

WHOLE
KIDS
FOUNDATION

GardenSMART



GROW A PUMPKIN PATCH

*Fun and facts on planting a pumpkin,
starting your own pumpkin patch, and more!*



PLUS: Fun coloring page and cooking tips included!



GardenSMART



Whole Kids Foundation® is on a mission to improve children's nutrition by supporting schools, inspiring families, and empowering kids to make better food choices. We set kids up for success in three ways: by providing school garden grants, funding salad bar equipment and training, and educating teachers to improve their personal health.

Studies show that when kids have a basic knowledge of where their food comes from, they begin to understand the connection between nutrition and how their body works. The more kids know and feel connected to their food, the more curious they become about how things grow or taste, and the more willing they are to try new foods. When kids eat more veggies and fruits, they're better nourished, which can lead to better health, better school attendance, and better academic performance.

These simple things we do are having a huge impact on kids. We're proud to report that in the last four years we provided grants for 2,116 school gardens, funded 3,656 schools with equipment and training for salad bars, and educated 6,178 teachers!

GardenSMART is a weekly television show devoted entirely to gardening. In its 17th year, GardenSMART is broadcast on more than 400 local Public Broadcasting Stations (PBS) covering 90% of the United States. These figures represent a large number of engaged, dedicated gardeners tuning in each and every week of the year.

There is valid concern today that younger generations are not gardening. In fact, many kids and teens rarely go outside, instead staying indoors attached to a video screen. The result is that many kids don't know where their food comes from (and it's not the grocery store). Also, there are many youngsters, as well as older folks, that aren't exposed to unprocessed foods, and the accompanying health benefits and great flavors of fresh vegetables and fruits.

GardenSMART knows that a large percentage of gardeners were first exposed to the pleasures of gardening by parents or grandparents. Because there are so many positive benefits to kids gardening, contributing to education (increased language skills, science and math) as well as life skills (problem solving, teamwork), GardenSMART and our engaged, dedicated audience have a keen interest in introducing gardening to younger generations.

So GardenSMART has teamed with Bass Pro Shops and Whole Kids Foundation to promote gardening in schools. "Grow A Pumpkin Patch" is an excellent opportunity to spread the gardening message. Bass Pro Shops is including this event in their stores nationwide, Whole Kids Foundation will provide grants to winning schools, and GardenSMART will feature those schools and kids who would like the opportunity to be on television in GardenSMART episodes that are dedicated to implementing these gardens.

Enter for a chance to win a
**GARDEN GRANT
FOR YOUR SCHOOL**
on October 24-31

Entry forms available at Bass Pro Shops store locations.



**BASS PRO SHOPS
GARDENSMART TV/WHOLE KIDS FOUNDATION
“GARDEN GRANT FOR YOUR SCHOOL” SWEEPSTAKES**

Grand Prizes: the school listed on each winning entry will receive the opportunity to receive a grant from Whole Kids Foundation to implement an edible garden or transform an existing one. The school will be contacted by Whole Kids Foundation® via phone, email, and/or mail, at Whole Kids Foundation’s discretion, and must be able to meet all the stipulations in Whole Kids Foundation’s grant application. If the school is unable to do so, and Whole Kids Foundation determines the school is unfit to receive the grant, the prize will be forfeited in its entirety and an alternate winning school will be selected and contacted. The total value of each grant is \$2,000.

For each winning school that receives the prize grant, the student listed on the accompanying winning entry will receive a \$25.00 Bass Pro Shops® Gift Card.

Visit media.basspro.com/pdf/2015GardenGrantSweepsRules.pdf for more information.

STARTING YOUR OWN PUMPKIN PATCH

GETTING FROM SEED TO PUMPKIN

- When to plant your pumpkin patch depends on where you live. Always plant after the last frost.
- If you live where the climate is cool to mild, planting in May will give your vine plenty of grow time. If you live where it's warmer, you can plant as late as July.

WHY?

Because pumpkin vines grow faster in warmer weather! Pumpkins are a warm season vegetable - they definitely don't like cold temperatures. They like a soil temperature that's about 65 degrees F.

