



Hello Teachers,

We are excited you have chosen the Orr Family Farm for your field trip destination! Please make sure each teacher that will be attending the field trip receives a copy of this letter and all relevant material. Please read all of the enclosed information as it includes **IMPORTANT DETAILS** concerning your field trip. The activity sheets may be copied for your students.

Also enclosed is a parent letter which you may copy and send home with your students explaining the field trip. **PARENTS MUST READ THIS LETTER.**

Please note, our arrival times have changed to 9:30 and 10:30 a.m., giving your group more time to enjoy the Farm! Field trips will conclude at 2 p.m.

Thank you! We will see you soon!

Kathy Stalling  
Field Trip Director  
Orr Family Farm



Dear Parents,

We are so excited your child will be visiting our Farm. On your child's trip they will experience many fun and educational activities. Admission is \$10 per person if paying with the school. You will receive your wristband from the teacher or other appointed person at the parent waiting area. If you are paying individually, the admission is \$10 per person at the ticket booth.

**ADMISSION INCLUDES THE FOLLOWING ACTIVITIES:**

Hayride | Pumpkin Patch  
Train Ride | Fall Maze  
Animal Barnyard  
Giant Jumping Pillows  
Playground | Horse Swings  
Super Slides | Hay Mountain  
Tube Rollers | Tractor Tire Sand Box  
Farm Fun Yard | Animated Chicken Show  
Gaga Ball | Farmin' Foosball  
Picnic Area | Concession and Gift Shop Available

Please remember to dress your child appropriately. Don't forget jackets if it's chilly and please **NO OPEN TOE SHOES**. Our concession and gift store will be open selling food, drinks, snacks and candy as well as inexpensive things for children to purchase. We just ask that children be supervised in the concession and gift shop area. Please note that free pumpkins will not be included this year due to nationwide shortages and inflated prices. Pumpkins will be available for purchase.

**ADDITIONAL ACTIVITIES:**

Carousel Rides \$2 | Panning for Gemstones \$5 and up | Pony Rides \$5 | Animal Feed \$1 and \$3

**SPECIAL INSTRUCTIONS FROM THE TEACHER:**

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# FALL FIELD TRIP ACTIVITIES

Hayrides | Pumpkin Patch | Train Ride | Fall Maze | Animal Barnyard | Giant Jumping Pillows | Playground | Discovery Barn | Super Slides | Hay Mountain | Tube Rollers | Horse Swings | Animated Chicken Show | Gaga Ball | Farmin' Foosball | Tractor Tire Sand Box | Farm Fun Yard | Picnic Area | Concession

## FALL LESSON BOARDS: THE LIFE CYCLE OF A PUMPKIN

**FIELD TRIPS ARE SELF GUIDED.** This is a teacher-guided experience on the Farm with no sit-down lesson. We will give you maps of all the activities. Your school may stay together as one group or split up into smaller groups. **Children must be accompanied by an adult at all times.**

**PRICES AND PAYMENT.** Payment for field trips are done by **one form of payment, including children, parents, siblings, and any other chaperones at \$10 per person. The teacher is responsible for giving wristbands. If parents, children, siblings, or other chaperones are paying individually, the cost is \$10 per person at the ticket booth.** We accept credit cards, purchase orders, cash and school checks. No personal checks and no credit cards will be accepted by phone.

**RAIN CHECKS.** If you choose to cancel it may be difficult for you to reschedule your field trip.

**CHECK-IN PROCEDURES.** The lead teacher will take care of payment at the field trip office, obtain maps and further instruction. Students will stay on the bus. Please have an accurate number of students and prepaid adults. We will have an Orr Family Farm team member greet you at the bus to get your numbers. After payment is completed and you have received your parent wristbands on the bus, please pull up to unload passengers. You will need to appoint a volunteer to take wristbands to the parent waiting area to distribute to parents who have paid with the school. If parents have not pre-paid with the school, they will need to pay at the ticket booth. When the field trip concludes, you will also load buses at the same area as drop-off. **Please see the enclosed map for drop-off and pick up locations.** Schools are responsible for transporting lunches to their lunch area. Rolling ice chest recommended.

