

# VEGETABLE of the 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**

From Seed to Pumpkin  
by Wendy Pfeffer

### **Grades 1+**

The Pumpkin Book  
by Gail Gibbons

Fall Pumpkins: Orange and Plump by Martha E.H. Rustad

# The Incredible Edible Pumpkin



<http://blog.seasonwithspice.com/2012/09/best-roasted-pumpkin-soup-recipe.html>

## 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>

Created by: The EPS Food & Nutrition Department



# Activity: Pumpkins

## How do Pumpkins Grow?

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