- You can start pumpkin seeds indoors to get a jump on mother nature. Do that 2-3 weeks before the last frost date for your neighborhood.
- Remember that pumpkin vines can get VERY long, so be sure to plan space for them to really grow! They like full sun - so find a spot that gets 6-8 hours a day. Pumpkin vines are unique in that as the vine grows longer, they put down roots at their elbows. So, even if the main stalk of your vines withers, the rest can thrive with these secondary roots.
- Pumpkin vines produce beautiful yellow flowers that turn into the gourd. Did you know pumpkins are members of the squash family? In order for the flower to turn into a pumpkin, you'll need a pollinator (like a bee or a butterfly) to visit it! If your blossoms aren't "setting" or turning into pumpkins, it probably means the bees haven't found your garden yet!
- In general, from the time you plant your seed to the time you have a pumpkin is 90 days.





EAT MORE SQUASH!

Squash are among the most versatile and affordable veggies.



HANDS-ON ACTIVITY Which squash floats your boat?

Try this buoyancy experiment with different sizes and shapes of squash to find out if you get different results.

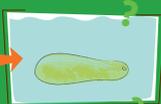
Step 1

Make a prediction. Do you think the squash will sink or float? Why or why not? Write down your hypothesis (what you predict will happen).



Step 2

Test your hypothesis. One at a time, place each whole squash in the water and see what happens. Is it what you expected?



Step 3

Analyze results. Which types of squash sink or float? Does size or shape have an effect? Cut the squash in half lengthwise (with adult help). What do you see inside and does this have an effect? Write down your observations and questions.

Step 4

Draw a conclusion. What caused the results? If you're not sure, make a guess, then check the library and the Internet for the correct answer. (Hint: Don't judge a book—or a squash—by its cover. It's what's on the inside that counts.)

Step 5

Use your halved squash to make one of the recipes below!



RECIPES

Let kids help with the simple steps in **bold!**

BREAKFAST

Butternut Squash or Pumpkin Pancakes

Hide nutritious winter squash in a kid-friendly breakfast with flavor similar to pumpkin pie.

- 1 cup canned butternut squash or pumpkin purée
- 2 eggs
- 2 tablespoons almond butter
- 2 tablespoons flour
- ¼ teaspoon baking soda
- ¼ teaspoon vanilla
- dash of cinnamon (optional)
- maple syrup (optional)

Step 1: Heat skillet or griddle over medium-high heat. **Step 2: Combine all ingredients in a small bowl with a wire whisk or fork.** Step 3: Grease a medium skillet with cooking spray, then pour batter to make pancakes desired size. Flip when they begin to bubble. Serve with maple syrup if desired.

LUNCH

Butternut Squash Soup

This sweet soup has a velvety, smooth texture. Tastes good hot or room temperature, so it's great for the lunchbox.

- 1 butternut squash, peeled and seeded
- 2–3 tablespoons water
- 1 medium onion, chopped
- 6 cups vegetable or chicken broth
- dash of paprika, nutmeg or cinnamon (optional)
- salt and pepper to taste

Step 1: Slice squash in half lengthwise and use a spoon to scoop out the seeds and membranes. Next peel and cut the squash into 1-inch chunks. Step 2: Heat a large stock pot on medium-high. **Add the onions**

to the pan and cook, stirring constantly, for about one minute. Then add water and continue stirring constantly to “steam-fry” onions until they are tender and translucent (about 2–3 minutes). Step 3: Add squash and broth and bring to a simmer. Cook, stirring occasionally, until squash is tender, approximately 15–20 minutes. Step 4: Using a slotted spoon, transfer squash chunks to a blender, purée and then return to the pot. Stir, season to taste and serve!

Watch a complete steam-frying demonstration at www.wholekidsfoundation.org/schools/programs/healthy-teachers

DINNER

Summer Squash Boats

Makes 4 boats
Make your favorite summer squash into a colorful main dish.