**ARRIVAL & DEPARTURE TIMES.** Arrival times are 9:30 and 10:30am. Field trips conclude at 2pm.

**LUNCHES.** Your group is responsible for unloading and transporting their own lunches to and from the lunch area. All of our areas are outside. We cannot guarantee all groups will get covered areas. You are welcome to bring picnic blankets to eat lunch on.

**CHAPERONE RESPONSIBILITY.** We expect teachers and chaperones to keep their students' behavior in line. Make your school proud by showing us your best Farm manners.

**DRESS.** Please dress appropriately for the weather. Most of the field trip is outdoors. Please remember jackets if needed and that open toe shoes are discouraged!

**CONCESSION & GIFT SHOP.** Will be open at 10 a.m. **All children must be supervised while visiting.**

**ADDITIONAL ACTIVITIES.** Carousel Rides \$2, Panning for Gemstones \$5 and up, Pony Rides \$5, and Animal Feed \$1 and \$3. **These listed activities are additional cost with paid admission**

**MASK POLICY.** No mask requirements at this time. We follow state guidelines so could be subject to change.

\*Please note that free pumpkins will not be included this year due to nationwide shortages and inflated prices. Pumpkins will be available for purchase.

# Orr Family Farm Pumpkin Recipes

## Orr Family Farm Pumpkin Dip

16 ounce  
4 cups  
1 jar

Cream Cheese  
Powdered Sugar  
Orr Family Farm Pumpkin Butter

Mix all ingredients in a large bowl.

Refrigerate.

Serve with ginger snaps or vanilla wafers.

Enjoy!

P.S. For a nifty decorating idea cut a Sugar Pie Pumpkin in half and clean out the inside. Pour your dip inside and serve from the pumpkin!

## Orr Family Farm Pumpkin Pie

1 jar  
2  
1  
1 jar

Orr Family Farm Pumpkin Butter  
Eggs  
Unbaked pie shell  
Marshmallow Cream

Mix jar of Orr Family Farm Pumpkin Butter with 2 beaten eggs.

Pour into unbaked pie shell and bake at 350 degrees F approximately 45 minutes or until lightly brown.

Add marshmallow cream to top and serve. (Marshmallow cream optional.)

## Roasted Pumpkin Seeds

2 cups Pumpkin seeds  
2 tablespoons Oil (corn, sunflower)  
1-2 teaspoon Salt

Separate seeds from pumpkin pulp. Do not wash.

Coat seeds with oil and salt.

Bake on a baking sheet at 250 degrees F until seeds are dry, about 1 hour.

## Orr Family Farm Pumpkin Cider Drink

2 cups Pumpkin puree  
2 cups Apple cider  
1 teaspoon Pumpkin pie spice

1 Cinnamon stick (more if using as garnish)  
Whipped cream (optional)

This delicious drink should be served hot and is especially warming on chilly fall days or nights.

In a large saucepan, mix together all ingredients except the whipped cream. Simmer, stirring occasionally, for about 20 minutes or until the pumpkin has a liquid consistency.

Serve garnished with whipped cream and a cinnamon stick.

## Easy Pumpkin Cookies

1 box Spice cake mix  
1 can (15 oz) Solid pack pumpkin  
1 cup Chopped pecans (optional)

Preheat oven to 350 F. Spray cookie sheets lightly with vegetable spray.

In a large bowl, mix together the cake mix and pumpkin with a fork or mixer until well blended; stir in nuts, if desired.

Drop by large, rounded spoonfuls onto the cookie sheet; they don't flatten out much so however you place them on the sheet is pretty much how they will look after baking.

Bake for 8 to 15 minutes, depending on the size of your cookies.

Allow cookies to cool on baking sheet for up to 15 minutes before removing to a wire rack to cool completely.

Frost, if desired with 1 cup cream cheese frosting.



