canola oil
- 1 cup fresh or frozen cranberries, chopped

### Directions:

1. Preheat oven to 400°. In a bowl, combine the first 4 dry ingredients.
2. In another bowl, beat the eggs and sugar; add the pumpkin and oil and mix well.
3. Stir into the dry ingredients just until moistened. Fold in the cranberries.
4. Fill foil- or paper-lined muffin cups three-fourths full.
5. Bake at 400° for 18-22 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

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