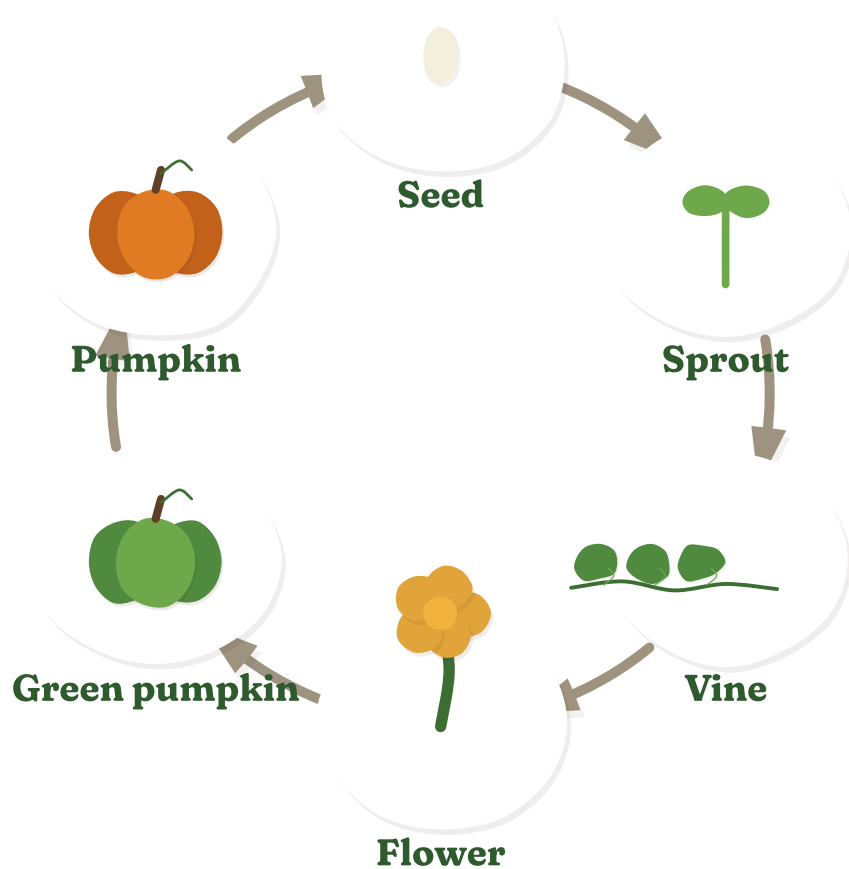


A pumpkin's life

From one seed in spring to a pumpkin full of seeds in fall.



FLOWERS

Pumpkin plants have separate male and female flowers. Bees carry the pollen.

SEEDS AGAIN

Each pumpkin holds the seeds for next year's patch.



Roasted pumpkin seeds

Autumn recipe

3

PERMACULTURE PRINCIPLE: OBTAIN A YIELD

Don't throw the seeds away! Roasted pumpkin seeds are a crunchy snack, and a great way to waste nothing.

YOU'LL NEED

- ☐ Seeds from a pumpkin
- ☐ A little oil
- ☐ A pinch of salt
- ☐ A baking sheet (a grown-up uses the oven)

How to

- 1 Rinse the seeds in a colander and pull off the stringy bits.
- 2 Pat them dry with a towel.
- 3 Toss with a little oil and salt and spread them out in one layer.
- 4 A grown-up roasts them until golden, stirring once. Let them cool before eating.

THE FORMULA

1 pumpkin = 1 snack + seeds for next year

Save a few raw, dry seeds to plant next spring.

"A good harvest starts with a good seed."

