

Pumpkins

Pumpkin Pie in a Bag

(for 25 students)

one gallon zip freezer bag	2 2/3 cup cold milk	
two packages (four serving size) instant vanilla pudding mix		
one can (15 ounces) solid-pack pure pumpkin		
one teaspoon ground cinnamon	1/2 teaspoon ground ginger	graham cracker crumbs
25 small cups	scissors	one can whipped topping
		25 spoons

(for two students)

quart-size zip freezer bags	1/8 cup milk	2 T canned pumpkin
dash cinnamon	dash ginger	1 T pudding mix*
tart-size premade graham cracker crusts or ginger snaps		

1. Combine the milk and instant pudding in the bag.
2. Remove the air from the bag and seal it.
3. Squeeze and knead with hands until the mixture is blended—about one minute.
4. Add the pumpkin, cinnamon and ginger.
5. Remove the air, and seal the bag.
6. Squeeze and knead with hands until blended—about two minutes.
7. Place 1/2 tablespoon of graham cracker crumbs in the bottom of the small cups.
8. Cut the corner of the gallon freezer bag, and squeeze pie filling into the cups.
9. Garnish the cups with whipped topping.

For individual servings follow directions as above and squeeze mixture into tart-size premade graham cracker crusts, or place a ginger snap at the bottom of small cups to serve as crust.

* The mix should have the consistency of pudding. If it is too runny, add pudding mix. If it is too thick, add milk.

Pumpkin Ham Soup

(Makes 6 cups)

3 cups canned or 2 cups cooked, pureed fresh pumpkin	3 cups scalded milk or chicken broth		
1 T butter	1 T flour	1 T sugar or 2 T brown sugar	salt and pepper
1/2 t ginger	1 t cinnamon	1/2 cup finely diced ham	

1. Mix pumpkin with scalded milk or chicken broth.
2. Knead together butter and flour.
3. Add to pumpkin mixture.
4. Add sugar, salt and pepper, spices, and ham.
5. Heat, but do not boil.

Oklahoma Ag in the Classroom is a program of the Oklahoma Cooperative Extension Service, the Oklahoma Department of Agriculture, Food and Forestry and the Oklahoma State Department of Education.

www.agclassroom.org/ok

Roasted Pumpkin Seeds

seeds from one pumpkin
steamer

salt

spray vegetable oil

towel

cookie sheet

knife

1. Preheat oven to 300 degrees F.
2. Cut pumpkin in half.
3. Remove seeds by scraping pulp from the pumpkin with a large spoon.
4. Rinse seeds in a colander, and pick seeds from the pulp.
5. Place seeds in the top of a vegetable steamer with water in the bottom.
6. Cover and cook for 30 minutes.
7. Dry the seeds with a towel.
8. Spread seeds on a cookie sheet, spray with vegetable oil and sprinkle with salt.
9. Bake the seeds for 30 minutes, or until golden brown.

- Pumpkins originated in Central America.
- Native Americans called pumpkins "isqoutm," their word for "squash."
- The pumpkin is one of only a few foods we still eat today that is native to North America.
- Pumpkins were a main part of the daily diet for the Pilgrims and other early New England settlers. Dried pumpkin shells served as bowls for storing grains and seeds. Native Americans flattened strips of pumpkins, dried them and made mats from them. Pumpkin seeds were food and medicine for Native Americans.
- Colonists made the first pumpkin pies by slicing off pumpkin tops, removing the seeds and filling the insides with milk, spices and honey, then baking it all in hot ashes. Pumpkins were also used in the crust.
- The pumpkin is a vegetable, related to squash. It is high in fiber and contains potassium and Vitamin A.
- Some kinds of pumpkins are grown for cattle to eat.
- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- The tradition of carving pumpkins at Halloween started with the Irish, but the original jack-o-lanterns were made from turnips. When the Irish immigrated to the U.S., they found pumpkins a plenty, and they were much easier to carve.
- Pumpkins range in size from less than a pound to over 1,000 pounds. The town of Roffstown, New Hampshire, holds an annual pumpkin regatta each October, in which giant pumpkins are hollowed out to make room for a single passenger, then fitted with trolling motors and paraded on the Piscataquog River.



Oklahoma Ag in the Classroom is a program of the Oklahoma Cooperative Extension Service, the Oklahoma Department of Agriculture, Food and Forestry and the Oklahoma State Department of Education.

www.agclassroom.org/ok