



Try the
October Harvest of the Month!
.....
Pumpkin
.....





IDEA Child Nutrition Program October 2024 Harvest of the Month Recipe

Pumpkin Spiced Pancakes



INGREDIENTS

1.5 cups your favorite pancake mix
2 teaspoons Pumpkin Pie Spice
½ cup pumpkin puree
1 to 1 ½ cups milk, your preference
1 egg, optional, for added protein
Butter or oil spray for cooking

STEPS

1. In a medium bowl, whisk together the pancake mix and pie spice. Set aside.
2. In a large bowl, whisk together the pumpkin, milk, and egg (if using).
3. Slowly pour the dry ingredients into the pumpkin mixture and mix.
4. Heat a griddle or nonstick pan over medium heat and coat lightly with butter or spray oil. Drop about ¼ cup batter from a small ladle or large spoon and cook until the puffy and bubbling on top and golden and crisp on the bottom, about 2 minutes. Flip and cook until the bottom is golden, about 30 seconds.
5. Serve immediately with maple syrup or place on the prepared baking sheet to keep warm in the oven until all of the pancakes are ready.

*Note: For thinner pancakes, add more milk.



IDEA Child Nutrition Program October 2024 Harvest of the Month

Pumpkin

VARIETIES

Cotton Candy Pumpkin



This variety of pumpkin is known for its white coloration and smaller size. These cute little pumpkins are often used as fall decorations.

Atlantic Giant



One of the largest varieties of pumpkins, the Atlantic Giant can weigh up to 1500 pounds!

Fairytale Pumpkin



This variety of pumpkin is known for being flatter and having deeper ridges. It is commonly used for baking and cooking.

Pumpkin FAST FACTS

Did you know? Pumpkins are actually classified as a fruit!



Pumpkins are a versatile crop, and they are grown on every continent except for Antarctica!

Pumpkins are famous for being carved for Halloween, but originally the Irish used to carve Turnips and potatoes instead.

Pumpkins originated in Central America and Native Americans taught Pilgrims how to grow and cultivate pumpkins.

IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2024-2025 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

