

October 2005



Harvest of the Month

PUMPKINS

Pumpkins are believed to have originated in North America. Seeds from related plants have been found in Mexico dating back to 7000 to 5500 B.C. Native American Indians used pumpkin as a staple in their diets centuries before the pilgrims landed. They also dried strips of pumpkin and wove them into mats. Indians would roast long strips of pumpkin on the open fire and eat them. When white settlers arrived, they saw the pumpkins grown by the Indians and pumpkin soon became a staple in their diets too!

- The Pumpkin Patch

Nutrition Facts

Serving Size 1 cup (1" cubes) (116g)

Amount Per Serving		% Daily Value*	
Calories	30	Calories from Fat	1
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	1mg		0%
Total Carbohydrate	8g		3%
Dietary Fiber	1g		2%
Sugars	2g		
Protein	1g		
Vitamin A	171%	Vitamin C	17%
Calcium	2%	Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Pumpkin Facts

- Pumpkins are members of the vine crops family called cucurbits.
- Pumpkins originated in Central America.
- Pumpkins are a fruit.
- Pumpkins are 90% water.
- 80% of the pumpkin supply in the United States is available in October.
- Pumpkins range in sizes from less than a pound to over 1,000 pounds.
- Pumpkins contain potassium and Vitamin A.
- Pumpkin flowers are edible.
- Pumpkins were once recommended for removing freckles and curing snake bites.

- University of Illinois Extension

Pumpkin	Pg. 1
More on Pumpkins	Pg. 2
Classroom Activities	Pg. 3
Recipes	Pg. 4



See how many words you can make with the letters from the word

Pumpkin

(N|p, dnd, pnd, in, p, in, kin, mink, in, pi, in, kin, und, dnd, und, N)

The goal of Harvest of the Month (HOTM) is to provide teachers with additional educational resources and materials to incorporate nutrition into education. Please review all recipes and classroom activities in order to determine their appropriateness in your classrooms. We encourage you to modify the suggestions provided in HOTM to better serve your classroom.

More on Pumpkins



More Pumpkin Facts...

- There are four types of pumpkins: "Cheese" pumpkins are grown for eating, "Stock" pumpkins are grown to feed livestock and make jack-o-lanterns, "giant" pumpkins, and small "ornamental" pumpkins.
- Pumpkins have yellow flowers.
- Most pumpkins are orange but they can also be yellow, green or white.
- Carved pumpkins only last about four days but uncut pumpkins, kept in a cool place, remain firm for several months.
- It takes 3-4 months for a seed to become a pumpkin.
- Pumpkin stems are more square than round.

- Apples and Pumpkins By: Dayle M Timmons

Pumpkin Picking

The most popular use of pumpkins is for decoration as jack-o-lanterns. When selecting a pumpkin for cooking, the best selection is a "pie pumpkin" or "sweet pumpkin." These are smaller than the large jack-o-lantern pumpkins and the flesh is sweeter and less watery.

Look for a pumpkin with 1 to 2 inches of stem left. If the stem is cut down too low the pumpkin will decay quickly or may be decaying at the time of purchase. Avoid pumpkins with blemishes and soft spots. It should be heavy, but the shape is unimportant. A lopsided pumpkin is not necessarily a bad pumpkin.

- University of Illinois Extension

Pumpkin Poems and Songs

"Peter, Peter, Pumpkin Eater"

Peter, Peter, Pumpkin Eater
Had a wife and couldn't keep her,
Put her in a pumpkin shell
And there he kept her very well.

Pumpkin Poem

One day I found two pumpkin seeds.
I planted one and pulled the weeds.
It sprouted roots and a big, long vine.
A pumpkin grew; I called it mine.
The pumpkin was quite round and fat.
(I really am quite proud of that.)
But there is something I'll admit
That has me worried just a bit.
I ate the other seed, you see...
Now will it grow inside of me?
(I am so relieved since I have found
that pumpkins only grow in the ground!)

"I See a Pumpkin"

By: Kristen VanValkenburg

(To the tune of "The Farmer in the Dell")

I see a Pumpkin.
Oh, I see a Pumpkin.
Heigh-ho! Fall is here!
I see a Pumpkin.

Choose one big and around.
Oh, choose one big and round.
Heigh-ho! Fall is here!
Choose one big and round.

Let's take them home.
Oh, let's take them home.
Heigh-ho! Fall is here!
Let's take them home.

I'm a Little Pumpkin

(To the tune of "I'm a little teapot")

I'm a little pumpkin
Orange and round.
Here is my stem,
There is the ground.
When I get all cut up,
Don't you shout!
Just open me up
And scoop me out!

Classroom Activities

Paper Bag Pumpkin

Here is what you need:

- Poster paint (orange)
- Construction Paper (black and green)
- Paintbrush
- Child Safety Scissors
- Brown paper lunch bag
- White craft glue
- Rubber band
- Newspaper



Here is what you do:

1. Cover table with newspaper
2. Fill paper bag with crumpled newspaper
3. Tightly wrap the rubber band around neck of bag for pumpkin's stem
4. Paint stuffed bag with orange poster paint and allow to dry completely.
5. Meanwhile, use scissors to cut out the jack-o-lantern's eyes, nose, and mouth from black construction paper. Glue them onto the paper bag pumpkin.

