

INCREDIBLE EDIBLE IDAHO

PUMPKIN/SQUASH FACTS:

Common winter squash varieties grown in Idaho include pumpkin, acorn, butternut, and spaghetti.

Idaho squash is available generally September through November, making this nutritious food a popular side dish for many holiday meals.

Winter squash varies from summer squash in that the skin is hard, thick, and inedible.

Pumpkins are grown primarily for processing with a small percentage grown for u-pick farms, farmers markets and grocery stores.

NUTRITION FACTS:

Squash and Pumpkin are excellent sources of Vitamin A, which is vital for healthy vision.

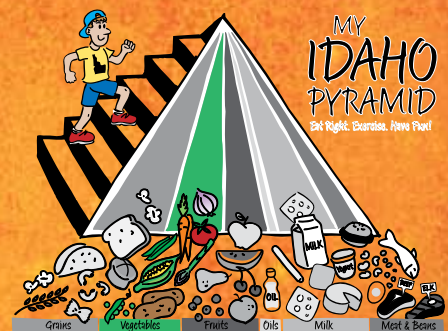
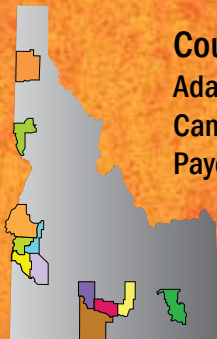
Squash and Pumpkin are also good sources of Vitamin C.

Squash and Pumpkins are low in calories, low in fat and packed with fiber.

Idaho pumpkins aren't just grown for Halloween decorations- the pulp inside the pumpkin is a great ingredient for soups, breads, desserts, and even main dishes.

Counties where pumpkins are grown:

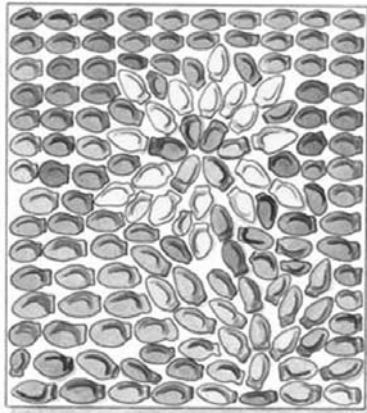
Ada	Gem	Jerome	Washington
Canyon	Gooding	Minidoka	Nez Perce
Payette	Twin Falls	Bannock	Kootenai



PUMPKIN SEED MOSAIC

Objectives/Background:

Mosaics are made of tiny colored pieces of stone, pottery, glass or other materials, arranged together and set in plaster or cement to make patterns and images. They can be used to decorate a floor, a wall or in some cases a ceiling.



Mosaics have a long history. They were created in Ancient times in Babylon, Egypt, Greece and Rome. When the cities of Pompeii and Herculaneum (which were buried under lava when Mount Vesuvius erupted in A.D. 79) were rediscovered, many wonderful mosaics were found.

Ask your students to imagine, making a mosaic using over one million pieces of glass - all hand cut, and placed into wet plaster to create a large pattern for their entry hall! It is a project that would take months and in some cases even many years to complete.

For several centuries, interest in the making of mosaics declined. It wasn't until the 19th century, when architects started to look at old ideas for new inspirations, that the interest once again returned and mosaics began popping up in public buildings and private homes.

Make your own mosaic ... Don't throw those pumpkin seeds away! Roast a few and paint the rest for a spectacular work of art.

What You Need:

- Pumpkin Seeds (clean)
- Tempera paint (dark colors)
- Paint brush
- Shallow container
- Thick paper (poster board)
- Glue
- Pencils
- Wax paper or newspaper

What You Do:

1. Have students choose a few paint colors.
2. Put the seeds into a shallow dish, squirt some paint on the seeds and mix the paint around until all seeds are covered in paint. They should do this for as many colors as they need.
3. Spread the seeds out on wax paper (or newspaper) and let dry.
4. While they are waiting for the seeds to dry, students can draw a picture onto their poster paper. Some ideas include masks, fish or wild designs.
5. Remind students to keep it simple, remember, they will be "coloring in" with seeds.
6. When the seeds are dry, they can be arranged and glued onto the poster paper in the appropriate areas.

****If you are feeling really adventurous, try using plaster instead of glue to create the mosaics. Just remind students to work quickly as plaster has a very quick set time. Also, never pour plaster down the sink. Wait for it to dry and throw it in the garbage.*



RECIPE

AMISH PUMPKIN PANCAKES

- 1 c. flour
- Pinch baking soda
- 2 tbsp. sugar
- 1/4 tsp. cinnamon
- 1/8 tsp. ginger
- 1/8 tsp. nutmeg
- 1 egg well-beaten
- 1 1/4 c. milk
- 2 tbsp. melted shortening
- 1/2 c. canned pumpkin or mashed sweet potato, cooked

Instructions

Combine flour, soda, sugar and spices. Combine egg, shortening, pumpkin and milk; add to flour mixture, beating until smooth. Bake on hot, lightly greased griddle, turning only once. Serve hot with butter and syrup or powdered sugar.



Estimating With Pumpkin Seeds



Do you know how many seeds are inside the pumpkin? Follow these steps to find out.

1. Break up the class into equal number of teams. Each member of the team will estimate the number of seeds inside the pumpkin.

NAME

GUESS

2. Lift the stem off the pumpkin. Begin taking the seeds out. Your hands will get dirty, so be sure to pull your sleeves up! Be sure all seeds stay on the table.
3. Next, count all of the seeds inside your pumpkin. Be sure you get them all. You may want to consider putting the seeds into groups of 5 or 10 to make counting easier for your team.
4. Now, total the amount of seeds collected. Use a calculator to double check your total.
5. Our pumpkin had this amount of seeds _____.
6. The team member that had the closest estimate was _____.
7. Congratulations!!! You did a terrific job of estimating how many seeds were inside the pumpkin.

PUMPKIN GLOBE

Geographic Theme

Regions and Location

Purpose

To create a model of the Earth

Objectives

To identify longitude and latitude on maps and globes to create a globe using a pumpkin

Materials

- world maps and globes
- pumpkins (one per group)
- tag board patterns of the continents
- tempera paint

Procedures

DAY 1

1. Discuss longitude and latitude. Point out examples on the world map and the globe.
2. Question the students (can be made into a game) about using world maps to locate longitude and latitude. Example: Where is 95 degrees North longitude and 30 degrees West latitude? Answer: Houston, Texas.

3. Divide the globe into hemispheres (north, south, east, west) and discuss the placement of the continents.

DAY 2

1. Review longitude, latitude, hemispheres, and continents.
2. Divide the students into groups.
3. Hand out one pumpkin per group, pattern, and paint.
4. Divide the pumpkin into hemispheres using the vertical lines on the pumpkin as the longitude lines.
5. Place patterns in the appropriate hemispheres. Trace continents.
6. Paint continents. Let dry for 1 hour.
7. Paint the bodies of water. Let dry overnight.

Extensions

- Display in school media center.
- Compare and contrast pumpkins to globes.

