

Pumpkin Carving

This activity will require adult assistance and supervision. Please take care when carving your pumpkin: use a sharp knife, a flat surface and take your time.

You will need:

- Pen or Pencil
 - Sharp knife/Pumpkin Carving kit
 - Spoon to scoop insides
 - Bowl for insides
 - Bowl for seeds
1. Take your pencil and draw a circle around the stalk of the pumpkin to make a lid. Holding your knife at a slight angle, cut around this circle and remove top
 2. Set lid aside and scoop pumpkin guts and seeds out and into your bowl with your hands
 3. Use the spoon or scoop to remove the rest of the guts and some flesh from the walls. When you have decided which side of the pumpkin to carve the face, make sure you scrape a little extra flesh from this wall to thin it down and make it easier to carve
 4. Separate the seeds into another bowl. Cover and put both bowls aside for later
 5. Draw a face onto the side of the pumpkin using a pen or pencil. If you are using a carving kit and paper template, stick the template to pumpkin and either draw around or mark with sharp object
 6. Very carefully cut out the pumpkin's face. I used a gradual approach by carving the outline of each feature lightly and going back over using an up and down/rocking motion with my knife to cut out
 7. Wait 'til it gets dark and light up with candles!

Pumpkin Cooking

There are many delicious things you can make with the parts of the pumpkin you remove during carving; pie, cookies, curry, soup and even pasta sauces. Our goal is to use as much of the pumpkin as possible so we will use the guts, flesh and seeds

- Spooky Halloween Pumpkin Loaf - Pumpkin guts and flesh
- Roasted Pumpkin Seeds - Seeds

Spooky Halloween Pumpkin Loaf

Spooky Halloween Pumpkin Loaf with cobwebbed cream cheese icing is a delicious way of using the pumpkin insides. I have adapted a recipe by Eating Richly for a special Halloween twist. To view original recipe visit www.eatingrichly.com

For the Pumpkin:

- 3.5 cups plain flour
- 3 cups sugar (I'm using brown sugar)
- 2 tsp cinnamon
- 2tsp nutmeg
- 2tsp baking soda
- 1.5 tsp salt
- 4 eggs, beaten
- 1 cup vegetable oil
- 0.5 cup water
- 2 cups of fresh pumpkin guts and flesh
- 1 banana
- 1 cup chopped pecans (optional)

For the Cream Cheese Icing:

- 4 eggs, beaten
- 1 cup vegetable oil
- 0.5 cup water
- 2 cups of fresh pumpkin guts and flesh
- 1 banana
- 1 cup chopped pecans (optional)
- 180g tub of Philadelphia
- 6 tbsp butter
- 2.5 cups icing sugar
- 1 tsp vanilla essence (optional)
- Orange food colouring (optional)
- Black piping icing for cobwebs

Spooky Halloween Pumpkin Loaf

1. Preheat oven to 180 and grease two loaf tins with butter or margarine. Take cream cheese and butter out of fridge to reach room temperature for making the cream cheese icing
2. You can use scissors to slice pumpkin guts into smaller bits as they can be quite long and stringy. Alternatively if you have a food processor or blender you could use this at the end to get your desired mixture consistency (this is what I did)
3. Mix the flour, sugar, cinnamon, nutmeg, soda and salt together in a large bowl
4. Add eggs, oil, water, pumpkin and banana and stir well.
5. If you are using pecans in the recipe, you can stir these into the mixture now
6. Pour the mixture into the loaf tins and cook in the centre of the oven for 1hr at 180. Check the loaf to see if it is properly cooked by using a wooden skewer or knife in the centre of the loaf.
7. Leave loaves to cool while you make the icing!

Cream Cheese Icing

1. Put your room temperature butter and cream cheese in a bowl and cream together until smooth
2. Gradually add in icing sugar and mix until smooth
3. I have added a touch of orange food colouring and vanilla to my icing but this step is completely up to you!
4. Ice cake once it has cooled completely and add cobwebs!

Roasted Pumpkin Seeds

Roasted pumpkin seeds can be enjoyed as a healthy snack or put into your bird feeder to feed the birds. I roasted mine and shared some with the birds. If you intend to use them only for birds they would be happy with them as they are.

1. Once you have separated your seeds from the pumpkin flesh wash to get rid of any small bits of flesh, and drain
2. Boil your cleaned seeds for around 10 mins or so (birds will eat them raw but this makes them a tastier snack for people)
3. Drain seeds and mix with some oil and seasoning of your choice - I chose salt and a little black pepper
4. Spread evenly on a baking tray and put in oven at 200 for 10 mins
5. Turn seeds and return to oven for another 10mins (they should be darker yellow and hard but not brown)
6. Cool and enjoy!

Pssst: Some people prefer to remove the outer case of the seed and eat the inside but it is ok to eat the full seed as it is.

Pumpkin Recycling

According to environmental charity Hubbub, out of the 10 million pumpkins grown in the UK, 95% are used at Halloween and then simply thrown away. These videos have been designed so you can make the most of every your pumpkin as a source of food and fun whilst also being mindful of the environment and the implications of this waste. To follow is an idea for repurposing your carved pumpkin after using as a lantern for Halloween. Please make sure any leftovers pieces of husk are put in a composter :-)

Pumpkin Bird Feeder

Transform your carved pumpkin into a hanging feeder for birds and wildlife using household items

You will need:

- String
- Scissors
- Thumbtacks
- Skewers
- Bird seed

1. Cut your pumpkin lantern in half and salvage as much as possible to make a “bowl” shape. Any off-cuts can be placed in composter
2. Poke skewers into pumpkin to create perches for birds
3. Cut two long lengths of string and knot in the centre
4. Turn pumpkin upside down and secure knot to the very bottom using thumbtacks.
5. Fill with birdseed/pumpkin seeds and put outside for birds and wildlife
6. Keep a close eye on your feeder and dispose of anything not eaten by wildlife as it begins to decompose