



# HARVEST OF THE MONTH

OCTOBER 2020

## PUMPKIN

## VARIETIES

These are the most popular varieties grown in Texas

Flatso

Winter  
Luxury

Baby  
Bear

Champion

## FAST FACTS



Pumpkins are technically a fruit, because they contain seeds.



Pumpkins are a great source of Vitamin K and Beta-Carotene that turns into Vitamin A, which is good for eye health.



There are many ways to enjoy

## IDEA FARM

IDEA Farms has edible pumpkin varieties in the ground at IDEA Eastside, IDEA Donna, and IDEA Monterrey Park. Last year, 1,020 pounds of pumpkins was harvested! We are hoping for a similar harvest this year!

