

The background features a repeating pattern of stylized pumpkins. Each pumpkin is composed of several overlapping, semi-transparent circular segments in various shades of orange and yellow, creating a layered, 3D effect. A solid green stem is positioned at the top of each pumpkin. The overall color palette is warm and autumnal, dominated by oranges and yellows.

# Perfect Pumpkin

# Where do pumpkins come from?



**Pumpkins grow on squash plants.** It is round and smooth, ranging from yellow to orange in colour. Thousands of years ago pumpkins looked very different to what we see on our supermarket shelves today. Some pumpkins were even oval in shape, with pointy ends!

**Pumpkins are grown on the 'Cucurbita Maxima' plant** and grow best in tropical environments. In Australia, we grow pumpkins in QLD and Central NSW.

**To grow pumpkins, farmers plant the seeds in rows called 'pumpkin hills' in warm soil.** The pumpkin plant begins to emerge in just 5-10 days!



**Pumpkins are high in Vitamin A and very good for your heart.**

You can do a lot with pumpkins. You can make pumpkin pie, pumpkin bread or pumpkin cookies.

**The seeds of pumpkins are also very nutritious and delicious.** Seeds are generally roasted and eaten on salads or just as a snack.

## Quiz

1. What type of plant do pumpkins grow on?
2. Pumpkins are high in Vitamin A and good for your...?
3. You can eat pumpkin seeds. True or false?