HEART
Healing Engaging and Recovering Together

Plant a Pumpkin, Grow a Smile!

Don't throw your pumpkin seeds away – give them a new life!
Did you know that the seeds inside your pumpkin could grow into brand-new pumpkins next year?

Growing pumpkins is a fun activity for the whole family. With a little soil, sunshine, water and patience, you can watch something wonderful grow!
What you'll need

- A handful of fresh pumpkin seeds
- A small plant pot with drainage holes
- Compost or potting soil
- Water
- A sunny windowsill
- A bigger pot or garden space for later

Step 1 – Save your seeds
Scoop out the seeds from your pumpkin. Wash away the stringy bits and spread the seeds on kitchen paper to dry thoroughly.
Step 2 – Keep them safe until spring
Pop your dry seeds into a labelled paper envelope and store somewhere cool and dry over winter.
Step 3 – Time to plant!
In April or May, fill a small pot with compost. Push one seed about 2–3 cm into the soil and gently cover it.
Step 4 – Water with love
Give your seed a little water to keep the soil moist, but not soaking wet.
Step 5 – Find a sunny spot
Place your pot somewhere warm and bright. With a little patience, your first green shoots may appear within 1–2 weeks!
Step 6 – Give your pumpkin room to grow
Once the weather is warmer and there's no risk of frost, gradually get your plant used to being outdoors before moving it into a sunny garden spot. Pumpkin plants need lots of room to spread!
Step 7 – Keep watering your plant and watch its leaves, flowers and eventually little pumpkins appear. With some luck, you'll have your very own pumpkin to enjoy next autumn!

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A little HEART reminder
Great things take time to grow, and so do we!

Just like our pumpkin seeds, we all need a little care, patience and encouragement to grow strong.

My Pumpkin Growing Diary

My name: _____

I planted my seed on: _____

My first green shoot appeared on: _____

My pumpkin's name: _____

Draw what your pumpkin plant looks like as it grows!

Grown-up tip: Seeds saved from a pumpkin may grow a different-looking pumpkin from the original. Only save seeds from healthy, edible pumpkins. Keep them dry over winter, and remember that pumpkins are not frost-hardy.