



# Pumpkin

*Cucurbita maxima*

## Nutrition Facts

- Pumpkins contain beta carotene, which helps reduce some forms of cancer.
- One cup of cooked pumpkin contains over 2.5 times the recommended daily amount of Vitamin A.
- Pumpkins contain a healthy amount of potassium.
- Pumpkins are also a good source of protein.

## Planting

Plant 5/15-5/25

(Guidelines for planting in raised beds)

Build 6-7" tall mounds that are 8-10" in diameter at the base. In a 4'x12' raised bed there should be two or three mounds in one bed. However, KCCG recommends planting pumpkins in a ground plot. Place three to four seeds in each mound. Cover lightly with soil.

## Care

**Seeds:** Water regularly with a gentle spray. Keep the soil moist so that the seeds will germinate. After germination, thin the seedlings so that there are two sprouts per mound.

**Young seedlings:** Water when top 1 inch of soil dries out. Mulch plants with cotton burr compost or straw to keep the soil moist.

## Harvest & Storage

Pumpkins are ready to harvest once they are orange throughout the whole pumpkin. The rind of the pumpkin should also be hard. Green pumpkins may become orange after being harvested but they are not fully mature. To harvest, cut the pumpkin stem with pruning shears 3-4" above the pumpkin. Pumpkins can tolerate a light frost, but they should be harvested before the night temperatures dip into the 20s. Place pumpkins in a cool, dark place to store.

## Recipe

\*Wash all vegetables before using\*

### Pumpkin Dip

3/4 cup pureed sugar pumpkin

8 ounces cottage cheese

2 tablespoons taco seasoning

1/2 teaspoon pumpkin pie spice mix

3-4 grape tomatoes, halved

1/3 cup bell peppers

Mix together pumpkin and cottage cheese. Stir in the seasoning mixes. Mix in the tomatoes and bell peppers. Chill in the refrigerator and serve with vegetable sticks.



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