## DIRECTIONS TO THE FARM & CHECK-IN

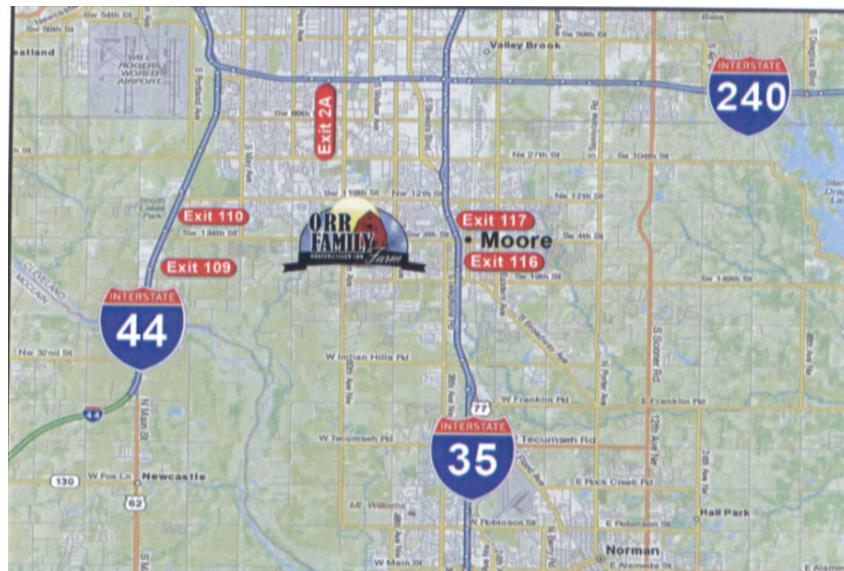
We are located in Oklahoma City near the community of Moore. **Please see driving directions below and check-in and parking instructions on the following page.** If you have any questions just give us a call, (405) 799-3276.

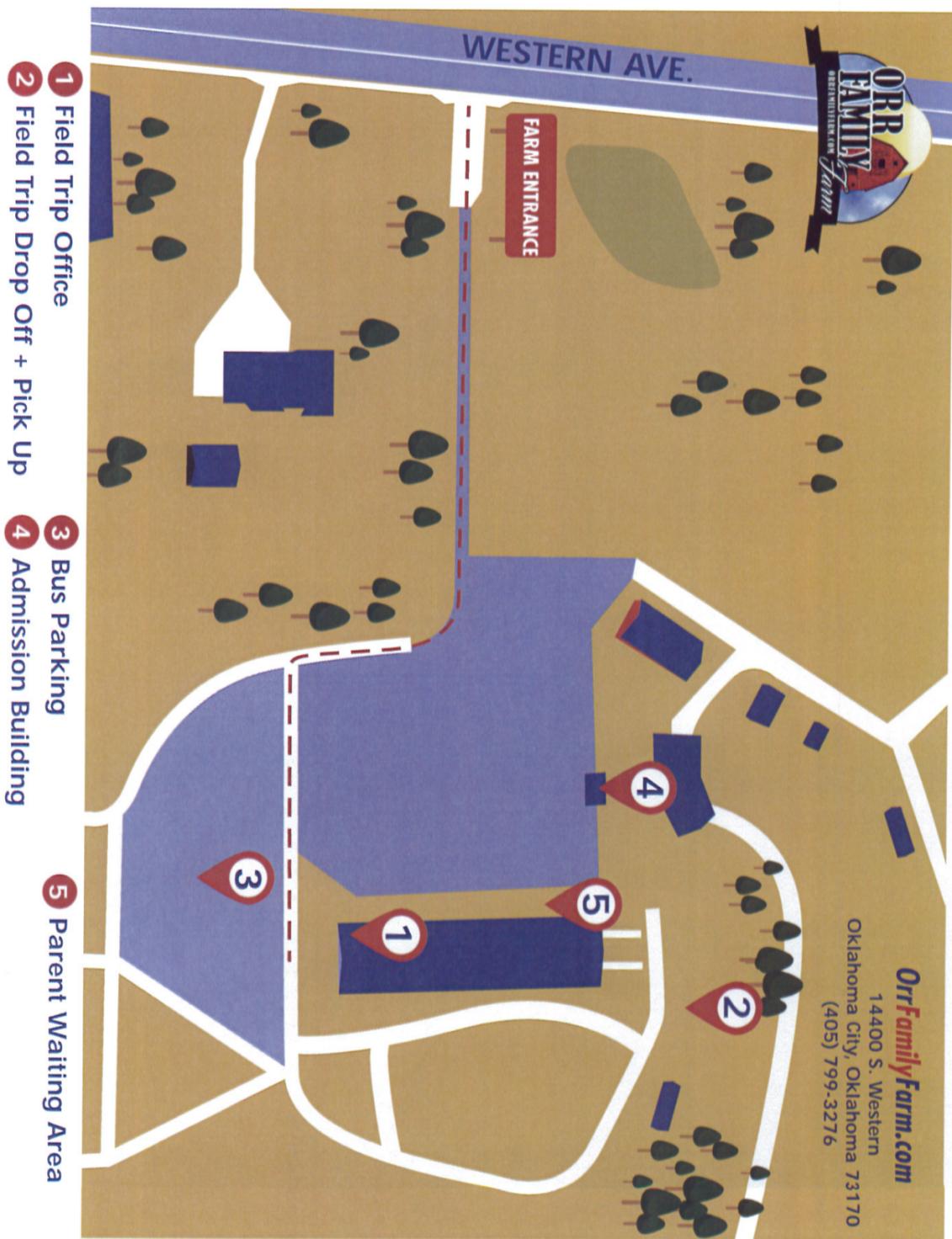
-From I-35, take Exit 116 in Moore and go west to Western Avenue (about 2 miles). Turn right and go  $\frac{1}{2}$  mile to the Farm. You will see a large sign that says "Orr Family Farm." Turn in there and go to the top of the hill.

