



PUMPKINS

FALL



ARKANSAS
Farm to School

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

You can plant pumpkins anytime after the last frost has passed. Plant pumpkins in early June for a fall harvest. Sow pumpkin seeds 6 to 12 inches (in.) apart, in rows 6 to 10 feet apart in a sunny, well-drained area. Once seedlings are 2 to 3 in. tall, thin them 18 to 36 in. apart. Harvest after 100 days.



PREP

Wash pumpkins thoroughly with cool water. Cut the pumpkin in half and remove the seeds. Hang on to the seeds if you would like to roast later. Pumpkins may be prepared as halves, slices, or cut into desired size pieces. Pumpkin may be prepared microwaved, oven-roasted, or as an added ingredient in recipes.



EAT

Kick off your day with a stack of pumpkin pancakes or a pumpkin muffin! Savor a bowl of pumpkin soup or chili. Snack on oven-roasted pumpkin seeds seasoned with your favorite spices. Enjoy pumpkin lasagna or ravioli. Celebrate fall with a fresh baked pumpkin pie!



LEARN

Pumpkins originate from North America. Pumpkins are **vegetables** that are high in many nutrients that support a healthy immune system, heart, and skin. The Josephine Tassaud Wax Museum in Hot Springs, Arkansas has a life-size, wax replica of the pumpkin carriage from Disney's classic film Cinderella.

