

Pumpkin Patch Fieldtrip

Action Schools! BC

Vegetable & Fruit Extension Activity



Students will visit a local pumpkin patch to see pumpkins growing in the field.

K-7

VEGETABLE
AND FRUIT

PREPARATION

- Book a visit to a local pumpkin patch.
- Aim to make your field trip to a location students can walk to, or consider splitting the distance between busing and walking.

IMPLEMENTATION



- Before the visit, discuss what is grown on the farm. Talk about what students might see (crops, watering systems, harvesting systems, etc.) and what the vegetables or fruit will be used for after the harvest (e.g., where will they go and how the pumpkins will be consumed).
- Share with the students that traditionally early settlers found pumpkins to be very useful for a variety of reasons; they roasted pumpkin strips over campfires and used them as a food source. In the Great Lakes area of Canada and the US (e.g., parts of Quebec and Ontario, and New York State, pumpkins helped First Peoples make it through long cold winters. They used the sweet flesh in numerous ways: roasted, baked, parched, boiled and dried. They ate pumpkin seeds and also used them as a medicine. The blossoms were added to stews. Dried pumpkin could be stored and ground into flour.¹
- Take the students on a field trip to a pumpkin patch.

¹ Kuhnlein, H. V., & Turner, N. J. (2009). *Traditional Plant Foods Of Canadian Indigenous Peoples*. Gordon and Breach Publishers. <http://www.fao.org/wairdocs/other/ai215e/AI215E06.htm>