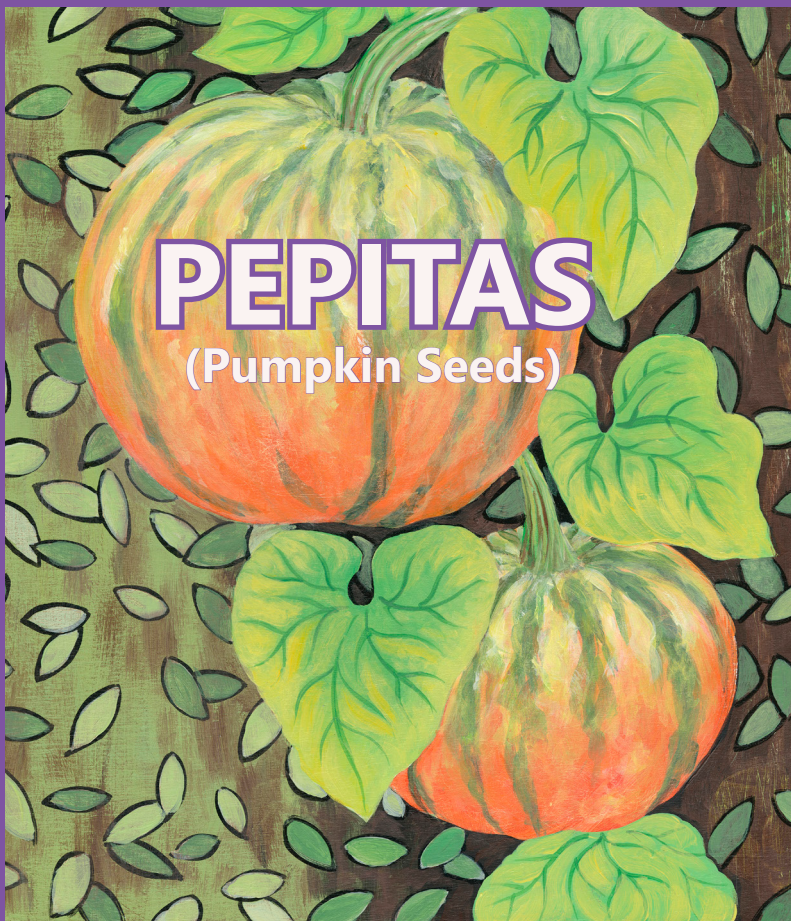


Harvest of the Month



Local Highlight

Humboldt County is home to many farms that grow pumpkins for harvest around Halloween, but production of pumpkins for their seeds is less common.

Language Links

English: pumpkin seeds

Scientific Name (Latin):
seeds of *Cucurbita pepo*

Spanish: las pepitas

Hmong: noob taub dag

Joke Corner

How did the pepita win
first place?

She squashed the
competition!

What does a pepita say
when he gets surprised?

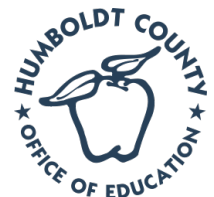
Oh my gourd!

What did the soil say to
the pepita?

I've got you covered.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services





Nutrition Power

Pepitas are a good source of protein and magnesium!



Protein
helps your body
build muscles!



Magnesium
helps your bones
stay strong!

Did You Know?

- Plant part we eat: SEED
- Squashes and pumpkins are originally from what we now call Mexico and Central America, and are one of the three sisters (see corn information for more details). Indigenous peoples of that region started using pumpkin seeds for food and medicine over 8,000 years ago!
- A pumpkin seed is also known as a pepita, which means 'little seed of squash' in Spanish. The word pepita can also refer specifically to the green pumpkin seed kernels that have been taken out of their white outer shell, or hull. The shell is edible but it can be tough and woody, so it is often removed.
- Some types of pumpkins make seeds that never develop a shell at all! Their seeds are called pepitas too.
- In Mexico, pumpkin seeds are eaten as a snack or used to make salsas, soups, drinks, and sauces.
- While some parts of Europe are famous for producing olive oil, Austria is known for its pumpkin seed oil. They roast and press Styrian pumpkin seeds to make a culinary oil that has a rich, nutty flavor. They call it green gold!
- The US grows over one billion pounds of pumpkins each year, mainly for Halloween, but we are the world's biggest importer of pumpkin seeds.





Activity Ideas

My Seed Packet (from KidsGardening.org)

Spring is planting time! Gardeners look at information on seed packets to learn what we need to provide to a plant to make sure it thrives. In this activity students will make a seed packet to describe their own physical needs and preferences, combining creativity, mindfulness, and language arts.