- 2 zucchini or yellow squash
- 1 teaspoon olive oil
- ¼ cup yellow onion, diced
- 1 red bell pepper, diced
- 2 garlic cloves, minced
- 1 tablespoon Italian seasoning (basil, oregano, thyme)
- ¼ cup grated cheddar or parmesan cheese (optional)
- salt and pepper to taste

Step 1: Preheat oven to 375°. Slice squash in half lengthwise. Scoop out a few spoonfuls of flesh from the center of squash, place it in a medium bowl and set aside. **Step 2: Brush the cut side of squash halves lightly with olive oil and arrange, cut side up, on a baking dish.** Bake for about 8–10 minutes or until squash is slightly tender. Step 3: Heat 1 teaspoon of oil in a skillet on medium-high and sauté onions, peppers, garlic and Italian seasoning for 2–3 minutes until slightly tender. **Step 4: Add onion and peppers to the bowl with the squash mixture, stir in half of the grated cheese, mix well and add salt and pepper to taste.** Step 5: Spoon the mixture into the squash halves, sprinkle with remaining cheese and return to oven. Cook for 5–7 minutes until cheese is melted.

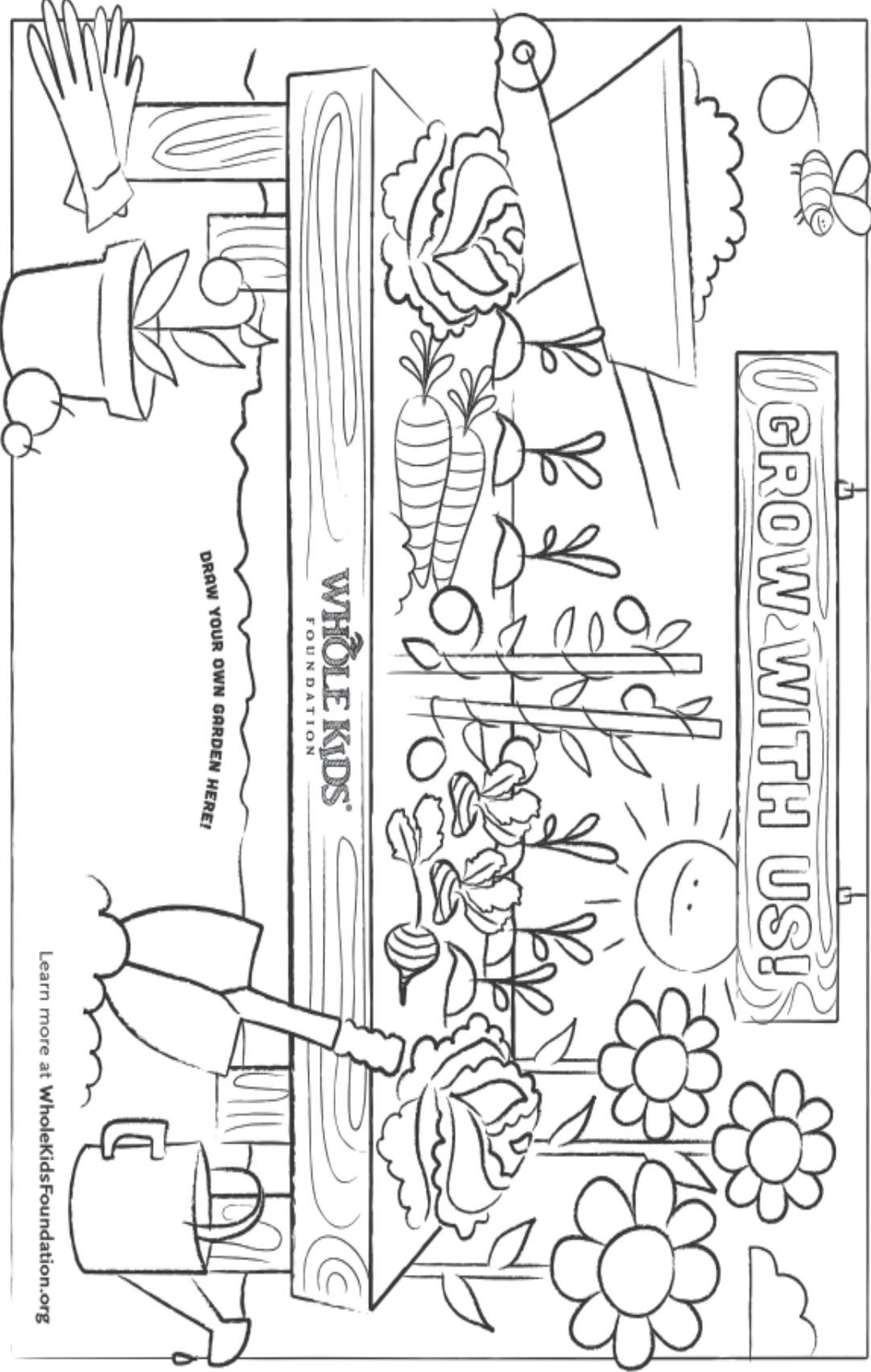


GROW WITH US!

