

[Click here to learn more about PWPM!](#)



---

## October in Philadelphia

*“Life starts all over again when it gets crisp in the fall...”*

~ F. Scott Fitzgerald, The Great Gatsby



October is here and it's the perfect month to lean into all the plusses of Autumn. Leaves crunching under our feet, crisp mornings, football season, cozy sweaters, the beautiful spectacle of nature, and, best of all – an abundant harvest of produce.

Start menu planning and make the most of the fruit and vegetable bounty that our region provides - apples, beets, broccoli, cranberries, leeks, mushrooms, brussels sprouts, cabbage, cauliflower, celery, chard, eggplant, kale, peppers, potatoes, pumpkins, squash, turnips, and even watermelon.

And don't forget, our merchants search far and wide to bring you the best the world has to offer 12

months a year. Exotic, specialty, organic, tropical, pre-cut, custom ripened, repackaged – we cover all your produce needs.

Visit us at [pwpm.net](http://pwpm.net) or, better yet, walk “the street” to experience October at the Market for yourself. You’ll soon understand our tagline, *“fresh is our life’s work.”*

---

## Customer Shout-Out!



Our customers range from home cooks to national supermarket chains. We love seeing everything in between – from corner stores, caterers, juice bars, restaurants, fresh delivery box services, market stands, wineries, schools, vegan chefs - you name it!

No matter the size or type of operation you run, we love to show you how the [Philadelphia Wholesale Produce Market](http://Philadelphia Wholesale Produce Market) can boost your business!

---

## Pumpkin Particulars





1. Scientists believe that pumpkins originated in North America about 9000 years ago. The oldest pumpkin seeds have been found in Mexico and date back to somewhere between 7000-5550 B.C.
2. Pumpkins are a member of the gourd family, which includes cucumbers, honeydew melons, cantaloupe, watermelons and zucchini. These plants are native to Central America and Mexico, but now grow on six continents—all but Antarctica.
3. According to the 2017 U.S. Agriculture Census, Illinois is the largest producer of pumpkins in the United States. It harvests twice as many pumpkin acres as any of the other top-producing states.
4. Pumpkin seeds should be planted between the last week of May and the middle of June. They take between 90 and 120 days to grow and are picked in October when they are bright orange in color. Their seeds can be saved to grow new pumpkins the next year.
5. The practice of decorating jack-o'-lanterns originated in Ireland, where large turnips and potatoes served as early canvasses. In fact, the name, jack-o'-lantern, comes from an Irish folktale about a man named Stingy Jack. Irish immigrants brought the tradition to America, home of the pumpkin, and it became an integral part of Halloween festivities. Read more about the legend of ["Stingy Jack" here](#).



## **October Dates to Celebrate!**

Saturday, October 1st – World Vegetarian Day  
Tuesday, October 4th - Yom Kippur begins at sunset  
Wednesday, October 5th - Yom Kippur ends at nightfall  
Wednesday, October 5th – National Pumpkin Seed Day / National Kale Day  
Wednesday, October 12th – National Farmers' Day  
Saturday, October 15th – National Mushroom Day  
Friday, October 21st – National Apple Day  
Wednesday, October 26th – National Pumpkin Day  
Monday, October 31st – Halloween

## **Please Note Our Customer Hours**

Sunday: 9:00 am to Sunday: 12:00 pm  
Sunday: 7:00 pm to Monday: 11:00 am  
Monday: 7:00 pm to Tuesday: 11:00 am  
Tuesday: 7:00 pm to Wednesday: 11:00 am  
Wednesday: 7:00 pm to Thursday: 11:00 am  
Thursday: 7:00 pm to Friday: 11:00 am



SHARE



TWEET



Share



FORWARD TO A FRIEND

*Copyright ©2022 Philadelphia Wholesale Produce Market, All rights reserved.*

**Our mailing address is:**

6700 Essington Ave, Philadelphia, PA 19153

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

