

Plant: May/ June

Harvest: Oct /Nov



Grow Your Own - Pumpkins

Pumpkins are great fun to grow with children. One of the most amazing sights of autumn is colourful pumpkins ripening in the sun.

Top Tip - Pumpkins are easy to grow, but need a sunny position, plenty of water and shelter from cold winds

1. Pumpkins are best grown from seed indoors, but may be sown later outdoors in a sheltered spot.
2. Sow two or three seeds per planting hole 3cm (1in) deep in late May or early June.
3. Water well to encourage germination.
4. Germination will take between 2 to 3 weeks.
5. After germination, water as needed to keep the soil moist. Pumpkins plants need plenty of water.
6. Remember to be careful when weeding or thinning out your crop so you don't crush the newly sprouted plants.
7. Feed every 10-14 days with a high potash liquid fertiliser such as tomato feed once the first fruits start to swell .
8. Pumpkins are ready to harvest when the rind gets hard. Vines may start to droop and orange pumpkins will turn a deep, solid orange colour. Cut pumpkins off the vines leaving 3-6" of stem attached. Pumpkins generally last longer with stems on them. Store in a well ventilated area kept at about 10°C .
9. Protect from any early frost.
10. After harvesting, allow their skins to harden in the sun.
11. Enjoy carving, in delicious soup and many other recipes.

