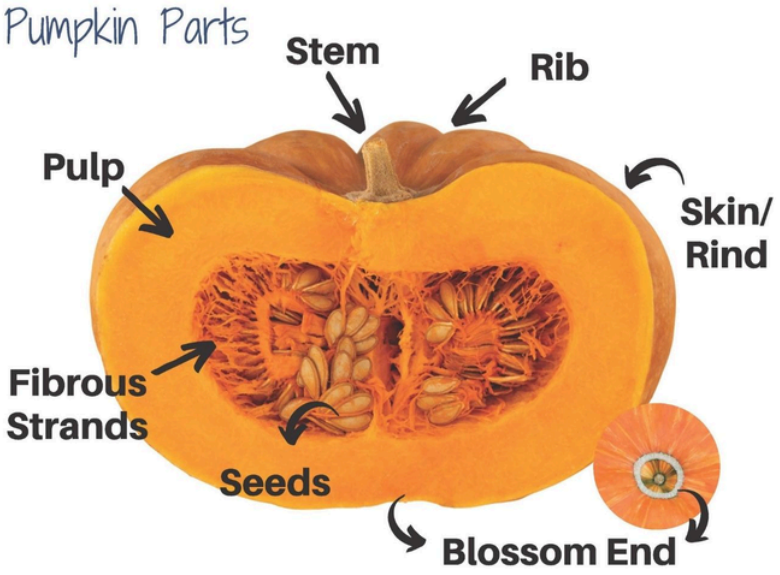
NUTRITION & FOOD SERVICES
NOBLESVILLE SCHOOLS

TAKE A TASTE At Home Pumpkins

Fun Facts about Pumpkins:

- Indiana is the 3rd largest producer of pumpkins in the nation!
- Each pumpkin produces about 500 seeds that are high in iron. You can roast them to eat or plant them to grow your own pumpkins.
- 80% of the US pumpkin crop is available during the month of October.
- Pumpkins are grown on every continent except Antarctica.
- The largest pumpkin ever grown weighed 1,140 pounds, and the largest pumpkin pie ever made weighed over 350 pounds and was over five feet in diameter

Pumpkins can be enjoyed in many different ways! Add cooked or canned pumpkin to breakfast smoothies, Greek yogurt, or baked goods such as pancakes, muffins, or breads for a nutrition boost. Cubes of roasted pumpkin can be added to salads, stews, soups and pastas. Pureed/mashed pumpkin can also be added to sauces for a creamy texture and rich flavor. Additionally, scooping out the pumpkin seeds and roasting them is a quick and easy source of dietary fiber and fatty acids, which are essential in maintaining heart health.



Q: How do you repair a broken Jack-O-Lantern?
A: With a pumpkin patch!

Pumpkin Nutrition:

- Pumpkin is packed with:
  - Fiber- supports digestive health and helps maintain satiety
  - Potassium- regulates blood pressure and protects against stroke and heart disease
  - Beta-carotene- an antioxidant that gives pumpkins their vibrant orange color and is converted into Vitamin A in the body. It supports eye health, immune function, growth and development, and disease prevention.
- It has no fat, sodium, or cholesterol.
- One cup of pumpkin provides 50% of the daily recommendation for vitamin C and 450% of the daily recommendation for vitamin A.

NUTRITION & FOOD SERVICES
NOBLESVILLE SCHOOLS

TAKE A TASTE At Home

Pumpkins

Pumpkin Energy Bites



Quick & healthy no-bake pumpkin oatmeal energy balls that taste like cookies but are nutrient packed with whole grains, healthy fats, fiber, and Vitamin A! These are easy to make and great for an on-the-go snack.

Ingredients

- 2 cups quick oats
- 1/2 cup all-natural peanut butter or other nut or sun butter
- 1/2 cup pumpkin puree
- 1/4 cup chia seeds or pepitas (pumpkin seeds)
- 1/4 cup honey or maple syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon or pumpkin pie spice
- 1/2 cup mini dark chocolate chips or dried cranberries

Directions

1. In a medium bowl, add oats, nut butter, pumpkin, chia seeds, honey, vanilla, and cinnamon. Stir to combine well. The mixture should be soft but not too sticky. It should be able to roll it into a ball and only make a minimal mess (it should stick together when rolled but still feel tacky on your hands). Add more oats if the batter is too sticky to work with.
2. When the mixture is workable, add the chocolate chips/craisins and stir to combine. Scoop a spoonful into your hand and roll into balls. Repeat with remaining dough. Keep these in the fridge for up to a week, or in a Ziplock bag the freezer for about a month.



Pumpkin DNA Extraction Lab

DNA (deoxyribonucleic acid) is the material within living cells that carries information about how an organism will look and function. We have a lot of DNA within our bodies, but so do all other living organisms, including pumpkins! Long strands of DNA are wound up and stored in the form of chromosomes. Most humans have 23 pairs of chromosomes for a total of 46, while pumpkins have 20 pairs, for a total of 40 chromosomes. Click on this LINK to learn how to extract DNA from a pumpkin!