

# PUMPKINS

Edible  
Playgrounds

## 1 SOW YOUR SEEDS

In May sow your seeds in 9cm pots and 1cm deep. Sow the seeds on their edge as this will stop the seed rotting. Keep them warm in the greenhouse.

## 2 PLANTING OUT

In June, plant your seedlings out 90cm apart.

Pumpkins will spread out along the floor or grow vertically on a strong structure such as gourd walks, to support the large fruit.

Once these trails are 60cm long, pinch out the tips of the plant so they stop growing leaves and put all of their energy into producing pumpkins.

In order to produce larger pumpkins, pinch out new shoots and keep only 1 or 2 fruits per plant.

## 3 HARVESTING

Pumpkins are ready to harvest when you tap them and they sound hollow!

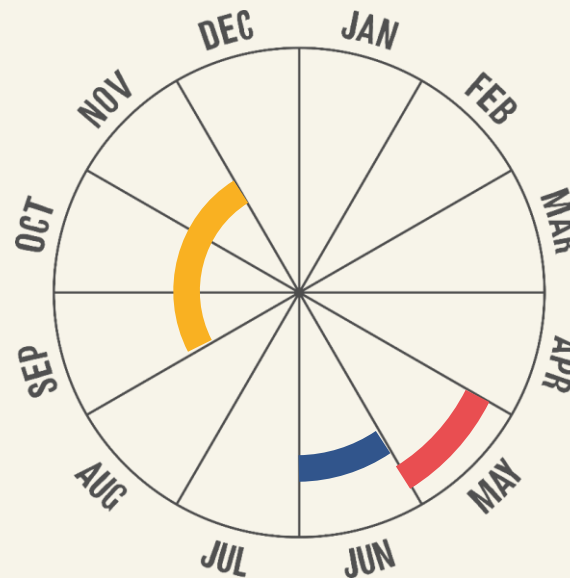
During September to November the crop turns a deep solid colour and it will sound hollow if tapped.

Cut pumpkins so they have a 10 cm stalk. Leave them in the sun or a dry room. This process is called curing, it allows the skins of the pumpkins to toughen so they can be stored for longer.



### TOP TIPS

Place the pumpkins on a tile, or wooden block to keep them off the damp ground so they do not rot.



Seedlings



Young plants



Ready for harvest