-Source: www.earlychildhood.com

Pumpkin Pillow

Supplies: newspaper; scissors; 1 yard orange, 1/4 yard black, and 1/8 yard green polar fleece or felt; permanent marker; fabric glue; and fiberfill.

1. Begin by drawing a pumpkin shape on newspaper. Make pumpkin large, as it will seem smaller after stuffing.
2. With the help of an adult, cut out pumpkin.
3. Place it over orange fabric and trace around it with permanent marker. Repeat this step to get two matching pieces of fabric.
4. Cut out 2 pieces; place one directly on top of other, marked sides together.
5. Apply thin layer of fabric glue, a few inches at a time, 1/4 inch from edge to seal edges. Leave 4-inch section at top unglued so you can stuff it. Let glue set overnight.
6. Stuff pillow with fiberfill and then glue opening closed.
7. To add a stem, cut it out of green fleece and place it between 2 pieces of orange paper before gluing them closed.
8. If you want to give your pumpkin eyes, a nose, and a mouth, cut them out of black fleece and glue them to the stuffed pillow.



-Source: www.5aday.com

HOTM BOOKS:

- It's a Fruit, It's a Vegetable, It's a Pumpkin
- From Seed to Pumpkin
- The Pumpkin Book
- Pumpkin Time
- Our Pumpkin



Kid-Friendly Pumpkin Recipes

Pumpkin Dip

Ingredients

- 2 cups Pumpkin Puree - canned or fresh
- 1 cup Brown Sugar
- 1 tsp. Ground Cinnamon
- 1 tsp. Pumpkin Pie Spice
- 1 pkg. Cream Cheese, softened

Directions

1. Place pumpkin puree and cream cheese into a large bowl and mix together.
2. Add all other ingredients
3. Mix ingredients together until smooth and creamy.
4. Refrigerate at least four hours or overnight.
5. Serve with crackers, celery, carrots, etc.

Recipe Source: www.pumpkinnook.com

Witches' Brew

Ingredients

- 1 medium sized Pumpkin
- 1 qt. Apple Juice
- 2 tbsp. Honey
- 1 tsp. Pumpkin Pie Spice

Directions

1. Slice pumpkin in half, scrape and remove string & seeds with a big spoon.
2. Place pumpkin halves, cut side down, on greased cookie sheet.
3. Bake at 350° for approximately 30 minutes until soft. Let cool.
4. Remove pumpkin pulp out of shell.
5. Cut pulp of pumpkin into chunks and put it thru a juicer or wrap pumpkin in a cheesecloth and squeeze out excess water.
6. Add Apple Juice & mix together. Make sure consistency is thin and juice-like (like orange juice). Place in a bowl.
7. Add pumpkin pie spice and honey, stirring thoroughly.

Recipe Source: www.pumpkinnook.com

Pumpkin Soup

Ingredients

- 4 small Pumpkins (wash & pat dry) (save approx. 2 cups)
- 1 tbsp. Oil
- 1/4 tsp. Pumpkin Pie Spice
- 1 tbsp. Flour
- 1 cup Evaporated Milk
- 1 can Chicken Broth
- Salt & Pepper (to taste)

Directions

1. Carve small pumpkins, hollow out center, & save pumpkin pulp. Remove all seeds. Set lid aside.
2. Lightly salt the pumpkin shells and cover with oil.
3. Place pumpkins shells and lids on a baking sheet lined with parchment paper.
4. Bake at 350° for 1 hour. Make sure pumpkin shell is not too soft. Let cool.
5. In a saucepan add oil, pumpkin pie spice, and a dash of salt and pepper, and milk.
6. Cook over medium heat until thick and bubbly.
7. Add pumpkin pulp & chicken broth.
8. Cook for 2 minutes or until thoroughly heated. (Do Not Boil).
9. Spoon soup into baked pumpkins. Serve.

Makes 4 servings

Recipe Source: www.easy-kids-recipes.com

Pumpkin Pudding

Ingredients

- 1 cup Canned Pumpkin
- 1 pkg. (4 serving size) Instant Vanilla Pudding Mix
- 1 tsp. Pumpkin Pie Spice
- 1 1/4 cups Skim Milk or 1% Milk

Directions

1. Mix all ingredients together.
2. Place in individual bowls or glasses and chill until set.
3. Serve cold.

Makes 4 servings

Recipes Source: www.foodandhealth.com



Merced County Office of Education
632 West 13th Street
Merced, CA 95340

nnetwork@mcoe.org



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the California Nutrition Network. For information about the California Food Stamp Program, please call 1.800.952.5253.

We would like to acknowledge www.earlychildhood.com, www.foodandhealth.com, www.easy-kids-recipes.com, Pumpkin Nook, University of Illinois Extension, Apples and Pumpkins Book By: Dayle M. Timmons, ABC Unified School District k & Produce for Better Health Foundation, University of California Cooperative Extension for their nutritional information as a joint project with the Merced County Nutrition & Fitness Network.