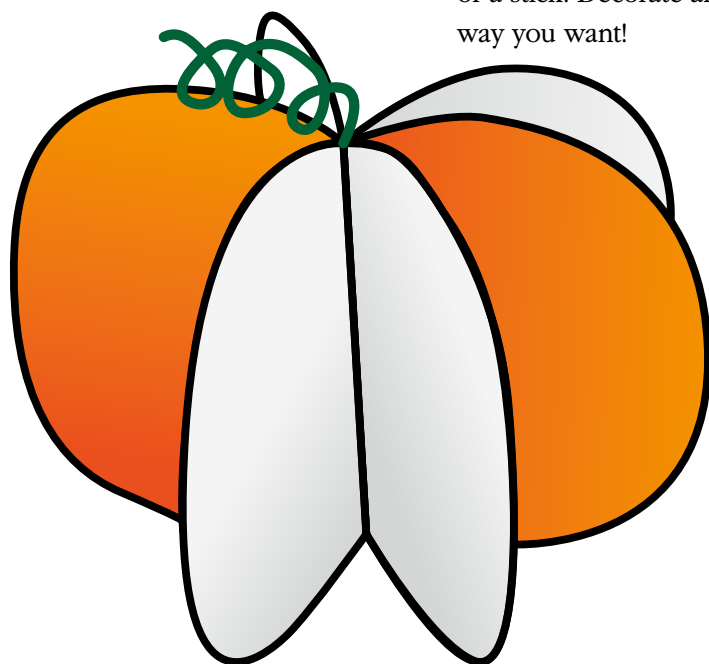
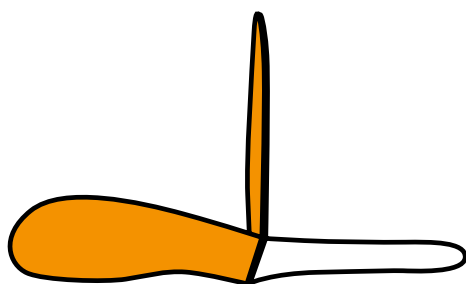
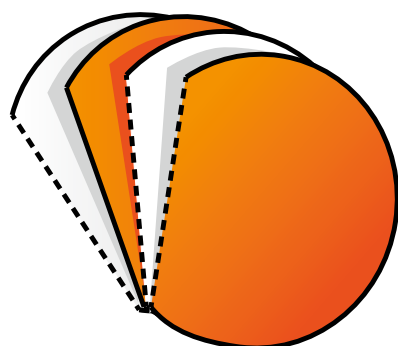
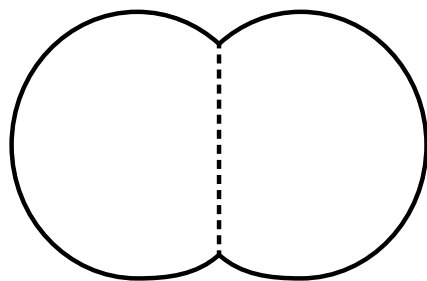


# Pumpkin Time



## 3-D Paper Pumpkins

1. Fold a piece of paper in half. Draw half a pumpkin shape along the folded edge. Cut it out to use as a template.
2. Fold six (or more) sheets of construction paper or cardstock in half. Trace the template and cut out the pumpkin shape for each.
3. Line up the creases of two folded pumpkin shapes and glue one half to the other half.
4. Keep gluing the halves together until you're out of pumpkin shapes. Glue the last two halves together to complete the circle.
5. Spread out all the halves so the pumpkin can stand by itself. Glue on a stem made out of paper, pipe cleaners, or a stick. Decorate any way you want!

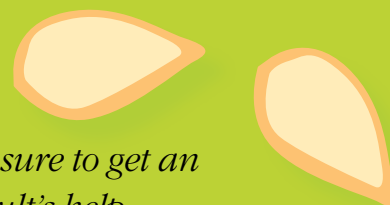


## Scrumptious Seeds

Scrape out the seeds from a pumpkin or winter squash. Rinse off most of the pumpkin goop. Dry the seeds on a paper towel. Toss them in a bowl with oil and other seasonings. Spread the seeds on a baking sheet and bake at 325°F (160°C) for about 25 minutes or until golden brown.

## Be creative with the flavors you try! Here are some ideas:

- olive oil, salt, and pepper
- coconut oil, cocoa, vanilla, and white sugar
- vegetable oil, salt, cayenne pepper, chili powder, and lime juice
- olive oil, paprika, garlic powder, onion powder, and brown sugar



*Be sure to get an adult's help.*