

Inside a pumpkin, you'll find lots of fibrous strands and pumpkin seeds. It can be slimy, messy work. It's not surprising it gets the nicknames of pumpkin guts, pumpkin brains, or pumpkin slime! But with all the work of cleaning a pumpkin, there is a great reward: PUMPKIN SEEDS!

Feel free to discard those pumpkin fibers, but those nutrient-rich pumpkin seeds?? There is so much you can do with them, many of which will create great memories with your family.



9 Fun Ways to Use Pumpkin Seeds

Roast Pumpkin Seeds for a Snack

It's a tradition to roast our pumpkin seeds into a nutritious and delicious fall snack. If you choose to roast pumpkin seeds, share the recipe with Ms. Harris or Mrs. Good. People have used many different spices on pumpkin seeds. Share with us your favorite way to eat them.

Feed the Birds!

Many birds would love your pumpkin seeds! Be sure that when you roast them that you don't use any salt or other seasonings. After roasting, place these vitamin-rich pumpkin seeds in your bird feeders or place a plate of them outside and they will find them fast. If you share your seeds with the birds, take a picture and send it to Ms. Harris brandy.harris@k12.wv.us or Mrs. Good cdgood@k12.wv.us so we can award you LiveSchool points.

Create Pumpkin Seed Flowers

The shape of a pumpkin seed works perfectly to resemble a flower petal. With some glue and imagination, you can create beautiful Pumpkin Seeds Flowers. Allow them to dry naturally (or roast them in the oven) and you can use them as-is for a natural look or color them for a fun look. Use the flowers on garland, as part of a tablescape, or even as a Christmas ornament. If you create pumpkin seed flowers, bring your creation to school or take a picture and send it to Ms. Harris brandy.harris@k12.wv.us or Mrs. Good cdgood@k12.wv.us so we can award you LiveSchool points.



Save Pumpkin Seeds for Planting

Store clean, dry, and uncooked pumpkin seeds in a cool and dry place and plant them in early spring. By autumn next year, you will have your own little pumpkin patch to pick from! Pumpkins take time to mature and develop but the truth is they are easy to plant and grow. On a piece of paper, or through an email, let us know how you saved the seeds for next year. Send it to Ms. Harris brandy.harris@k12.wv.us or Mrs. Good cdgood@k12.wv.us so we can award you LiveSchool points.

Seeds for Kid Crafts

Pumpkin seeds make a great fall-themed art supply. Their shape can easily resemble the leaves on a tree, the feathers of a turkey, the petals on a flower, or anything else the imagination can think of! They can also be dyed with liquid watercolors, painted, or colored with markers. For inspiration, check out these creative ideas:

- [Thanksgiving Pumpkin Seed Art](#) (this site also has instructions on [dyeing pumpkin seeds](#))
- Autumn Pumpkin Seed Tree



Use Pumpkin Seeds for Fall Decor

Pumpkin seeds are great for using in natural fall decor in your home. Dried pumpkin seeds can be strung on a thread to create a garland, can be filled into a clear vase, glued to decorate a photo frame, and countless other ideas. Bring your creation to share or take a picture

and send it to Ms. Harris brandy.harris@k12.wv.us or Mrs. Good cdgood@k12.wv.us so we can award you LiveSchool points.

Pumpkin seeds pair well with other natural items, such as dried apple slices, cinnamon sticks, and raffia.



Make Pumpkin Seed Jewelry

You might not think of pumpkin seeds for jewelry making, but you can use them to make some really cool, natural jewelry. It's a fun activity for kids, but even adults can make their own stunning creation. By stringing nearly dried pumpkin seeds (you don't want them 100% dry), you can make necklaces or bracelets. You can even make earrings! Get inspired with these tutorials:

- Pumpkin Seed Necklace (uses melon seeds, but you can easily substitute pumpkin seeds)
- Dyed Pumpkin Seed Necklace

Make DIY Beauty Treatments with Pumpkin Seeds

Roasted pumpkin seeds (without seasoning), can be ground up fine in a food processor and used in face or body scrubs for exfoliating. Here are a few DIY beauty treatments you can make with pumpkin seeds:

- [Pumpkin Seed Exfoliating Mask](#)
- Pumpkin Spice Body Scrub

Use Pumpkin Seeds for Learning

Learning math concepts can be easier for children when they have hands-on objects to use and sort. Roasted pumpkin seeds (without seasonings) can be a fun math manipulative for teaching and reinforcing math concepts. Use the pumpkin seeds to practicing measuring or weighing or to help act out math problems. Make it even more fun by coloring the pumpkin seeds with watercolors, paint, or markers.

