



### **Activity: Leaf Rubbings**

Collect leaves of different shapes and sizes from the outdoor learning environment. Use paper and any form of writing utensil such as pastels, crayons, or colored pencils to complete the activity. Put the leaf under the paper and lightly use the writing utensil to rub against the paper, creating an imprint of the leaf shape and intricate details. During this fun activity, investigate leaves shape, size, texture and colors, to celebrate the fall season.

### **Plant of the Month: Pumpkin (*Cucurbita pepo*)**

Used by Native Americans and early settlers for food and decoration, pumpkins have become a staple in American households and culture during the fall season. For best results, grow from seed, providing 110-120 days to reach full maturity. Pumpkins should be harvested only after the shell has hardened completely. Create a fun activity or even celebrate a holiday by making a recipe or carving a pumpkin.

### **Recipe: Pumpkin Hummus**

#### **Ingredients**

2 tablespoons lemon juice	2 tablespoons tahini
3 cloves garlic	$\frac{3}{4}$ teaspoon salt
2 cans garbanzo beans, drained	2 teaspoons olive oil
1 can pumpkin puree	1 teaspoon ground cumin
$\frac{1}{4}$ cup toasted pumpkin seed kernels	1 pinch paprika

#### **Instructions**

- Blend lemon juice, tahini, garlic, and salt together in a food processor or blender until smooth.
- Add garbanzo beans and olive oil and pulse until smooth.
- Add pumpkin, cumin, and cayenne pepper.
- Process until well blended.
- Transfer hummus to a container with a lid and refrigerate at least 2 hours.
- Lastly, fold pumpkin seeds into hummus.
- Garnish with paprika and serve with pita bread or sliced vegetables.

Gardening Tips: Growing Pumpkins. (n.d.). Retrieved from <https://halifax.ces.ncsu.edu/2012/10/gardening-tips-growing-pumpkins-2/>  
Llewellyn, G. J. (2012, December 19). Savory Pumpkin Hummus Recipe. Retrieved from <https://www.allrecipes.com/recipe/230466/savory-pumpkin-hummus/>

Schultheis, J. (n.d.). Growing Pumpkins and Winter Squash. Retrieved from <https://content.ces.ncsu.edu/growing-pumpkins-and-winter-squash>

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