

# Kids Grow Pumpkins

Pumpkins are usually orange but can be yellow, white, green or red. Most grow quite large and need a lot of space - but you can get small varieties too.

Pumpkins are popular at Halloween, to scoop out and carve into lanterns with scary faces! But their sweet, orange flesh is delicious to eat too.

## Popular pumpkin varieties

### 'Jack of All Trades'

Bright orange and perfect for carving.

### 'Zombie'

Warty and grotesque - the ugliest pumpkin imaginable!

### 'Dill's Atlantic Giant'

Grow your own monster pumpkins - up to 800kg!

## What you'll need:

- Pumpkin seeds
- Small pots (e.g. yoghurt pots)
- Multipurpose compost
- Liquid tomato plant feed
- Watering can

## Why should you eat them?

Nutritious and low-calorie, pumpkins can be used in sweet or savoury dishes. They're packed with vitamins and nutrients, including:

### Vitamin A

Good for your vision, bones, teeth and skin - and important for your growth and immune system.

### Vitamin B2

Also known as 'riboflavin', this helps your body make red blood cells.

### Potassium

Keeps your heart healthy and helps plenty of blood to get to your brain.

## GIGANTIC FACT!

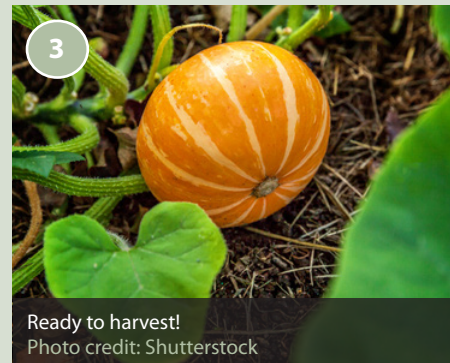
Giant pumpkins are often grown for competitions. In 2010, the world record was 821kg. That's as heavy as two horses!



Start them in small pots on your windowsill.  
Photo credit: vaivirga, Shutterstock



Plant out seedlings in late May / early June.  
Photo credit: Dennis Pogostin, Shutterstock



Ready to harvest!  
Photo credit: Shutterstock

## Step 1: Start your pumpkins indoors

- Plant your seeds in April or May.
- Soak your seeds in water overnight - they'll grow quicker.
- Fill your pots with compost.
- Plant a seed in each pot, on its edge (not flat), 1cm deep.
- Put your pots on a warm, light windowsill and water.

## Step 2: Plant them out

- When they're big enough to handle, plant your seedlings out into the garden, from late May.
- Pumpkins are hungry plants! Add compost or well-rotted manure into the soil first.
- Plant at least 90cm apart, depending on how big your variety grows.
- You can also plant them out into large pots, if you're growing small pumpkins.

## Step 3: Care for your pumpkins

- Protect young plants from slugs and snails.
- They'll grow quickly! Let them trail over the ground, or train them over a strong arch.
- You may need to hand pollinate your pumpkins, so they fruit.
- Keep your pumpkins well-watered.
- Feed with tomato feed every 10-14 days once the fruits start to grow.
- They'll be ready to harvest in time for Halloween!