



# PUTTING DOWN ROOTS

## FARM TO SCHOOL PROGRAM

— Stark County Schools —

NOVEMBER  
**HARVEST  
OF THE  
MONTH**

## LEARN ABOUT PUMPKINS

A pumpkin is a cultivar of a squash plant, most commonly of *Cucurbita pepo*, that is round with smooth, slightly ribbed skin, and most often deep yellow to orange in coloration. The thick shell contains the seeds and pulp.

Potassium	394 mg	11%		
Protein	1.2 g	2%		
Vitamin A	197%		Vitamin C	17%
Calcium	2%		Iron	4%
Vitamin D	0%		Vitamin B-6	5%
Cobalamin	0%		Magnesium	3%

## TEACHER RESOURCES

### ELEMENTARY

- [Pumpkins... Not Just For Halloween](#) - Students will learn a variety of subjects including history, science, nutrition, and math through the study of pumpkins. Activities include estimating the size and weight of pumpkins, sprouting pumpkin seeds, and making pumpkin pie in a bag.
- [The Case of the Missing Pumpkin](#) - Students investigate the phenomenon of decomposing pumpkins as a part of the plant's life cycle.
- [Terrariums: A Look at the Living and Nonliving World](#) - Students will observe the interactions between living plants and other living and nonliving things in a small terrarium environment. They will also learn about farms and discuss similarities between the terrarium environment and the farm environment.
- [Three Sisters Garden](#) - Students will investigate the "three sisters" crops (corn, beans, and squash) and explore the benefit to planting these crops together. Students will also learn about Native American Legends and plant growth.

### MIDDLE SCHOOL

- [The Geography of Thanksgiving Dinner](#) - In this lesson students will identify common Thanksgiving foods and their farm source, determine if those foods can be produced locally, and locate the common origins of their Thanksgiving day dinner.

### HIGH SCHOOL

- [Target Practice: Pumpkin Launcher](#) - Students follow the engineering design process to build and test a catapult that launches marshmallow "pumpkins." They then make changes to improve their launcher's aim and get it to hurl the projectile further.

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