

Changing Pumpkins

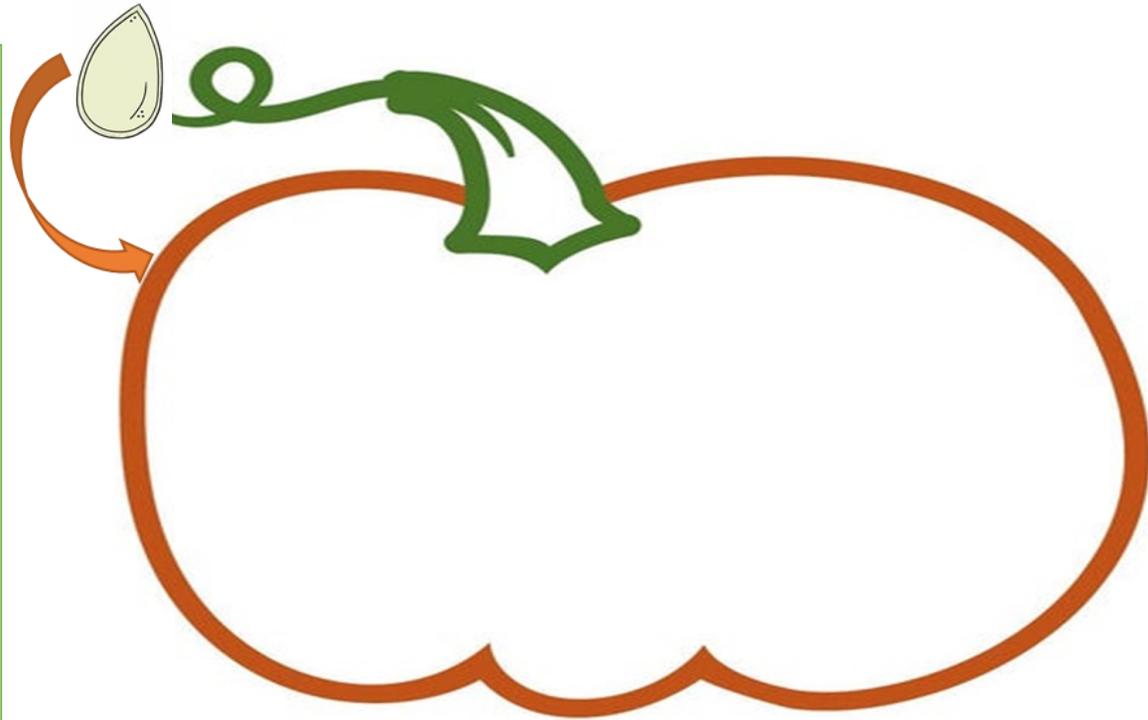
An activity guide for grades prek-3 children and their families



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The pumpkin you see at Halloween started out as a tiny seed and went through many changes before it grew into the size you see.

All things go through changes throughout life. **Write or draw inside the pumpkin** how you changed **this year.**



Make a Prediction

How do you think the pumpkin grew from a tiny seed into the size it is today?

Draw out how you think the pumpkin has changed over time.

What different stages or appearances do you think it went through?



How many days do you think it took to grow?
Add age predictions to each of your boxes.

Test Your Prediction: Try Growing a Pumpkin!

Materials:

- 1 pumpkin or squash seed (they are related!)
- 1 Ziploc bag
- 1 paper towel
- Water



Instructions:

1. Dampen paper towel with water
2. Place wet paper towel in Ziploc Bag
3. Place seed on top of wet paper towel
4. Close Ziploc bag
5. Place Ziploc Bag in a warm, sunny spot

Make Observations:

- Draw or write how your seed changes over time. You can also take pictures to document your seed's changes. *Add water to the paper towel if it dries out.*

Watch a pumpkin grow

You might be surprised at how long it takes for your pumpkin to change. Some pumpkins take over 100 days to develop! Watch these videos to see how the seed grows into a big pumpkin.

WATCH HERE

<https://www.youtube.com/watch?v=ytMpE6fubSQ>

https://www.youtube.com/watch?v=AB-dfi_0TsQ

https://www.youtube.com/watch?v=VIEsO_hqJZ4

What surprised you about how the pumpkin changes over time?

Compare to your original predictions.

Using your observations and evidence collected from the videos make a new drawing that shows how a pumpkin changes throughout it's life.

CHANGING PUMPKIN SEEDS IN THE KITCHEN

Whether you're carving spooky Halloween pumpkin faces or making homemade pumpkin pie, don't forget to save those edible seeds inside!

PREP THE SEEDS

1. Remove Seeds—using a large spoon, remove the inside pulp, stringy fibers and entangled raw seeds from the pumpkin.
2. Wash and Dry Seeds— Add the seeds to a colander, wash and remove any pulp left on the seeds. It's ok if some flesh remains. Make sure to dry the seeds as much as possible in between a towel.



3. PICK YOUR FLAVOR

Make it Savory

- $\frac{3}{4}$ cup raw pumpkin seeds
- 1 Tbsp olive oil
- $\frac{1}{2}$ tsp kosher salt
- $\frac{1}{4}$ tsp garlic powder

Make it Sweet

- 3 cups pumpkin seeds
- 3 Tbsp butter
- $\frac{1}{2}$ tsp vanilla extract
- 4 Tbsp sugar
- 2 tsp ground cinnamon

4. ROAST THEM UP

1. Preheat oven to 350°F
2. **SAVORY**—In a small bowl combine pumpkin seeds, olive oil, salt, garlic powder, paprika (if using), and black pepper.
3. **SWEET**—In a small bowl, mix together sugar, cinnamon, and salt. Set aside. Melt butter in a large microwave safe bowl. Mix vanilla in with the butter. Coat seeds in butter mixture. Sprinkle dry ingredients over seeds.
4. Lightly grease a sheet pan with olive oil. Evenly spread the seasoned pumpkin seeds on the sheet pan.
5. Bake until the seeds are toasted and crunchy, about 12 to 15 minutes. Stir every 5 minutes for even toasting, and check for doneness with each stir by tasting a seed for crunchiness.

Drying Pumpkin or Squash (wagmú)



Did you know that a pumpkin is just a variety of squash, and that it can be used exactly the same way? Dried Pumpkin is a really traditional ingredient for soups and stews. It is most often added to pápa waháŋpi, or dried meat soup. In the cold, winter months, nothing is better than a bowl of soup with pápa, wagmú sáka (dried squash), waštúŋkala (dried corn), and thínpsinla (prairie turnip).

DIRECTIONS

1. Cut open the pumpkin and remove the seeds. (Note: Make sure to save the seeds by cleaning and drying them on a paper towel. After they're dried, you can store them in a paper bag and plant them next year for your very own pumpkin patch!)
2. Cut the pumpkin in to slices 1/4" thick. The size of the slices is totally up to you and your knife skills!
3. Hang the slices on a wooden dowel or from a rope in a dry, well ventilated area.
4. After the squash is "crisp" dry, store in a paper bag and use it all winter long. You can use this method to dry winter, summer squash and pumpkins!
5. You may also dry the pumpkin in a dehydrator if you have one!. Just lay the slices in your

