**Pumpkins**

1. **Sow Your Seeds**
   - In May sow your seeds in 9cm pots and 1cm deep. Sow the seeds on their edge as this will stop the seed rotting. Keep them warm in the greenhouse.

2. **Planting Out**
   - In June, plant your seedlings out 90cm apart.
   - Pumpkins will spread out along the floor or grow vertically on a strong structure such as gourd walks, to support the large fruit.
   - Once these trails are 60cm long, pinch out the tips of the plant so they stop growing leaves and put all of their energy into producing pumpkins.
   - In order to produce larger pumpkins, pinch out new shoots and keep only 1 or 2 fruits per plant.

3. **Harvesting**
   - Pumpkins are ready to harvest when you tap them and they sound hollow!
   - During September to November the crop turns a deep solid colour and it will sound hollow if tapped.
   - Cut pumpkins so they have a 10 cm stalk. Leave them in the sun or a dry room. This process is called curing, it allows the skins of the pumpkins to toughen so they can be stored for longer.
   - Place the pumpkins on a tile, or wooden block to keep them off the damp ground so they do not rot.

**Top Tips**

- Seedlings
- Young plants
- Ready for harvest