

# Petroglyph Pumpkin Carving



Produced with support from the  
City of Kodiak Youth Recreation Grant.



## MATERIALS:

Pumpkin  
Toothpick  
Pumpkin-carving tools or knife  
Metal spoon  
Marker  
Newspaper

## Step One: Prepare Your Pumpkin

1. Using a sharp knife cut the top of your pumpkin to create a lid, then scoop out the seeds and fibers from the inside of the pumpkin using a metal spoon.
  - a. Make sure you cut at an angle so the lid of your pumpkin will sit on top without falling through!
  - b. You can discard the seeds with the fibers, or save them to roast. Recipe below.



## Step Two: Choose a Petroglyph for your pumpkin's face

1. Choose a petroglyph pattern from the templates.
2. Draw the pattern directly onto your pumpkin using a marker or place the printed image against your pumpkin and use a toothpick to poke around the design to transfer the image. Using a toothpick takes more time, but it makes it easier for children to carve the pumpkin.

## Step Three: Carve Your Pumpkin

1. Using a knife or a pumpkin carving tool start cutting out your petroglyph. It can be easier to start with a part of the design that has a straight line.
2. Cut completely around each part of your design and pop each cut piece out of the pumpkin to create your petroglyph face.
3. When your petroglyph face is completely cut, use the metal spoon to scrape out any fibers hanging on the inside of your pumpkin.
4. Put a small candle or battery operated light inside your pumpkin. Turn off the lights and enjoy your design!

***Be safe. Children should only use knives and candles with adult supervision.***

# Roasted Pumpkin Seed Recipe

Roasted pumpkin seeds are a tasty fall treat and a great source of protein, potassium, and calcium.

Prepare your seeds by rinsing them under cool water to separate the seeds from any pumpkin fibers. Boil the seeds in salted water. You can skip this step and just salt the seeds before roasting but boiling helps the salt soak into the seeds. The more salt you use and the longer you boil the seed, the saltier the seeds will be.

Pat the seeds dry on a paper towel.

Toss the seeds in some oil with any seasoning you would like. Pumpkin seeds are tasty seasoned with just salt, but you can add other seasonings too.

**Savory snack**, try tossing your seeds with chili powder, curry powder, or herbs de Provence.

**Sweet-and-salty snack**, try a dusting of a pumpkin spice blend or a sprinkle of cinnamon and sugar.

Bake your seeds at 400°F, watching them carefully. The seeds are done when they begin to brown.

Small

pumpkin seeds toast in about 5 minutes. Larger pumpkin seeds can take up to 20 minutes.

Cool and enjoy!



















































