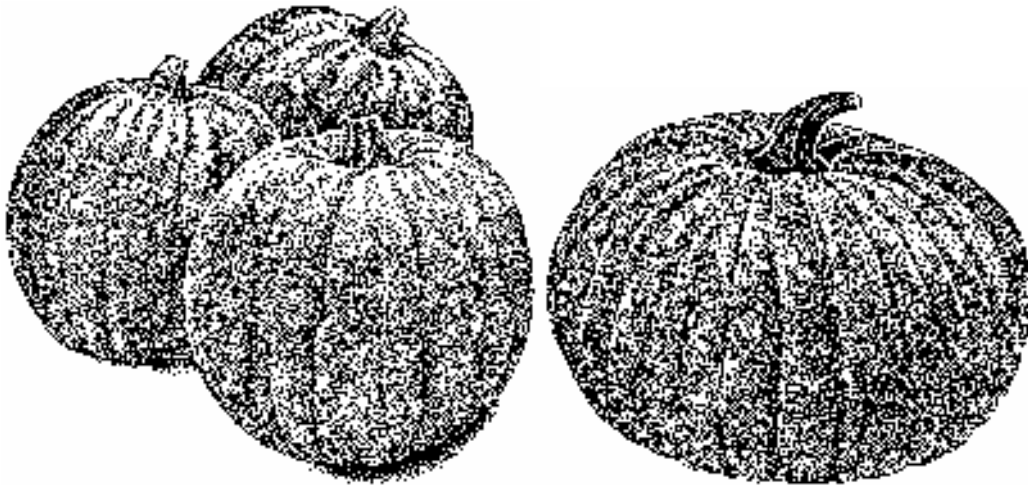




JASMINE HILL

Gardens and Outdoor Museum

HORTICULTURE



PUMPKIN PATCH

(It's Pumpkin Time Book)

You will need:

Pumpkin seeds
Garden patch
Water

What to do:

Turn the soil with the shovel
Dig narrow rows one inch deep
Drop in pumpkin seeds & cover them with soil
Water them
The sun warms them
Before long the seeds grow tiny roots
 Small green shoots poke up out of the ground
Each week, water them & pull up lots of weeds
You will see buds where flowers will bloom
 Yellow flowers are where pumpkins will grow
First pumpkins are green and tiny
They grow bigger and bigger
It's fall and pumpkins change color from green to yellow to orange
When they are ready to be picked – cut the pumpkins from the vines
Draw faces on them & cut them, hollow them out – jack-o-lanterns

Cooking Tip:

Pumpkin seeds can be eaten and are easy to roast at home.

Scoop out the seeds and clean and dry them.

Mix the seeds with a little salt and oil.

Spread the seeds evenly on a tray and place in the oven at 350 for about 20 minutes.

Cool, crack them open and remove the kernel, which you can eat.

Pumpkin seeds are good for you. They are full of nutrients and make a delicious and healthy snack.