-From I-240, take Western Avenue Exit 2A and go south past 134th Street.

-From I-44, take Exit 110 and go east to Western Avenue (about 3.5 miles), then  $\frac{1}{2}$  mile south.

**14400 SOUTH WESTERN AVENUE  
OKLAHOMA CITY, OKLAHOMA 73170**





# The Lifecycle of a Pumpkin Lesson

## Teacher Version

### The students will:

1. Identify the 5 stages in the life cycle of a pumpkin
2. Create a model showing the correct order of pumpkin like stages
3. Explain a pumpkin's life cycle to a partner, using their model

### Materials

- 2 small pieces of square cardboard per student (sprayed or colored orange)
- Green string (about 2 yard or so) per student
- Scraps of yellow and green construction paper (enough for class)
- Life cycle patterns sheet (1 per student)
- Stapler
- Tape
- Crayon
- Markers
- Glue
- Scissors

### Advanced Preparation and Teacher Notes

- Spray or color paper plates orange
- Print and copy life cycle patterns (1 per student)

### Tap Prior Knowledge

- 1. Ask your students what they know about plants, particularly how they grow. How do they start growing?
- What happens to the seeds?
- Then what happens?
- How do fruits develop?



# The Lifecycle of a Pumpkin Lesson

## Engage Students in Hands-On Activity

1. Have the students decorate the back of a paper plate to resemble a jack-o-lantern.
2. Then have students attach a stem or curly vine to the top of green or brown construction paper. The students then glue or tape one end of their green string yarn to the middle of the inside of 1 plate. The students will then glue and/or staple the bottom halves of the two plates together (orange side out). Leave the top open, like a pocket, and be sure the green string comes out of the opening.
3. Let the students color the seed, plates, and pumpkins appropriately. Then cut the shape out and fold them in half.
4. Explain that the students now will lay out the life cycle along in the proper order on their desk; seed, plants, flower, etc. If they are having trouble, guide them to the correct order of seed, plant, flower, green pumpkin, orange pumpkin. Once the pieces are in order, explain to the students that the jack-o-lantern (the 2 plates) represents the last phase of the life cycle. They should then place their pieces in order on the string so that the orange pumpkin is the closest to the paper plates and the seed is farthest from the plates at the end of the string.
5. Finish the lifecycle by cutting off the excess string and tying a large knot in the string at the seed end. Then place the pieces gently into the pocket, leaving the knot hanging out.
6. Have the students then test their models by gently pulling on the string. As each piece comes out, they are showing the life cycle of the pumpkin.

