



WEEK 7: PUMPKINS

NATURE WALK

Go out for a nature walk at different times of the day. How about late afternoon and notice the changes in the day and the way going outside brings more energy.

Garden Jobs

Harvest beans, pumpkins, squash and peas before the first frost.

Although it's tempting to rake up all the garden leaves try and leave some. The leaves will naturally decompose and form a natural mulch and help fertilize the soil.

Collect

Beechnuts, Leaves, Twigs, Blackberries, Sunflowers, Crab Apples, Rosehips, Ferns, Conkers, Pine Cones, Herbs

Book Ideas

Pumpkin Soup by Helen Cooper
Pattan's Pumpkin: An Indian Flood Story by Chitra Soundar
Five Little Pumpkins by Ben Mantle
Peppa Pig: Peppa's Pumpkin Party

RECIPES TO TRY

Make pumpkin and apple muffins. See recipe on later sheet.

Provision

Mark make what you're thankful for on a large pumpkin

Offer different types of decorations to use with your pumpkin; paint, feathers, jewels

Visit a pumpkin patch and choose your own pumpkin for the setting.

Provide a range of different sized squash and pumpkins, wooden numbers, numicon plates, weighing scales and paper for children to record their own explorations on.





WEEK 7: PUMPKIN FACTS



Pumpkin is a fruit, not a vegetable.

Most pumpkins are orange.

They grow on all continents except on Antarctica.

Almost all parts of a pumpkin are edible.

Pumpkins were once used to cure snake bites and remove freckles.

The largest pumpkin ever recorded weighed in at 2,624.6 pounds on October 9, 2016, in Germany.



AUTUMN ENTRANCE

Create an autumn entrance to your school, setting or home with the things you've collected and harvested. Showing everyone how much you embrace the season and for things to be curious about.





APPLE AND PUMPKIN MUFFINS

Ingredients

2 cup flour whole wheat
3/4 cup sugar
1 teaspoon baking soda
1 teaspoon baking powder
2 large egg
15 ounce pumpkin flesh
1/2 cup olive oil cup
quartered or chopped apple
16 standard cupcake liners

Instructions

Preheat oven to 350 degrees

Chop apples (will need 1 cup)

Mix flour, sugar, baking soda and baking powder in large mixing bowl. Set aside.

Beat eggs in separate bowl.

Mix in pumpkin flesh and oil.

Fold wet ingredients into dry ingredients until just combined. Do not overmix. Fold in chopped apple.

Line muffin pan with baking cups.

Fill each muffin cup 3/4 full and bake 25-30 minutes, or until toothpick inserted in muffin comes out clean.