Materials

- Paper
- Writing/Coloring Utensils
- Assortment of seed packets (optional)

Instructions

Decide if you will supply kids with a ready-made seed packet worksheet (like the one included here, created by the Plants for Human Health Institute at NC State University) or have them design their own.

If students will design their own, decide on what developmentally appropriate categories you'd like included for the group you're working with so you're prepared to give instructions. Consider making your own as a reference! Some categories to consider:

- Full Sun/Partial Sun/Low Light (How much do you like being outside?)
- Spacing (I like being in big groups, smaller groups of people I know, and being alone or one-on-one with someone).
- Harvest Season (What season do you thrive in the most: Spring, Fall, Summer, Winter)
- Companion Planting (Who or what helps you to thrive when they or it are around?)
- Flower (Describe your flower; what is your favorite color/scent?)
- Fruit (Describe your fruit; what is your favorite food?)
- Planting Style (I am orderly and tidy, like row plantings. I am spontaneous and carefree, like wildflower meadows. I am both orderly and carefree, like permaculture beds.)



Discuss basic plant needs with kids, having them share their knowledge about what plants need to survive.

- Ask: Do we share any of these needs with plants? Assess the answers you receive.
- Ask: Do some plants have different needs than others? For example, do all plants like hot, sunny weather or lots and lots of water? Assess the answers you receive, emphasizing that plants have preferences that can differ from each other.

Discuss how humans also have preferences that help us thrive and that these can be different from our friends and family members or be shared amongst others too.

Pass out packets of seeds if they are being used, and have kids look at the information printed on them. Depending on their age and reading skills, ask kids to share what information they observe on them and any differences they spot from packet to packet.

Explain that kids will be making a seed packet to describe themselves! Pass out worksheets, or share your own seed packet creation and pass out paper and writing/drawing utensils for kids to design their own.

Once everyone's packets are ready, have kids share theirs with the group or with their neighbors and find what differences they have and what preferences they share.

Tasting

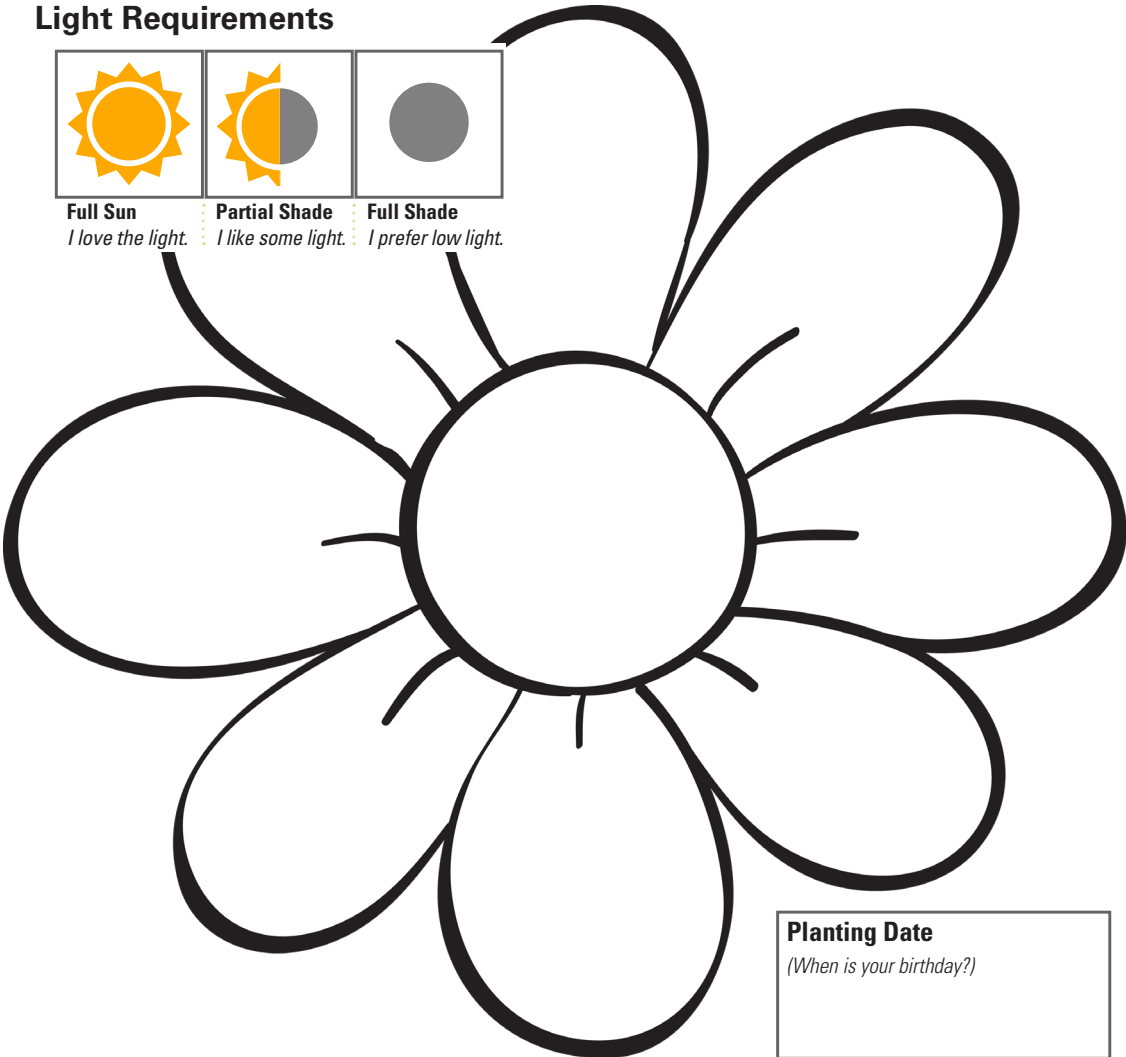
- Eat pumpkin seeds on their own.
- Mix pumpkin seeds with other ingredients to make a trail mix.
- Grind roasted pumpkin seeds (with hull) into a powder. Mix with salt (and chili powder if desired) and sprinkle on fruit.
- Add pumpkin seeds to salads.

