# VEGETABLE of MONTH

### Cooking for Kids

**Baked Pumpkin Seeds** Yield: 2 cups, Prep: 45 minutes

Instead of throwing the seeds away after carving pumpkins, bake them for a healthy snack.

#### **Ingredients:**

2 cups pumpkin seeds 1 Tablespoon vegetable oil ½ teaspoon salt

#### **Directions:**

- 1. Remove seeds from pumpkin. Sort and rinse to remove pulp.
- 2. Preheat oven to 300°F.
- 3. Pat seeds dry and toss with oil and salt in a bowl.
- 4. Spread seeds in a single layer on a cookie sheet.
- 5. Place in preheated oven and bake for 30-40 minutes, stirring every 10 minutes until seeds are crisp and golden.
- 6. Remove from oven, cool, and enjoy! Store in an air-tight container.

Variation: You can add any seasonings you would like. Soy sauce or cinnamon and sugar are two yummy examples.
Recipe by Heidi P Rodriguez, 2013.

### Books

#### Grades K-3

<u>From Seed to Pumpkin</u> by Wendy Pfeffer

#### Grades 1+

The Pumpkin Book by Gail Gibbons

<u>Fall Pumpkins: Orange and</u> Plump by Martha E.H. Rustad

## The Incredible Edible

## Pumpkin



## Just the Facts

- → Pumpkins originated in Mexico and Central America. They have been grown in North America for 5000 years.
- → Pumpkins are part of the cucurbita family along with zucchini and squash.
- → Native Americans depended on pumpkins to feed them during the winter.
- → The Native Americans introduced pumpkins to the pilgrims when they arrived.
- → Pumpkins are high in fiber and good sources of Vitamin A and potassium.
- → The tradition of pumpkin carving began when the Irish immigrated to America.

## Did You Know?

This month you can enjoy PUMPKIN at school!

Look for pumpkin seeds on the salad bar and roasted pumpkin on the menu!

Pumpkins grow all -> over the world, except in Antarctica. This month the pumpkins we are using at school were grown in Snohomish, Washington! Look to the right to see how a pumpkin grows.



#### For more information, see:

- http://www.pumpkinnook.com/facts.htm
- http://urbanext.illinois.edu/pumpkins/nutrition

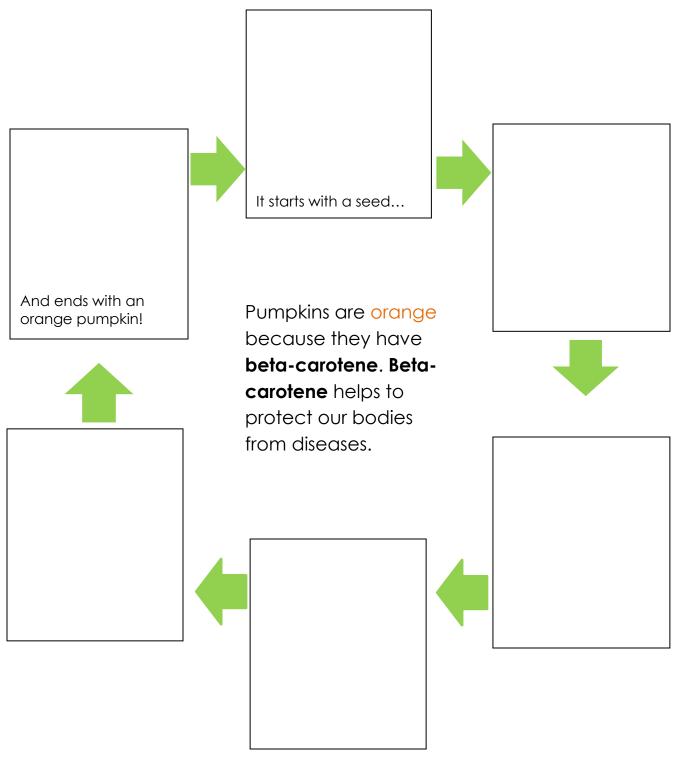
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## Activity: Pumpkins

## How do Pumpkins Grow?

Draw & Label your own version of The Pumpkin Life Cycle:



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