



Camarillo Certified Farmers Market

Supporting grief and bereavement services at Camarillo Hospice:
A program of Livingston Memorial Visiting Nurse Association



Source: www.gracelinks.org

Brief History

There are two different species with cultivars that are commonly referred to as “pumpkins” — *Curcubita pepo* and *Curcubita maxima*. Both species are incredibly diverse in size and shape. Archaeologists working in Oaxaca, Mexico [discovered cultivated C.pepo seeds](#) dating from between 10,000 and 8,000 years ago, which means that pumpkin cultivation may pre-date even maize or bean domestication. Historians posit that it is even likely that *C. pepo* was domesticated in two different areas: once in Mexico and once in the eastern United States, as there is evidence of its cultivation in the US dating back to 4000 BCE. Pumpkin (*C. pepo* and possibly also *C. moschata*) was (and is) an important food crop to many Native American tribes; Native American cookbook author Dale Carson describes some of these preparations: “Most Indian nations have their own traditional ways to prepare or honor this ubiquitous food: Diné cooks fry it with mutton, while [Taos Pueblo cooks](#) make a succotash by cooking unripe pumpkin with corn kernels and onion. In Woodland areas, pumpkin is eaten similarly to winter squash, occasionally cut into rings to dry and be reconstituted when needed.” Food historian John Mariani, in *The Encyclopedia of American Food and Drink*, notes that Native Americans introduced pumpkins to European settlers in the US, and that the Pilgrims really did serve pumpkin pie at Thanksgiving (their second Thanksgiving, in fact — in 1623).



Factual Nibbles

- The world’s records for the [largest pumpkin](#) was broken in 2017 weighing in at 2,624.6 pounds, the pumpkin was grown in Germany!
- Should you decide to grow your own giant pumpkin, there is an [online giant pumpkin growing community](#) that will support you every step of the way.
- And speaking of giant pumpkins — apparently giant pumpkin carving is an actual job. [Here the world record holder](#) talks about his giant pumpkin carving methodology.
- And speaking of record holders, the [world’s largest pumpkin pie was baked in 2010 in Ohio](#). The giant pie weighed 3,699 pounds.
- In the original Irish and English tradition, jack-o-lanterns were carved out of turnips, potatoes and beets. Settlers from the British Isles found American pumpkins way easier to carve, and thus an American Halloween tradition was born. It should be noted that [traditional Irish jack-o-lanterns were super creepy](#).
- Botanically, [pumpkins are technically a fruit](#), not a vegetable

Spiced Pumpkin Seeds

Source: allrecipes.com

Prep time: 10 min | cook time: 60 min

Ingredients

1 1/2 tablespoons margarine, melted
1/2 teaspoon salt
1/8 teaspoon garlic salt

2 teaspoons Worcestershire sauce
2 cups raw whole pumpkin seeds ([how to prep pumpkin seeds](#))

Directions

1. Preheat oven to 275 degrees.
2. Combine margarine, salt, garlic salt, Worcestershire sauce and pumpkin seeds. Mix thoroughly and place in shallow baking dish.
3. Bake for one hour, stirring occasionally.