



QCWA Product of the Year

Pumpkin

Flip Cards



Use these flip cards to promote the 2024 QCWA Product of the Year and the Country Kitchens key message 'get more fruit and veg into your meals'.

Try this activity at your next Country Kitchens showcase or QCWA event.

How to use:

1. Read the question on the front of the card
2. Ask participants to share their answers
3. Flip the card and read out the correct answer


**How many
different
varieties of
pumpkin
are there?**

**Answer:
Over 45**

Pumpkins come in a wide range of different shapes, colours and sizes. There are many fun names for the different varieties, such as Baby Bear, Ghost Rider, Spooktacular, Warty Goblin, and Sweetie Pie.

In Australia, the most common varieties are Kent, Butternut, Queensland Blue, Jarrahdale and Golden Nugget.

Some varieties are not particularly flavourful, and are instead commonly used for decorative purposes.



How heavy was
the largest
pumpkin ever
recorded?

Answer:
1,226 kg

The giant pumpkin was entered in a local pumpkin festival in 2021 in Peccioli, Italy, where it set the current world record. The pumpkin is of the Atlantic Giant variety.

The pumpkin had a width of 3.56 metres and a circumference of 5.42 metres - also the largest ever recorded in competition.

This beat the previous record of 1,190kg in 2016.

True or False?
**Every part of the
pumpkin plant
is edible**

**Answer:
True**

All parts of the pumpkin plant are edible, including the leaves, stem, flowers, seeds, skin and flesh. However, not all parts taste delicious, so use discretion!

Pumpkin contains high levels of vitamin A and is a very good source of vitamin C, copper and manganese. It is also a good source of vitamins E, B6, folate, iron, magnesium and phosphorus.

**What other
foods are in the
same family as
pumpkins?**

Answer:
Squash, zucchini,
watermelon,
cucumber, gourd
and others

Plants in this family are characterised by their trailing or climbing vines, lobed leaves, large flowers, and many-seeded, fleshy fruit with a hard outer rind/skin.

The Cucurbitaceae, also called cucurbits or the gourd family, are a plant family consisting of about 965 different species.

**Pumpkins
are native to
which region?**

**Answer:
The
Americas**

Depending on the variety, pumpkins are native to different regions in the Americas - from the southwestern part of the United States, through to Mexico and Central America, and south into Peru, Ecuador and Colombia.

Pumpkins are one of the oldest known crops, with seeds found in Mexico dating back as far as 7000 - 5500 BC.

Pumpkins are now grown on every continent, except Antarctica.

True or False?
The first Jack-O-Lanterns were made from pumpkins

**Answer:
False**

The first Jack-O-Lanterns were actually made from turnips! This tradition came about from an old Irish folk tale.

When Irish emigrants moved to America, they found pumpkins much more suitable for carving than turnips, and the modern Jack-O-Lantern was born.

**How long
does it take for
a pumpkin plant
to mature when
grown from a
seed?**

Answer:
90-120
days

Depending on the variety, a pumpkin plant can take roughly between 90-120 days to mature when grown from a seed.

Pumpkins grow on long, trailing vines, and produce short-living male and female flowers. Once pollinated, the plant will bear fruit.

Pumpkins can be grown in most climates, but need temperatures above 22°C to mature.

**Which country
is the largest
consumer and
producer of
pumpkin?**

**Answer:
China**

Pumpkin has been popular in China for centuries, thought to have been introduced during the Ming Dynasty around 1368.

In 2018, China had the highest global pumpkin consumption, at 7.9M tonnes. This was followed by India (5.9M tonnes) and Russia (1.3M tonnes).

China is also the world's largest producer of the vegetable.

**Which
Australian state
produces the
largest amount
of pumpkin?**

**Answer:
Queensland**

Queensland accounts for around 40% of Australia's pumpkin production, followed by NSW, WA and Victoria.

Pumpkin seeds were first brought into Australia in 1788 on the First Fleet. Today, pumpkins are grown around the country.