

Amara's Farm

Scavenger Hunt



Have a scavenger hunt at your local farmer's market or grocery store!
Can you find these cool-weather fruits and vegetables in the produce area?
Check them off as you go.

☐

Pumpkin

☐

Cauliflower

☐

Apple

☐

Eggplant

☐

Persimmon

☐

Okra

☐

Potato

☐

Kumquat

☐

Fig

☐

Kiwi



Amara's Farm

Roasted Pumpkin Seed Recipe



Roasted Pumpkin Seeds

You've helped Amara find pumpkins on her farm! Now, what are you supposed to do with all those pumpkin seeds? Roast them!

What You'll Need

- Pumpkin
- Knife
- Metal spoon
- Colander

- Measuring cups
- Measuring spoons
- Medium saucepan
- Salt

- Olive oil
- Baking sheet
- Cooling rack

You'll also need:
1 trusty adult helper

Directions

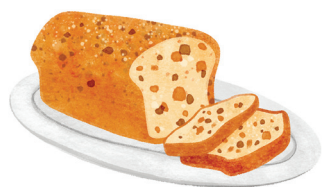
1. With help from an adult, cut open your pumpkin by cutting a circle around the stem (knife blade angled in) and pulling off the top.
2. Use a strong metal spoon to scrape the insides of the pumpkin and scoop out all the seeds and strings.
3. Put the insides into a colander and run under water to separate the seeds from everything else.
4. Using a measuring cup, place 2 cups of water and 1 tbsp of salt into a medium saucepan for every ½ cup of pumpkin seeds. Bring to a boil and let simmer for 10 minutes. Remove from heat and drain water.
5. Preheat oven to 400°. Toss the seeds in some olive oil and spread them onto a baking sheet in a single layer.
6. Bake the seeds on the top rack of the oven until the seeds begin to brown, about 5–20 minutes depending on the size of the seeds. When lightly browned, remove the pan from the oven and let cool on a rack. Cool the seeds completely before eating.

Adapted from: www.simplyrecipes.com/recipes/toasted_pumpkin_seeds



Amara's Farm

Molasses Pumpkin Bread Recipe



Molasses Pumpkin Bread

1 loaf (16 slices)



Ingredients

- 2 cups all-purpose flour
- 1 cup light brown sugar
- ½ tsp baking powder
- 1 tsp baking soda
- 1 tsp sea salt
- 1 ½ tsp ground cinnamon
- ¾ tsp ground nutmeg
- ¼ tsp pumpkin pie spice (or ground cloves)
- ⅔ cup raisins
- ½ cup chopped walnuts [optional]
- ½ cup semi-sweet chocolate chips [optional]
- 2 large eggs
- ½ cup molasses
- 1 cup canned pumpkin
- ½ cup canola oil
- 1 tsp vanilla extract
- ½ cup water
- Cooking spray

Directions

1. With your adult helper's aid, gather ingredients and cooking utensils.
2. Have your adult helper preheat the oven to 350°.
3. Grease one 9 x 5-inch loaf pan with cooking spray.
4. In a large bowl, mix together all-purpose flour and brown sugar, breaking up sugar clumps.
5. Add baking powder, baking soda, sea salt, cinnamon, nutmeg, and pumpkin pie spice. Mix until blended, then stir in raisins. Set the mixture aside.
6. Have your adult helper crack the eggs and add them to a separate medium-sized bowl.
7. Beat the eggs with a whisk.
8. Add molasses, canned pumpkin, canola oil, vanilla, and water to the eggs. Whisk together.
9. Stir the egg mixture into the large bowl with the dry ingredients until moistened.
10. With your adult helper's aid, pour the mixture evenly into a baking pan.
11. Evenly sprinkle chopped nuts and chocolate chips over the top of the mixture.
12. Bake for 45–60 minutes, until a toothpick inserted in the center comes out clean.
13. Have your adult helper remove the hot pan while using oven mitts.
14. Let the bread cool in the pan for 10 minutes before removing it to a wire rack.
15. Enjoy!

