

The background is a solid dark brown color. It features several abstract decorative elements: a cluster of small white dots in the top left; a white line drawing of a plant branch in the top right; a large light brown circle with concentric white lines in the bottom right; and a white line drawing of a plant branch in the bottom left. The text "Pumpkin day" is centered in a light brown, sans-serif font.

Pumpkin day

**International pumpkin day is  
celebrated on 26<sup>th</sup> of october, but  
in Poland is often celebrated on  
31th of october**





By October 26th, we're in a frenzy of pumpkin obsession. We cannot wait for the big November holiday for pumpkin pie. No siree, we need pumpkin everything! Bars, cookies, coffee, cheesecake, pasta, and oatmeal. Pumpkin Chunkin', pumpkin patches, festivals, bake-offs, and television specials.



# What is National Pumpkin Day?

National Pumpkin Day 2025 is a delightful celebration dedicated to honoring the beloved pumpkin! Each year, on this day, families and communities come together to enjoy all things pumpkin, from delicious recipes to fun activities.

Pumpkins are not just symbols of fall; they are also nutritious and versatile. This day encourages everyone to explore creative ways to appreciate pumpkins, whether through cooking, crafting, or simply enjoying their beauty.





# Why do we celebrate National Pumpkin Day?





1. Autumn Tradition: Pumpkins are iconic symbols of the fall season, closely tied to Halloween and Thanksgiving. They add a festive touch to various autumn traditions.





2. Culinary Versatility: Pumpkins can be used in many delicious dishes, such as pumpkin pie, pumpkin soup, and pumpkin spice lattes. Celebrating this day allows everyone to explore new recipes and flavors.



3. Creativity and Fun: National Pumpkin Day inspires creativity through activities like pumpkin carving, painting, and crafting. It invites people of all ages to express themselves and enjoy seasonal fun.





# What is the history of National Pumpkin Day?

While the exact origins of National Pumpkin Day are unclear, pumpkins have a rich history that dates back thousands of years. Native Americans cultivated pumpkins as a crucial part of their diet. As colonists arrived in America, they adopted pumpkins into their cooking, making them a staple ingredient in traditional dishes.

Over the years, pumpkins have symbolized harvest time and autumn festivities. Establishing National Pumpkin Day honors this fantastic fruit and all it represents in American culture - a celebration of harvest, creativity, and the joy of togetherness.



**How celebrate pumpkin day?**





1. Gather pumpkins and invite students to decorate them using paint, markers, stickers, and other craft supplies. This group activity allows for creativity and fun, with a mini contest for the most creative designs!







2. Involve kids in the kitchen by making pumpkin-themed treats. Bake pumpkin muffins, create a simple pumpkin pie, or make pumpkin soup. This is a delicious way to teach kids about cooking while enjoying the flavors of pumpkins.



3. Collect a selection of pumpkin-themed books for storytime. Reading stories that celebrate pumpkins, fall, and Halloween promotes literacy and enhances the festive spirit of National Pumpkin Day.





4. Explore the science behind pumpkins! Conduct simple experiments, such as measuring a pumpkin's circumference or investigating the seeds inside. This hands-on approach makes learning fun and engaging.





5. If possible, plan a trip to a local pumpkin patch. Kids can pick their own pumpkins, learn about farming, and enjoy outdoor activities like hayrides and corn mazes.

