My Pumpkin Seed Harvest Book

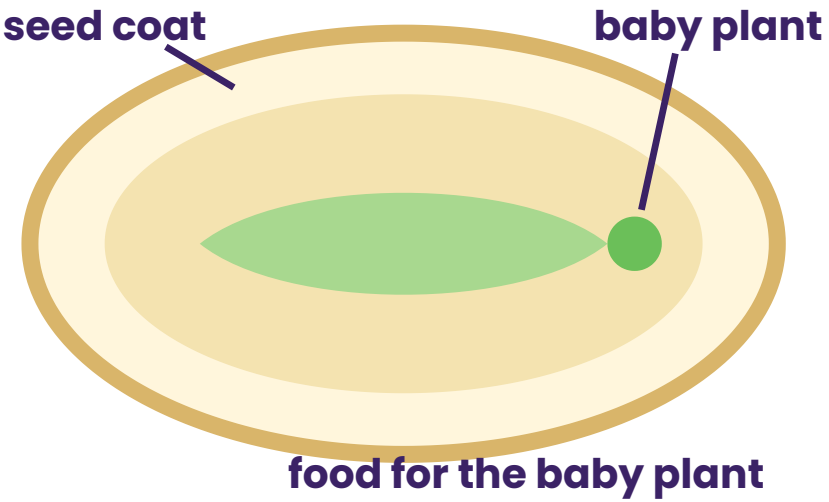


This book belongs to:

_____

A free mini-book from Rooting for Our Kids · Print, cut on the dotted line, stack the pages in order and staple.

Meet a pumpkin seed



Every pumpkin seed is a tiny package. The **seed coat** keeps it safe. Inside is **food** for the **baby plant**, so it can sprout before it grows its first leaves.

Fun fact: one pumpkin can hold hundreds of seeds!

Draw a pumpkin seed here.

Save your seeds

Do this with a grown-up.

1. Scoop the seeds out of your pumpkin.
2. Rinse them in a strainer to wash off the gooey strings.
3. Pat them dry and spread them on a paper towel in a dry spot.
4. Let them dry for about a week, turning them once in a while.
5. Keep them in a paper envelope in a cool, dry place.
6. Write your name and the date on the envelope.

Surprise! Seeds from a store pumpkin may grow a pumpkin that looks different from its parent. What will yours look like?

Draw your seeds drying on the paper towel.

Count your seeds

First, guess: I think I have _____ seeds.

Put 10 seeds in each box. How many boxes did you fill?

Boxes filled: _____ × 10 = _____

Seeds left over: _____

I counted _____ seeds in all!

Was my guess more or less? _____

Tape one of your seeds here!

From seed to pumpkin



1. Seed



2. Sprout



3. Vine



4. Flower



5. Baby pumpkin



6. Pumpkin!

From seed to pumpkin takes about **95 to 120 days**. That's about 3 to 4 months!

Bees carry pollen from flower to flower. That's how a baby pumpkin starts to grow.

Draw a bee visiting a pumpkin flower.

Plant your seeds

1. Find a spot with at least **6 hours of sun**.
2. Make little hills of soil about **3 feet apart**.
3. Plant 2 or 3 seeds about **1 inch deep** in each hill.
4. Water at the bottom of the plant, not on the leaves.
5. Keep the strongest sprout in each hill.

South Florida planting time: January to February, or August to September.

Draw where you'll plant your pumpkin.

My growing journal

Day 1 · Date: _____

Day 7 · Date: _____

Day 14 · Date: _____

Day 30 · Date: _____

Roast your seeds

A grown-up handles the oven.

1. Heat the oven to 350°F.
2. Toss 1 cup of clean, dry seeds with 1 teaspoon of oil and a pinch of salt.
3. Spread them on a baking sheet and bake 12 to 18 minutes, stirring halfway, until golden.
4. Let them cool, then crunch!

I'm a Seed Saver!

Name: _____

Rooting for Our Kids · Davie, Florida

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