



# November Harvest of the Month Morning Announcements

Pumpkins are November's Harvest of the Month! Do you like pumpkin pie? Original pumpkin pie recipes used by settlers involved baking a hollowed-out pumpkin instead of crust, stuffed with apples, milk and spices. Pumpkins are an excellent source of potassium and vitamin A, as well as a good source of fiber. Pumpkin seeds also pack a high nutrition punch, including protein, fiber and a variety of vitamins and minerals. Pumpkins are usually planted between May and July, with later planting for pumpkins to be ready by Halloween and Thanksgiving.