



Facts About Pumpkins



- You can **eat pumpkin seeds**.
- Carved **Jack-o-Lanterns** (pumpkins) are used as **decorations** around Halloween time.
- Pumpkins are **technically a fruit** because they have seeds, although they are commonly called **vegetables** in terms of **cooking and taste**.
- Pumpkins are rich in **potassium** and **Vitamin A**.