FLOURISH SEEDS

by me

Light Requirements

		
Full Sun <i>I love the light.</i>	Partial Shade <i>I like some light.</i>	Full Shade <i>I prefer low light.</i>



Planting Date
(When is your birthday?)

Name:

Draw an emoji in the center of the flower above to show how you are feeling right now.

In what conditions do you thrive?

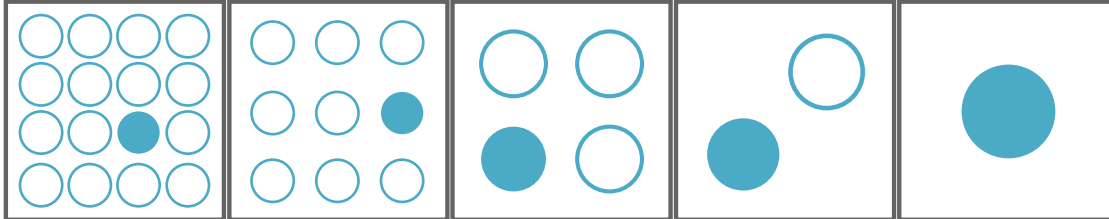
Select the descriptions that match your personality.

Plant Characteristics

List three or more words (adjectives) that describe you.

Planting Instructions

Spacing



I love crowds and make friends easily.

I like groups of people I know.

I prefer small groups.

I do best one on one.

I like to be by myself.

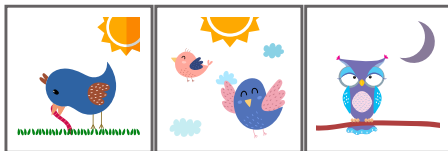
Bloom Time

I am most productive in the:

morning

midday

night



Season to Thrive

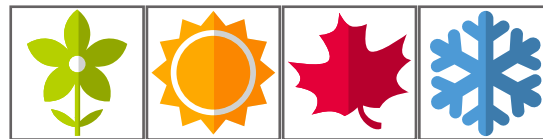
Are you a cool season crop or a warm season crop?

Spring

Summer

Autumn

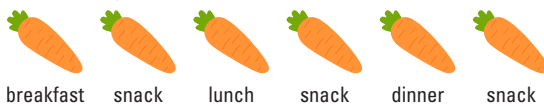
Winter



Care and Maintenance

Fertilizer (Food) Requirements

How often do you need to be fertilized (fed)?



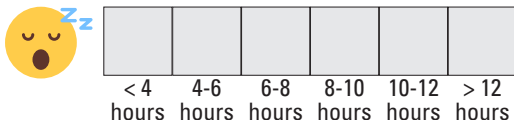
Growth Habit

Are you neat and orderly like a row crop, carefree and disorganized like a wildflower meadow, or somewhere in between?



Dormant Period

How many hours of sleep do you need?



Water Requirements

How much water do you need to drink to feel your best?



Companion Planting

Who or what is your companion plant?

Who or what comforts you when you are feeling anxious?