

Pumpkin and Squashes

Vegetable

Suggested varieties: *Atlantic Giant, Uchiki Kuri*

PLANT



Sow seed in pots, 1.5cm deep on their side. Harden off and transplant 60-90cm apart. Choose fertile soil in sunny sheltered site

GROW



Mulch to conserve moisture. Pinch out growing tips of trailing stems when 60cm long. Protect from slugs. Place larger fruit on a tile to stop rotting

EAT



Cut with 10cm stalk when fruit have coloured and sound hollow when tapped, but before frosts. Let skin harden in the sun for 10 days if storing. Flowers are edible

Growing guide

Easy!

Average time to harvest

14-20 weeks

Equipment needed

Mulch (eg compost), tiles

Germination time

5-8 days

Average plant size

45cm tall, 120cm wide

Family group to grow with

Cucurbits: courgettes, marrows

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Vitamin A, vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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