

# FALL FRUITS & VEGGIES



## Building Healthy Habits: Food and Community Nutrition



### QUICK TIPS

#### Pumpkins

Pumpkin is a warm-season vegetable that can be grown throughout much of the United States. Besides being used as jack-o'-lanterns at Halloween, pumpkins are used to make pumpkin butter, pies, custard, bread, cookies and soup. Pumpkin is also a good source of Potassium and Vitamin A. The U.S. has 6 states that grow the most pumpkin; Illinois, California, Indiana, Michigan, Texas, and Virginia.

#### Pumpkin Facts:

- Pumpkin seeds can be roasted for a snack
- Pumpkin flowers are edible
- Pumpkins originated in Central America
- Pumpkins are 90% water
- Pumpkins are a fruit
- Use “sweet” or “pie” pumpkins for cooking or baking

#### Check out:

<https://www.iloveny.com/things-to-do/amusements/pumpkin-patches-in-new-york-state/> to see where you can go pumpkin picking this season!



**Cornell  
Cooperative  
Extension**

# GET MORE *Healthy* RECIPES

## Pumpkin Pancakes

Makes 9 servings

1 cup whole wheat flour  
1 cup all purpose flour  
1 teaspoon salt  
2 teaspoons brown sugar  
1 1/2 teaspoon baking powder  
1 1/4 teaspoon pumpkin pie spice  
1 egg  
3/4 cup canned pumpkin  
1 1/2 cup of 1% milk  
1 cup of water  
2 tablespoons of vegetable oil  
Vegetable oil spray

### Directions:

1. Combine flours, salt, brown sugar, baking powder, and pumpkin pie spice in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk, water, and vegetable oil; mix well.
3. Add wet ingredients to flour mixture, stirring just until moistened. The batter may be lumpy.
4. Lightly coat a griddle with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter.

Tip: Use 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg, 1/8 teaspoon ginger, 1/8 teaspoon clove can be used in place of pumpkin pie spice.

Nutrition Facts for half tortilla: 1170 calories, 4.5g total fat, 1g saturated fat, 20mg cholesterol, 290mg sodium, 27g total carbohydrates, 2g dietary fiber, 6g total sugars, 3g added sugars, 5g protein, 0mcg Vitamin D, 166mg calcium, 2mg iron, 134mg potassium, 24% calories from fat

Source: Cornell Cooperative Extension

## Kids Corner

Let's get crafty and make a paper plate Jack O' Lantern! All you need is a paper plate for each child, orange, green, and black construction paper, a glue stick and scissors. Have kids tear orange paper into pieces and then glue them onto the plate. Then have them cut the face for the Jack O' Lantern from the black paper and glue it on top of the orange pieces. Finally, cut a stem from the green paper and glue to the top of the plate!

\*Kids can also color a plate if paper is not available\*



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This material is funded by the USDA's Expanded Food and Nutrition Education Program.