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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Pumpkin People

By Arleen M. Kaptur

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It's a beautiful Fall day – you head out to your local pumpkin patch in the hope of finding that one and only orange globe that will captivate the youngsters, and bring some chuckles and giggles from young and old alike. Of course, your pumpkin is totally free of any bruises or blemishes and it definitely is in the shape of that idea that keeps popping up in your head of the kind of face you want to carve this year.

A smooth and evenly colored one is absolutely perfect. It should have a flat bottom and should be able to sit upright. If you have very small children who want to lend a hand this year in carving, pick a lighter-colored and softer pumpkin to make their first attempts a bit easier.

With handy marker in hand, you lightly trace your design or run one off on the computer as a pattern. You could also play "connect the dots" and then cut. Then the fun begins – you cut, saw, and push and pull and there you have it – the perfect "this year's" sensational pumpkin. (You should really scrape away the pulp until the area you plan to carve is 1" thick. Hold your saw like a pencil and saw steadily up and down, just like a sewing machine. Don't use saws to cut the lid, or twist, bend or jab.)

Two things happen to pumpkins once you cut them. They dry out and shrivel or they mold Not good! To protect, cover the carved areas with plastic wrap, if not using a candle, or with vaseline. Should the worse happen and that pumpkin shrivels, don't despair. Soak it in water for 6–8 hours. Use a bucket or bathtub. Let it drain and then dry it very carefully.

Come Halloween night your pumpkin will be the highlight of your outdoor decor and your artistic talent will shine!

For easier lighting, cut the "lid" from the bottom and fit the pumpkin over the light, instead of reaching in. A whole lot easier and safer –

The Great Pumpkin will be watching so do yourself proud!

ENJOY!

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Pumpkin People

Arleen Kaptur has written numerous books and articles on simple/rustic living and enjoying each and every day. Free newsletter: <http://www.arleenssite.com>

Pumpkin Teaching Tip

By Freda J. Glatt, M.A.

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At this time of year, try using a REAL pumpkin when making your pies, bread, etc. Why?

1. Children will see what the inside of a pumpkin really looks like. Have them use adjectives to describe what they see, smell, and feel. Depending upon the age group, have children draw or write about the experience and mail it to a friend or relative.
2. Bake the seeds. If possible, compare them to seeds you buy at the grocery store. Which tastes better? Why do you think so? Which is cheaper? (NOTE: Remember the cost of the pumpkin for this answer!) Do these seeds remind you of any other seeds you can eat? Which ones?
3. By all means, let your children help you bake! They will be practicing measurement skills, reading, following directions, and sequencing, not to mention health and safety. Ask what would happen if they put in too much or too little of an ingredient. What would happen if they skipped a step or reversed the order? For instance, they put all the ingredients in a bowl without mixing them, pour this into the pie shell, and bake. What do they think the final result will look and taste like? By asking such questions, children practice critical thinking.
4. If possible, use real pumpkin meat for one of your recipes and canned pumpkin for another. Which is easier to use? Compare the look, taste, and texture of the final result. Which do you prefer? Why?
5. Read about pumpkins. What did you learn that surprised you? Compare them to other vegetables.
6. If possible, visit a pumpkin patch or watch a video, perhaps sent by Pen Pals or family members up north.

I hope you have found these tips useful. Have fun and remember that Reading is FUNdamental!!

Freda J. Glatt retired from teaching after a 34-year career in early childhood and elementary education. Her focus, now, is to reach out and help others reinforce reading comprehension and develop a love for reading. Visit her site at <http://www.sandralreading.com>. Reading is FUNdamental!



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