— Nana

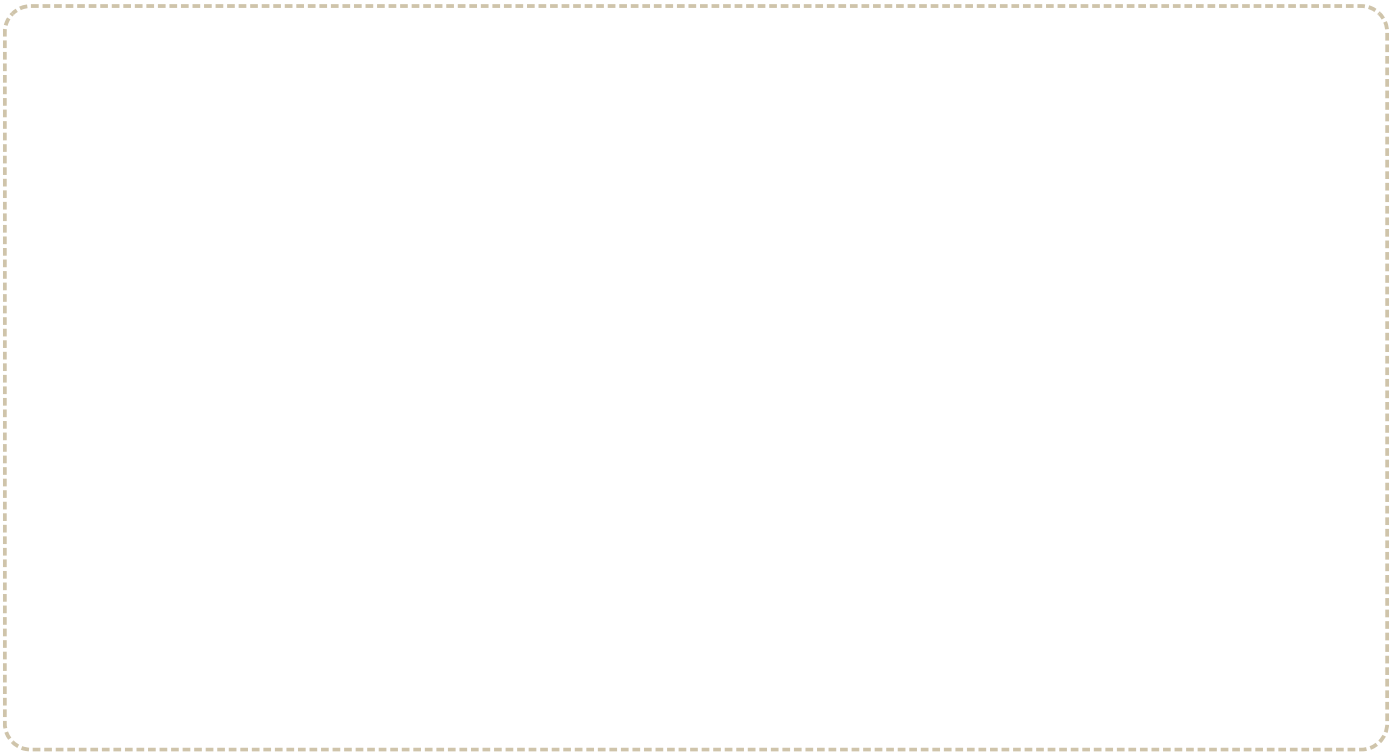
MY RESULTS

We roasted _____ seeds. They tasted _____.

Color the story



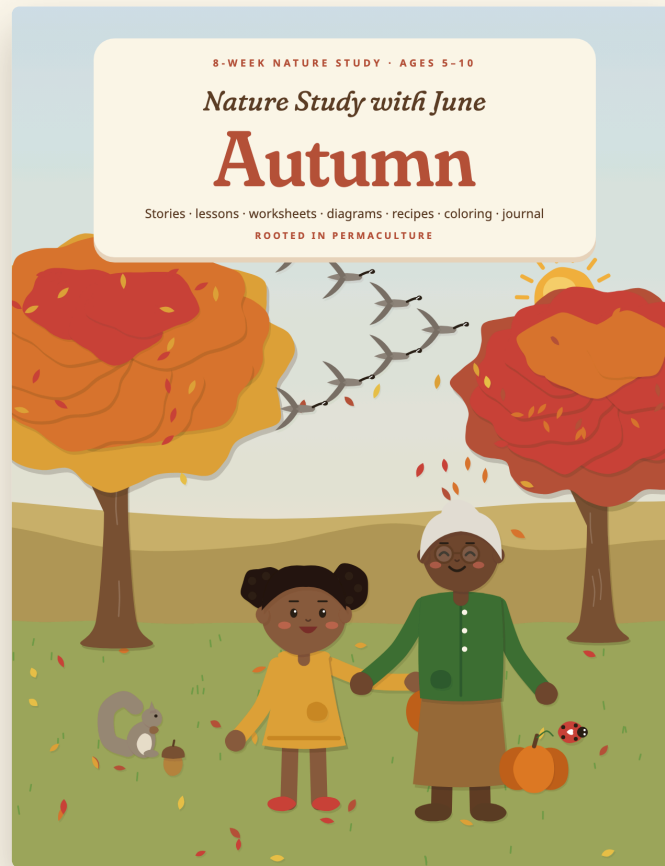
NOW DRAW SOMETHING YOU SAW OUTSIDE THIS WEEK



THANKS FOR PRINTING!

Liked these pages?

*They come from **Nature Study with June: Autumn**, an 8-week, 65-page fall nature study for ages 5–10: leaves, squirrels, pumpkins, apples, migration, mushrooms and planting garlic.*



Find the full study on Etsy

etsy.com/shop/EarthArtEther

Free for personal and classroom use. Please share the link instead of the file.