

# Give Your Pumpkin a New Life After Halloween!

## 5 ECO-FRIENDLY WAYS TO REPURPOSE & RECYCLE YOUR PUMPKINS & GOURDS



1. **Compost your Pumpkin** - Pumpkins are 90% water, meaning they break down quickly once you cut into them. This makes them a great addition to your compost pile. Just remove the seeds first to prevent unwanted pumpkin plants! If you don't have a compost heap, you can simply bury the pumpkin for microbes and other critters to enjoy. Unpainted pumpkins only!
2. **Plant Pumpkin Seeds** – Pumpkins are part of the squash family and their flowers are a food source for pollinators. Save some of your pumpkin's seeds to plant in your garden next year. Store them somewhere cold and dry, like your refrigerator.
3. **Make a Pumpkin Planter** - If your pumpkin is uncarved, cut off the top and remove the seeds and flesh. Fill with potting soil and a plant. You can leave your pumpkin planter on the porch or plant the entire thing right away. Over time, the pumpkin will naturally break down, providing fertilizer for your plant. Do not bury pumpkins that have been painted.
4. **Eat it** - Separate the seeds from the flesh. Rinse the seeds thoroughly and place them in a single layer on an oiled baking sheet. Stir them around to coat with oil. You can add salt, or brown sugar and cinnamon before roasting for taste. Once you've harvested the seeds, make a puree. Quarter the pumpkin, lay it skin-down in a baking dish with a cup of water and bake for 30-45 minutes at 400 degrees F. Remove the roasted pumpkin from the skin and process in a food processor until smooth. Do not puree painted pumpkins.
5. **Donate it** - Bring your pumpkin (unpainted and removed of tealights and other non-organic materials) down to the Sub-Edge Farm during Farm Shop hours from November 5 - November 30 and drop it in the trailer. The pumpkins will be used to enrich the farm's soil next season.

## Let's Squash Food Waste!