

Pala'ai



**FUN
FACTS**

- **Also called Kabocha pumpkin or winter squash.**
- **Pala'ai is native to both North and South America.**
- **Traditionally grown with beans and corn, a combo Native Americans call the Three Sisters.**
- **It has twice the recommended daily value of Vitamin A, which strengthens your skin, eyes, and immune system!**
- **Although it's commonly considered a vegetable, it's actually a fruit!**