WHOLE KIDS FOUNDATION

DRAW YOUR OWN GARDEN HERE!

Learn more at WholeKidsFoundation.org



Brought to you by



WHOLE KIDS FOUNDATION

Supporting Schools. Inspiring Families. Nourishing Kids.

MAKE a Bottle PLANTER

RECYCLED

Art Project

What You'll Need:



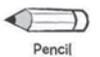
Plastic bottle



Cereal Box



Seeds or a dry BEAN



Pencil



Scissors



Hole Punch



Stapler



Markers or Crayons

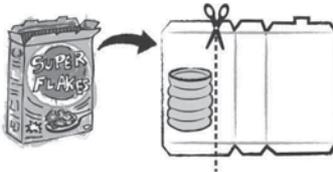


1



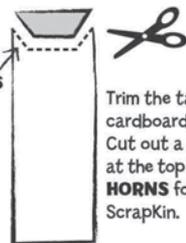
Squeeze bottle. Cut off the top. Ask an adult for help.

2



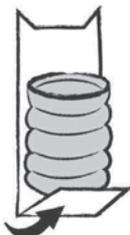
Unfold and flatten your cereal box. Place your bottle on the box. Cut a long piece taller and wider than your bottle.

3

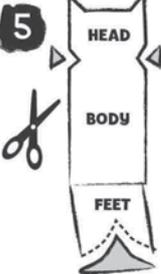


Trim the tabs off cardboard piece. Cut out a section at the top to make HORNS for your ScrapKin.

4

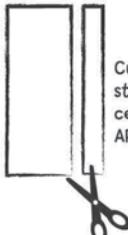


Fold up the cardboard at the bottom for FEET.



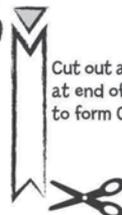
Cut out a triangle at the bottom to form FEET. Cut out tiny triangles on sides to separate HEAD from BODY.

6



Cut a long thin strip from your cereal box for ARMS.

7



Cut out a triangle at end of ARMS to form CLAWS.

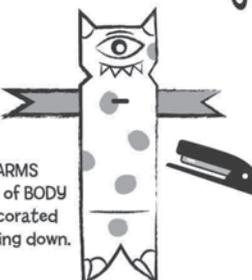
8



Use a hole punch to make a hole for EYES.

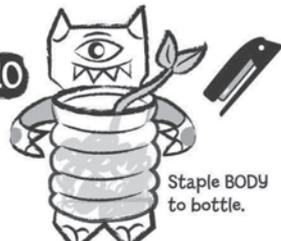
Design and color your ScrapKin.

9



Staple ARMS to back of BODY with decorated side facing down.

10



Staple BODY to bottle.

PLANTING TIPS

Fill your bottle halfway with soil. Make a 1/2 inch deep hole with your finger. Drop in a seed & cover. Keep soil moist. Place by the sun. Watch it grow!

HOW TO SPROUT YOUR OWN SEED AT HOME

Place any dry BEAN in a folded paper towel. Wet the paper towel first. Then place it in a clear, zippered plastic bag. Leave in a warm, sunny place. Check your bean every other day.

PLANT YOUR SPROUT!



www.scrapKins.com

Think About It!

- 1 Where would you put a garden?
- 2 What vegetable would you grow?
- 3 What could you make from the things you throw away?



www.scrapKins.com www.WholeKidsFoundation.org



HAVE FUN!

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GardenSMART

**BASS PRO SHOPS® WOULD LIKE TO THANK
WHOLE KIDS FOUNDATION® AND GARDENSMART FOR THEIR
CONTRIBUTION TO THE CONTENTS OF THIS BOOKLET**

*www.wholekidsfoundation.org
www.gardensmart.tv*