



Pumpkin

Planting from Seed

When to start seeds indoors: 1-2 weeks before spring frost date

Earliest date to transplant hardened off seedlings:

2 weeks after spring frost date

Days of Germination: 5-10 days (in optimal conditions)

Planting in the Garden

Recommended garden type and methods: Direct sow in straw bales, field grown, raised beds. Do not disturb roots.

Spacing: 6 feet apart

Companion plants: Beans, corn

Harvesting

1 seed = 2-5 pumpkins

Days to Harvest: 85-120 days, depending on variety

Directions: Harvest when fully mature, not by size, when stem is dry and skins are hard to press your fingernail into. Cut the fruit off the vine leaving a few inches of stem on the pumpkin. Cure in a sunny spot for 10 days at 80'. Store at 50' in a dry location.

Use in the Kitchen

Vegetable subgroup: Red/orange

Preparation: Cut in half (top to bottom), scoop out seeds, lay halves cut side down on sheet pan, bake, once cool scoop out flesh

Menu Planning Ideas: Roast, use in quick breads, add to soups or stews, replace cheese in quesadillas

Suggested Flavor Enhancers: Nutmeg, cinnamon, cloves, ginger, cumin, chili powder



The Lifecycle of Farm to School

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