You'll also need:
1 trusty adult helper



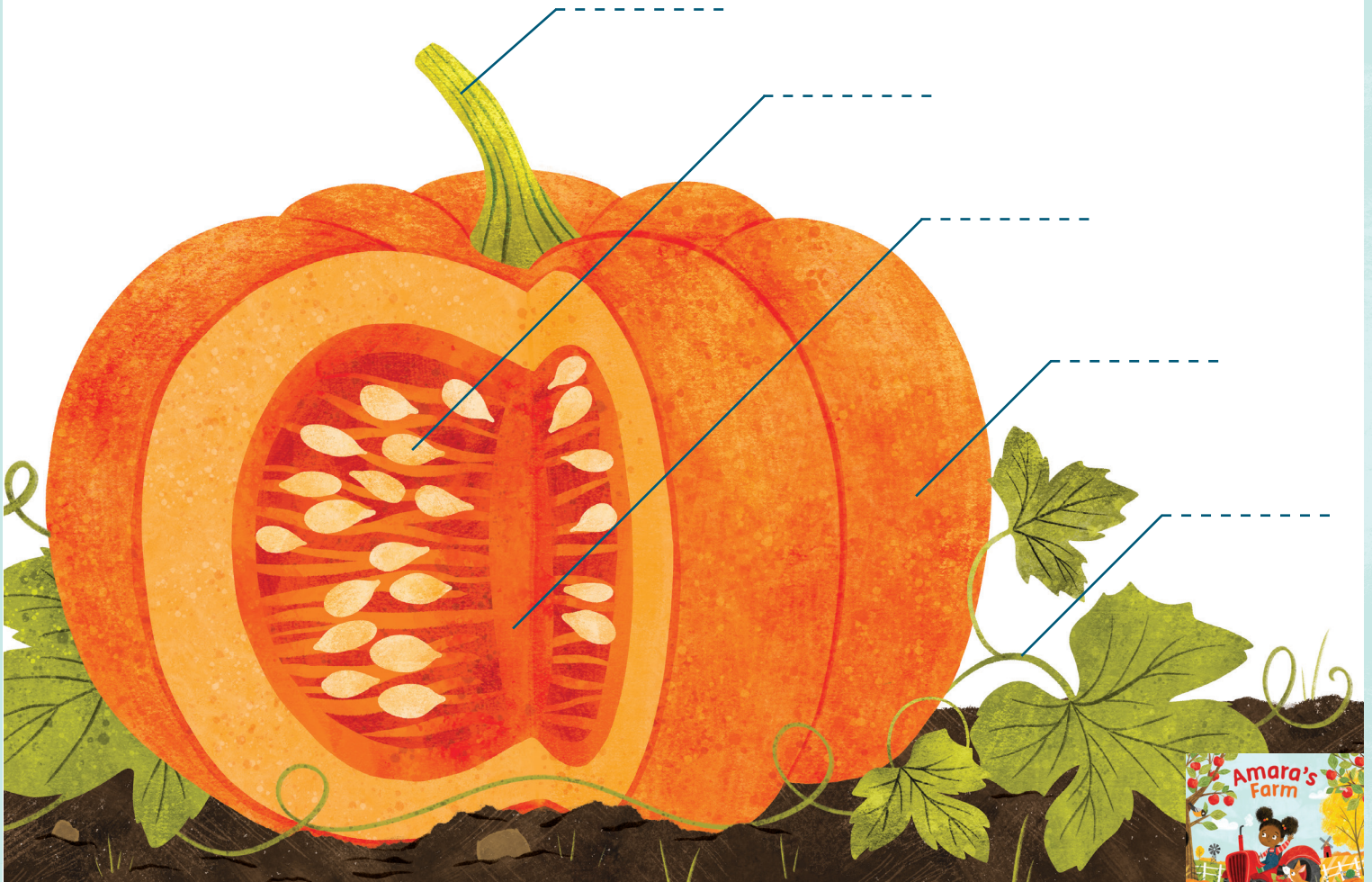
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Label and Color the Parts of a Pumpkin



What do we know about pumpkins? Using the image below, identify the different parts of the pumpkin. Write the letter of the correct part on the blank lines.

- A. Thick shell with lined ribs
- B. Vine
- C. Hard stem
- D. Orange pulp
- E. Seeds



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Draw the Stages of a Decomposing Pumpkin

After pumpkins grow, they also decompose. Observe your pumpkin over the next 4 weeks.
Using the space below, draw a sketch of your pumpkin, once every week.
Write down the date, and list what you observe. See how it changes over time!

Date: _____

My Observations

Date: _____

My Observations

Date: _____

My Observations

Date: _____

My Observations

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Matching Game



Each fruit and vegetable has unique characteristics. To help Amara identify the fruits and vegetables on her farm, draw a line from the name to the correct picture.



Fig

Okra

Apple

Cauliflower

Kiwi

Pumpkin

Potato

Eggplant

Kumquat

Persimmon