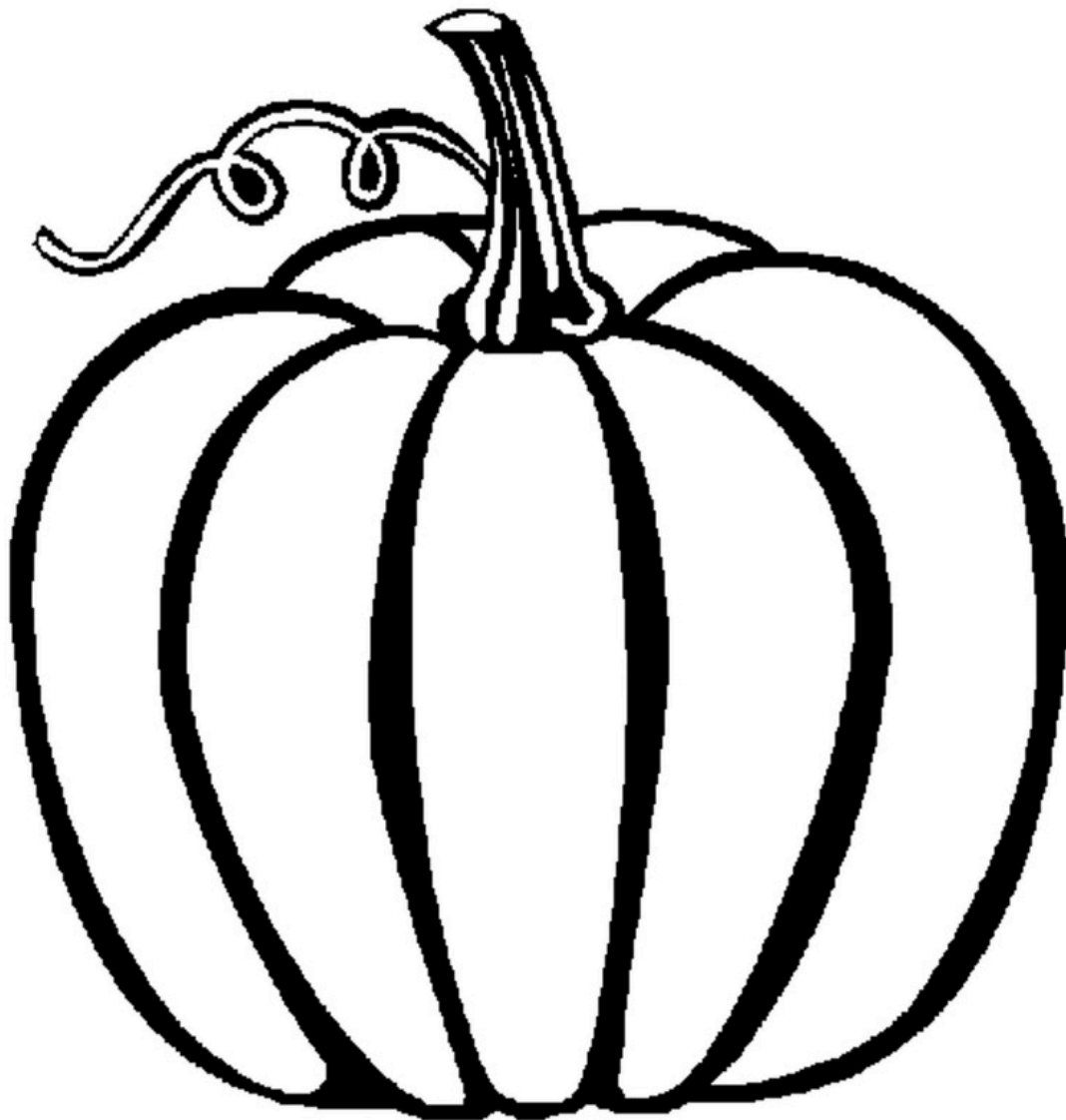


This institution is an Equal Opportunity Provider.



