

# AgBite

*A series of commodity insights*

*Did you know?*  
There are over 100 varieties of pumpkins!

## Overview

- Pumpkins range in size from less than one pound to more than 1,000 pounds
- The U.S. annual per capita use of pumpkin was 6.44 pounds per person in 2020
- The value of the utilized production of pumpkins in 2020 is estimated at \$180.3 million with the average U.S. farm price for pumpkins approximately 8 cents per pound.

## Production

Approximately 15 percent of the pumpkin acreage is used to make processed pumpkin products.

66,200 acres of pumpkins were harvested in the U.S. in 2020, producing more than 1.5 billion pounds of usable pumpkins with more than 2 billion produced overall.

In 2020, the average pumpkin yield per acre among the top six states was 23,300 pounds and ranged considerably from 5,040 to 39,760 pounds.



# Pumpkin

*Cucurbita Moschata*

## Nutritional Information 1 cup raw (116 g)

Calories 30	Vitamin A 55%
Total Fat 0.1 g	Calcium 2%
Sodium 1.2 mg	Vitamin C 12%
Potassium 394 mg	Iron 5%
Total Carbohydrate 7.5 g	Vitamin B-6 4%
Dietary Fiber 0.6 g	Magnesium 3%
Sugar 3.2 g	
Protein 1.2 g	

Sources: Nutritionvalue.org, agmrc.org, abcteach.com

## Parts of a Pumpkin

