

# Growing instructions

## Pumpkin 'Uchiki Kuri'



### Variety information

Popular tear-drop shaped pumpkin with bright orange red skin. The yellow and creamy flesh is very sweet and nutty. The vigorous plants have three to five fruit at 1-2kg each. Pumpkins are early to mature and have superb storage.

### Growing instructions

<b>At a glance</b>	5-8 days average germination time. 14-20 weeks average time to harvest. Grow with 'cucurbit' family for crop rotation; includes courgettes and marrows																	
<b>Getting started</b>	Sow seeds 1cm deep on their side. Transplant seedlings when roots show through drainage holes at the bottom of the modular tray. Plant 60x90cm apart. Choose fertile soil in a sunny sheltered site																	
<b>Looking after</b>	Protect from slugs. Water in dry weather and 'mulch' with a layer of compost to conserve soil moisture. Pinch out growing tips of trailing stems when 60cm long. Place fruit resting on the soil on a tile or plate to help stop rotting																	
<b>Harvesting</b>	Cut pumpkins with a 10cm stalk when fruit have coloured and sound hollow when tapped, but before the first frost in autumn. Let the skin harden in the sun for 10 days. Fresh flowers are also edible																	
<b>Saving seed</b>	Pumpkins grow from seed, will flower, and produce seed in one year (an 'annual'). They readily 'cross-pollinate' (produce a mix) with other plants, so if saving seed ensure plants are half a mile apart or different varieties are isolated																	
<b>Recipe</b>	<p>Spicy pumpkin and parsnip soup, serves 4-6 people</p> <table border="0"> <tr> <td><i>What you'll need</i></td> <td><i>What to do</i></td> </tr> <tr> <td>One pumpkin</td> <td>Heat the olive oil in a large saucepan</td> </tr> <tr> <td>One large white onion</td> <td>Add finely chopped onion and garlic and fry at a low heat until soft</td> </tr> <tr> <td>Two parsnips</td> <td>Add spices and fry for two minutes</td> </tr> <tr> <td>Two cloves of garlic</td> <td>Add chopped pumpkin and parsnip (1cm<sup>3</sup> chunks after peeling) and cover with water</td> </tr> <tr> <td>One teaspoon of ground coriander; ground cumin; cayenne pepper; and chilli powder</td> <td>Bring to the boil and simmer until the pumpkin and parsnip are soft</td> </tr> <tr> <td>Olive oil Water</td> <td>Blend/mash mixture and boil for three minutes</td> </tr> <tr> <td></td> <td>Serve with a sprig of fresh coriander</td> </tr> </table>		<i>What you'll need</i>	<i>What to do</i>	One pumpkin	Heat the olive oil in a large saucepan	One large white onion	Add finely chopped onion and garlic and fry at a low heat until soft	Two parsnips	Add spices and fry for two minutes	Two cloves of garlic	Add chopped pumpkin and parsnip (1cm <sup>3</sup> chunks after peeling) and cover with water	One teaspoon of ground coriander; ground cumin; cayenne pepper; and chilli powder	Bring to the boil and simmer until the pumpkin and parsnip are soft	Olive oil Water	Blend/mash mixture and boil for three minutes		Serve with a sprig of fresh coriander
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Calendar	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Sow inside</b>												
<b>Transplant</b>												
<b>Sow outside</b>												
<b>Harvest</b>												