IDEA Child Nutrition Program October 2024 Harvest of the Month

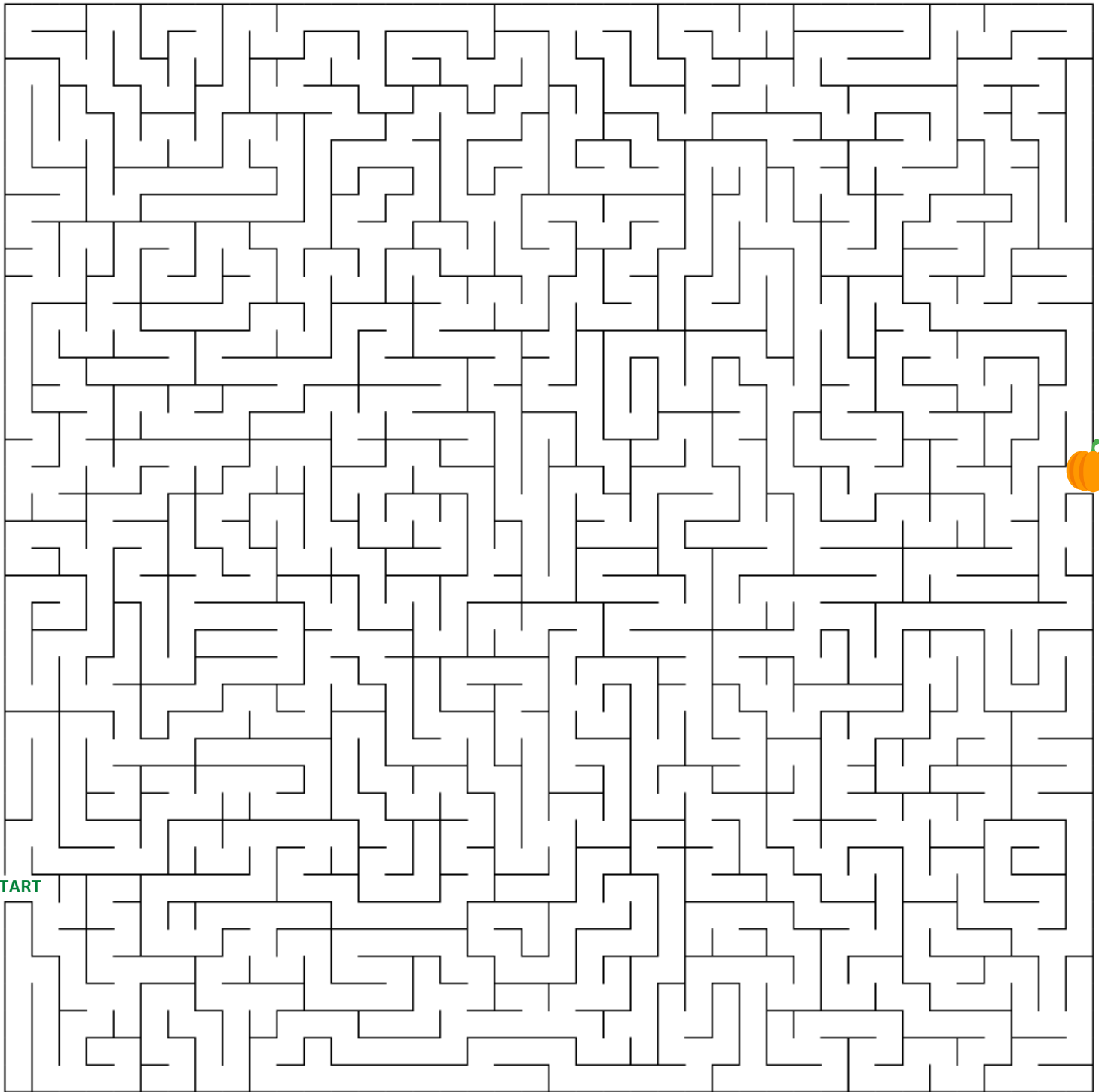
Coloring Activity





IDEA Child Nutrition Program October 2024 Harvest of the Month

Directions:
Find your way to the Pumpkin!



This institution is an Equal Opportunity Provider.



IDEA Child Nutrition Program October 2024 Harvest of the Month

Word Search

Directions:

- Find the Pumpkin related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

Carving
Grow
Orange
Round

Fruit
Harvest
Pancake
Seeds

Garden
October
Pumpkin
Vines

W	O	X	C	S	J	N	G	R	O	W	G	G	B	M
T	A	C	E	A	I	W	J	Q	S	E	A	Q	N	B
H	Q	N	T	K	R	E	O	S	W	U	R	U	V	D
I	I	C	P	O	F	V	F	P	L	O	D	W	C	K
V	N	M	V	R	B	Q	I	Q	H	Q	E	Q	M	G
S	U	R	U	I	C	E	Y	N	V	N	N	S	Z	W
P	D	I	R	M	X	J	R	C	G	P	F	T	M	U
X	T	E	C	L	F	O	X	M	J	R	L	Q	K	Q
W	L	O	E	S	N	E	U	B	W	J	B	C	S	K
J	J	H	K	S	O	S	U	C	S	X	S	K	O	A
I	M	F	A	L	D	I	B	B	S	J	L	X	R	B
Z	G	P	C	X	R	R	J	K	O	P	R	I	A	I
V	Y	R	N	L	K	E	T	K	P	L	R	R	N	Y
G	V	E	A	X	Z	H	D	N	U	O	R	F	G	K
D	R	C	P	G	F	H	A	R	V	E	S	T	E	Y



IDEA Child Nutrition Program October 2024 Harvest of the Month

Word Scramble

Directions:
Unscramble the Pepper Related Words!

Scrambled Word

Unscrambled Word

1. ARGDEN
2. OREOBTC
3. NPKPUIM
4. ENSIV
5. VCANIRG
6. GWRO
7. ONEARG
8. RNODU
9. ITRUF
10. ATRESVH
11. AEKCNAP
12. EDES

ANSWER KEY

12. Seeds
11. Pancake
10. Harvest
9. Fruit
8. Round
7. Orange

1. Garden
2. October
3. Pumpkin
4. Vines
5. Carving
6. Grow

This institution
is an Equal Opportunity Provider.