

Pumpkins

Pumpkins are actually a type of winter squash with a hard rind, grown primarily for Jack-O-Lanterns at Halloween and in pies at Thanksgiving.

Growing pumpkins requires a fair amount of space and care. Space bush types 1½-2 feet apart; vining types 3-4 feet apart. They are heavy water users, so you may have to water if rainfall is inadequate. Fertilize at planting, when plants have 2-3 leaves, and when plants begin to vine.



Harvest pumpkins when the vines starts to dry up and fruit is well colored — before a heavy frost. Pumpkins will last several weeks if stored in a cool, dry place.

Pumpkins are high in carotene (helps protect against vision loss, heart disease, and cancer). Pumpkins are also a good source of fiber, potassium, vitamins C & E and iron.

Provided by
wimastergardener.org



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Additional Resources

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- UW-Extension Publication A3688, *Growing Pumpkins and Other Vine Crops in Wisconsin*, at <http://learningstore.uwex.edu/Growing-Pumpkins-and-Other-Vine-Crops-in-Wisconsin-P526.aspx>
- UW-Extension Pub. A1989, *The Vegetable Garden*, at <http://learningstore.uwex.edu/Vegetable-Garden-The-P518.aspx>
- *Growing Squash and Pumpkins in the Home Garden*, Ohio State Fact Sheet at <http://ohio-line.osu.edu/hyg-fact/1000/1620.html>

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