PUMPKIN EXPLORATION KIT

CREATED BY COMMON GOOD CITY FARM

Got a pumpkin? Use this activity guide to explore pumpkin science and use your pumpkin for some delicious recipes

Interested in joining the LEAF program for future kits and activities?
Email emily@commongoodcityfarm.org for more information

Let us know what you do!

Email pictures of the pumpkin kit being used to emily@commongoodcityfarm.org or tag us on social media @commongoodcityfarm

Common Good City Farm
Growing Food. Cultivating Community.

Stay safe!

1. **Always ask an adult's permission before cooking or using tools in the kitchen, especially the stove.**

2. Wash Your Hands: Clean hands are very important for food safety and should be the first step before touching any food or tools.

3. Clean As You Go: Cleaning spills and messes as you go will prevent slips and falls. Plus it makes it easier to have a clean kitchen at the end!

4. Pay attention to what is hot: If you are using the stove, remember that handles and utensils can get hot, use a potholder or towel to handle hot items.

5. Practice Good Knife Skills: Hold your knife by the handle with one finger along the top edge. Pay attention to your fingers and curl them into a bear claw to avoid cutting yourself while holding the food item. Only cut on a stable surface.

Pumpkin Seed Trail Mix

Mix together the following ingredients
- 1/4 cup roasted pumpkin seeds (from your pumpkin!) or store bought pepitas
- 1 cup crispy rice cereal (chex style)
- 1/4 cup dried cranberries
- 1/4 cup raisins
- 1/4 cup sunflower seeds (without the shells)
- 1/4 cup small pretzels

Optional spice glaze: Mix several tablespoons olive oil or melted butter with spices of your choice. Our basic recipe is 3 Tbsp olive oil, 1 tsp of garlic powder, 1 tsp cumin powder, 1 tsp paprika and a shake of salt. Stir together and toss with the trail mix.
This is a very flexible recipe, get creative with additional ingredients or different spices!

Pumpkin Recipes

Roasted Pumpkin Seeds- Make sure to have an adult help when cutting into your pumpkin and using the oven.

1. Scoop the seeds out of your pumpkin with a spoon or your hands.
2. Preheat your oven to 350 degrees.
3. Put seeds and pumpkin guts in a bowl with water and squish with hands to separate seeds from pumpkin. Seeds should float to the top.
4. Scoop the seeds with a slotted spoon onto a clean kitchen towel to dry them. Pat them dry.
5. Transfer to a bowl- add about 1 Tbsp olive oil (or any kind of oil) per each cup seeds.
6. Spread out on a cookie sheet in as even a layer as possible.
7. Sprinkle with salt and other seasonings of your choice. Garlic powder, paprika, pepper, curry powder, cumin, cinnamon or some combination that you think will taste good!
8. Put your tray in the oven and roast about 12-15 minutes, stirring every 5. They are done when they are golden brown and crunchy.

Pumpkin Bread-Make sure to have an adult help using the oven.

Ingredients

1/2 cup vegetable oil
1 1/3 cup granulated sugar
2 eggs
1 cup roasted pumpkin puree
1 2/3 cup all purpose flour
1/4 tsp baking powder
1/2 tsp baking soda
3/4 tsp salt
1/2 tsp nutmeg
1/2 cup chopped nuts (optional)
1/2 cup chocolate chips (optional)

Directions

First make your puree:

1. Preheat the oven to 400˚F. Cut your pumpkin in chunks or in half.
2. Place on a baking sheet and roast for about 45 min. or until pumpkin flesh is tender.
3. Let cool, scoop the flesh from the skin and puree in a food processor or just mash up with a fork.
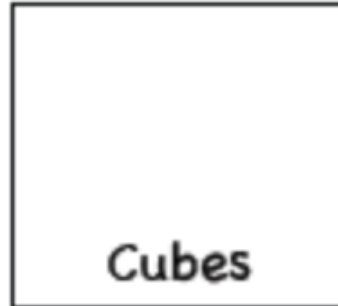
Make the Bread:

1. Preheat the oven to 350˚F. Lightly grease a 9x5 inch loaf pan.
2. In a large bowl, beat together the oil, sugar, eggs, and pumpkin.
3. Add the flour, baking powder, baking soda, salt, and nutmeg, stirring to combine.
4. Mix in the choc. chips and nuts, if you're using them.
5. Spoon the batter into the prepared pan.
6. Bake the bread for 60 to 80 minutes, or until a toothpick inserted in the center of the loaf comes out clean.

Pumpkin Science!

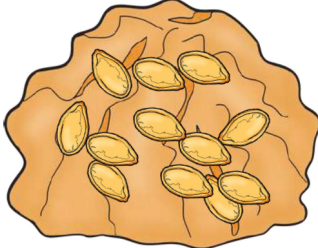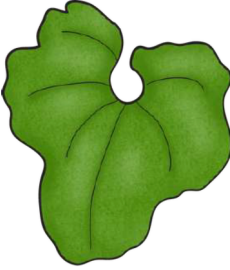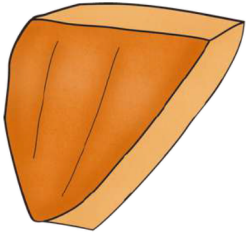|	
What does your pumpkin look like?	**How tall is your pumpkin?** Cubes
How big is your pumpkin? small medium large	**How Many Seeds are in your pumpkin?** My guess is: I found:
Prediction: Will it float or sink? Float Sink	**What happened?** Float Sink
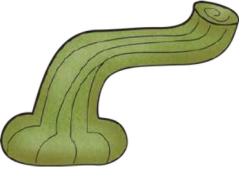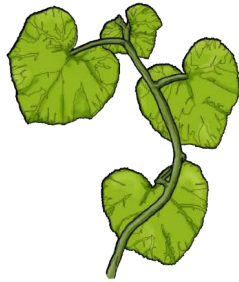
What are the different parts of a pumpkin?

pumpkin	pulp	leaf
skin	stem	rib

What are the stages in a pumpkin's life cycle?

seed	sprout	plant
vine	flower	green pumpkin