Elephant Toothpaste and Jack O'Lanterns!  
**ADULT SUPERVISION REQUIRED**

### Materials
- 1 cup of hydrogen peroxide
- 2 packets of dry yeast (~1/4 oz.)
- 6 tablespoons of warm water
- Yellow food coloring (or whatever color is preferable)
- A cylinder, glass flask, pyrex measuring cup or heat safe bowl
- 2 tablespoons of dish soap
- A pumpkin carved into a Jack O’Lantern
- A funnel
- Safety goggles

### Steps
1. Carve your pumpkin into a Jack O’Lantern. Try to stick to a simple face so that the foam can come out easily. Adults should do the carving.
2. Have an adult pour the hydrogen peroxide into the cylinder, flask, measuring cup or bowl.
3. Add the cylinder inside of the pumpkin. Have the child add the dish soap into the cylinder at this time.
4. Add several drops of food coloring into the cylinder.
5. Empty the yeast into a bowl and add the warm water. Mix the combination well with a fork.
6. Pour the yeast into the cylinder and watch the foam explode!

Remember to save the seeds, the top and pumpkin flesh for activities provided later in the sheet!

---

**Yummy Pumpkin Smoothies!**

### Ingredients
- 1 Cup of milk
- 1/2 Cup of pumpkin puree
- 1 Tablespoon of honey
- 1/4 teaspoon of pumpkin spice or cinnamon
- 1/4 teaspoon vanilla
- 1 frozen banana

### Steps
For the puree:
1. Once you’ve carved your jack-o’-lantern gather the sections that you removed from the walls of the pumpkin.
2. Peel the orange outer skin and the inner, stringy orange pulp from the flesh and discard.
3. Roast the remaining pieces of flesh in the oven at 375 degrees for 30 minutes until soft and golden brown. Roasting makes the pumpkin flesh soft and sweet.
4. Puree in a food processor or blender to make pumpkin puree.
   - You can use this puree for other pumpkin recipes as well!

For the smoothie: Combine the pumpkin puree, milk, yogurt, honey, spice, vanilla and banana in a blender and blend until all of the ingredients are combined.

---

**Pumpkin Seed Mosaic**

### Materials
- Food coloring
- Pumpkin seeds (you can use the ones from the Pumpkin Elephant Toothpaste Activity or Butternut Squash Mac and Cheese)
- Cardboard or paper
- Glue

### Steps
1. Begin by drying out the seeds by placing them on a baking sheet in the oven at a low temperature for a few minutes.
2. Soak the seeds in the dye. The longer you the soak the seeds, the stronger the color will be. Once you are content with the color, let them dry.
3. Draw an outline of your picture on your cardboard or paper.
4. Glue the seeds on and enjoy your beautiful picture!

Remember to save the seeds, the top and pumpkin flesh for activities provided later in the sheet!

---

Follow Us @GeorgiaOrganics! Have fun and take photos! Tag Georgia Organics and use #farmtoschoolchampions in social media posts!
Recipe for Butternut Squash Mac and Cheese!

**Ingredients**

- 1 Medium butternut squash
- 2 Cups of macaroni pasta
- 7 oz. of whole milk
- 1 Cup of grated cheese
- 1 Tablespoon of butter
- Salt and pepper, to taste

**Steps**

1. Preheat the oven to 390 degrees.
2. Cut the butternut squash in half, length ways. Scoop out the seeds and place the two halves of squash flesh side up on a baking tray. Bake in the oven for 30 minutes or until the squash is soft and has fully cooked through.
3. Meanwhile, cook the pasta using the package instructions.
4. Once the squash has cooked, scoop out the flesh and put it straight into a blender or food processor. Add the milk, cheese and butter, and blend all of the ingredients until it has a saucy consistency.
5. Season with salt and pepper, if desired.
6. Drain the pasta and mix it in with the squash cheese sauce.
7. Enjoy your Butternut Squash Mac and Cheese!

Materials

- Top of a pumpkin (you can use the one from your jack o' lantern)
- Knife (for adult use)
- Orange paint
- Plate for paint
- White construction paper
- Black marker


Create Pumpkin Slime!

**Materials**

- Pumpkin flesh and seeds
- 1/4 Cup of liquid starch (found in laundry detergent aisle)
- 1/2 Cup of clear washable school glue
- 1/2 Cup of water
- Spoon
- Knife

**Steps**

1. Separate the pumpkin flesh and the seeds.
2. Mix the water and the glue in a separate bowl. Stir to fully incorporate all of the materials.
3. Add the liquid starch, glue and water to the bowl.
4. Use your hands to mix the ingredients well and have fun with your slime!


Zucchini Seed Germination

**Materials**

- Seeds from a Zucchini
- Glass
- Wet paper towel

**Steps**

1. Scoop the seeds out of a zucchini
2. Soak the paper towel in water and place the seeds in it. Place the combination in the glass.
3. Place the seeds in a bright place and monitor them daily. Make sure that the paper towel is consistently wet.
4. When the roots have started to sprout, plant the seeds and watch your zucchini plant grow!