OKLAHOMA
AG IN THE CLASSROOM

PUMPKIN

Elementary







Many farms in Oklahoma grow pumpkins! Most pumpkins are orange or yellow but may be gray, pale green, or white. Pumpkins range in size from less than a pound to over 1,000 pounds. At pumpkin patches, you can select your own pumpkin to pick fresh from the vine.

Pumpkins are cucurbits. They are related to cucumbers, squash, melons, and gourds. The pumpkin is a vegetable, but most pumpkins grown today are sold for decorating and carving. Eighty percent of the pumpkins in the United States are sold in the month of October.

Have you eaten a pumpkin? They are good for you! Pumpkins are 90 percent water, high in fiber, contain potassium and Vitamin A. Pumpkin seeds are also a great source of protein, vitamins, and antioxidants. Pumpkin flowers are large, yellow, and edible.



Pumpkins are native to North America. Now, pumpkins are grown on every continent except Antarctica.

LEARN MORE

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PUMPKIN PIE IN A BAG

ASK AN ADULT FOR HELP

DIRECTIONS:

1. Combine the milk and instant pudding in the bag.
2. Remove the air from the bag and seal it.
3. Squeeze and knead with hands until the mixture is blended – about one minute.
4. Add the pumpkin, cinnamon and ginger.
5. Remove the air, and seal the bag.
6. Squeeze and knead with hands until blended – about two minutes.
7. Place 1/2 tablespoon of graham cracker crumbs in the bottom of the small cups.
8. Cut the corner of the gallon freezer bag and squeeze pie filling into the cups.
9. Garnish the cups with whipped topping.

INGREDIENTS:

- Quart-size zip bags
- 1/8 cup of milk
- 2 tablespoons of canned pumpkin
- Dash of cinnamon
- Dash of ginger
- 1 tablespoon of pudding mix
- Tart-size premade graham cracker crusts



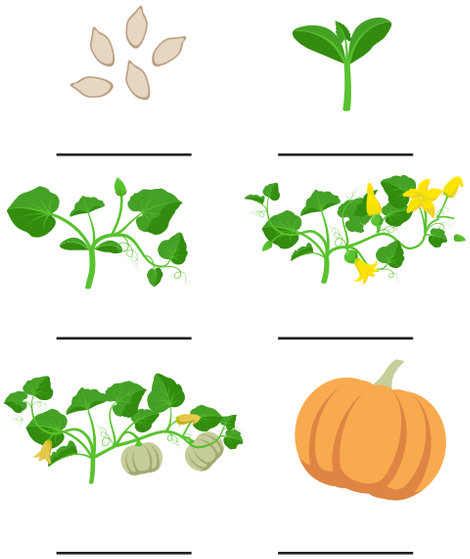
DRAW A PUMPKIN

PRACTICE HERE

Scan the QR code to learn how to draw a pumpkin cartoon.

PUMPKIN LIFE CYCLE

WORD BANK:
seed, sprout, plant, flower, green pumpkin, orange pumpkin



Scan the QR code to learn about the life cycle of a pumpkin.