

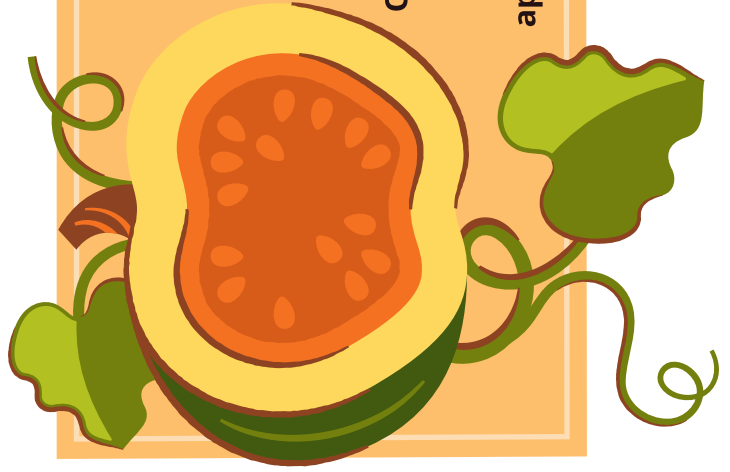


Pumpkins are an excellent source of potassium and vitamin A, as well as a good source of fiber.

PUMPKIN

Harvest of the Month

Kansas



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Original pumpkin pie recipes used a hollowed-out pumpkin instead of crust, which was stuffed with apples, milk and spices, then baked.



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November