

**Sandusky City Schools
Dining Services & Mulvin Farms
Farm to School Program
Fruit or Vegetable of the Month
November's Fruit or Vegetable:**

Pumpkin



Dave Mulvin's techniques for planting and care of a pumpkin:

- 1.) *Choose a good quality seed. The seed should be disease resistant and the size and type of pumpkin that you want to grow. The seed should be less than one year old with 96% to 98% germination. Seed that has a fungicide coating is best to fight off a fungus attack in the ground.*

- 2.) *Time your planting according to when you want your pumpkin to mature. If you want it ready 2-3 weeks before Halloween then plant around mid-June, if you want them for Thanksgiving then plant around the first or second week of July. Plant 3 seeds per hole with plenty of space around them (usually 3 feet in all directions). Pumpkin plants get very big! Plant seeds about 1-1 1/2" deep.*

- 3.) *Cultivate, weed and water. Only water about once a week if we have had no rainfall. Do not over water! Check for damaging insects and disease and take action if necessary.*

- 4.) *Harvest in early October. Cut the stem carefully to length desired. Clean off the dirt and sit upright. Keep out of direct sunlight if possible.*

Happy Halloween or Happy Thanksgiving!!

Farmer Dave

Nutrition facts of a pumpkin:

Pumpkin Nutrition Facts

(1 cup cooked, boiled, drained, without salt)

Calories 49	Zinc 1 mg
Protein 2 grams	Selenium .50 mg
Carbohydrate 12 grams	Vitamin C 12 mg
Dietary Fiber 3 grams	Niacin 1 mg
Calcium 37 mg	Folate 21 mcg
Iron 1.4 mg	Vitamin A 2650 IU
Magnesium 22 mg	Vitamin E 3 mg
Potassium 564 mg	

Please join us in encouraging fresh and nutritious dining in your home!!