



Cadishead Primary School

Thursday 1st November 2018

Weather: cold and sunny

Growing Outside

Group: 4P

Pumpkins



Last night was **Halloween** and we discovered that most of Year 4 had bought and carved **pumpkins** to celebrate. But why do we have this **tradition**?



Well, it all started in Ireland around 200 years ago. The Irish used to carve and light turnips to ward off evil spirits, based on a **myth** (a traditional story that isn't true) called 'Jack of the Lantern'. When the Irish **emigrated** (moved away) to America, they took this tradition with them, but instead of carving turnips, they used pumpkins instead, as these are **native** to (originally from) America.

The children listened to the myth 'Jack of the Lantern' and they enjoyed learning about the story behind this tradition.

What else can we do with pumpkins? We can eat them of course! We can use the **flesh** to make **pumpkin pie** or **soup**. The **seeds** can be eaten raw in **muesli** or **toasted** to make a tasty snack.



Next we each had a hold of a pumpkin to guess the **weight**. We weighed the pumpkin on some weighing scales and it weighed **approximately** 2kg. Some of us were very close with our guesses! Did you know that the heaviest pumpkin weighed over 1000kg?!

After that we cut the pumpkins in half to scoop out the seeds. We removed the stringy flesh and washed them to take home, either to toast and eat or to sow in spring next year. We had a try of the raw pumpkin seeds. Some children liked them while others thought they had a bit of a funny after taste.



Next we made **origami** pockets to put our seeds in. We decorated them and wrote the recipe needed to toast the seeds.



Toasted Seed Recipe:

- 1). Drizzle the seeds with olive oil.
- 2). Sprinkle the seeds with salt and pepper.
- 3). Place on a baking tray and roast for 10 minutes at 200 °C
- 4). Enjoy - they taste like popcorn!

Final question of the session: Are pumpkins **fruit or vegetables?**

Answer: They are a fruit because they contain seeds.

Each child took a piece of pumpkin home to make a small portion of pumpkin mash. Just like making mash potato: peel and chop the pumpkins, boil until soft, drain the water and mash with butter, salt and pepper. Yum!

I hope you enjoy your pumpkin recipes!

See you next time,

Catherine