## Introduce the Scientific Principle/Concept

7. Life cycles are found throughout nature, even in humans. Plants and animals go through stages from “birth” as a seed or a young animal to growing up to an adult, to finally dying. However, before they die, plants and animals reproduce and the process begins again. Understanding the cycle in plants lets us grow fruits and vegetables for our food, grow flowers for gardens and protect habitat for animals. Understanding this cycle in animals helps scientists find ways to live longer and protect people as they grow up. With younger grades, you want to limit discussion to the fact that many things go through stages as they “grow up.” Discuss the idea of a cycle where they go round and round...



# The Lifecycle of a Pumpkin Lesson

## Relate Activity and Concept

1. Ask your students what makes their pumpkin model a cycle? How could they change the model to make it correctly show a true cycle? Could it start at a different stage?
2. Bring your classroom to another room and have students pair up and explain the life-cycle of a pumpkin to a student from the other classroom.

## Home Activity/Parent Involvement

- Have the students go home and work with their parents to illustrate another cycle in the environment.

## Lesson Assessment

- Upon the completion of this lesson, students should be able to correctly assemble and explain the life cycle of a pumpkin using their model.



# Anatomy of a Pumpkin

Here is the complete pumpkin anatomy:

**Stem** - Located on the very top of the pumpkin. It is brownish green, and slightly curved. During the growing season, the stem is attached to the vine. It is the umbilical cord, bringing nutrients to grow the fruit. For the Fall/Halloween season, the stem gives the pumpkin "Character". Be careful not to lift a pumpkin by its stem, as it can easily break off of the fruit.



**Tendril** - Sometimes attached to the stem are thin, hair like "tendrils". During the growing season, tendrils on the vine are green. They twist around objects on the ground to help anchor the vine and protect it from the wind. After harvesting, there are sometimes dried, brown tendrils on the stem. This gives the pumpkin character, and is viewed as artistic in pictures.

**Leaves** - the leaves of a pumpkin absorb energy from the sun for plant and fruit growth. Jack O'Lanterns for carving do not have any leaves, just a short stem. Artists' rendering of fall pumpkins sometimes have a few green leaves sitting atop the fruit and attached to the stem. In reality, the stem doesn't have leaves. The vine does (further away from the stem). Also, once removed from the plant, those green leaves would not remain fresh and green for long.



**The Lid** - Cut around the stem to open up the pumpkin prior to carving this becomes the "lid".

**Pumpkin Shell** - This refers to both the skin and the pulp of the fruit.

**Skin** - The thin, shiny, orange outer layer of a pumpkin is called the skin. It is also called the "rind". It is a protective layer to keep insects and disease out of the fruit. It is not edible. It won't make you sick if you eat it. It just doesn't taste good or have a pleasurable texture.

**Pulp** - Also called "meat". This is the yummy part of the pumpkin that you use to cook with, and to make hundreds of tasty recipes and treats. You use pumpkin in everything from main courses to desserts and even ice cream!



**Ribs** - Look at the outside of a pumpkin. There are indented ridges running from top to bottom. These are called ribs. Sometimes, they are shallow. Sometimes, they are very deep. Which do you prefer?



**Blossom End** - When the fruit was very young, a flower blossom was at the end of the fruit (now its bottom). This is the blossom end. That female flower was pollinated, and the fruit then developed. The flower fried off, leaving a scar in its place. Some say that's the pumpkin's belly button. But, that is not technically correct.

**Cavity** - This is the inside of a pumpkin. After removing the pumpkin guts, it's just an empty cavity. It is also where the candle is placed to light up the pumpkin and make it glow!

**Brains** - Okay, the proper name is fibrous strands. But, just about everyone calls them "brains". So, we will, too. There are a lot of other names for this slimy, mushy, mass of strings and seeds. They include: guts, sinew, goop, goo, pumpkin slime, and just plain old "yucky stuff".



**Seeds** - Seeds are the beginning of next year's pumpkins. Do you remember the old saying "Which came first? The pumpkin or the seed?" Seeds are also a delicious and nutritious snack. A pumpkin has hundreds of seeds.

**Seed Coat** - Also called "seed jacket". It is the outer layer of the seed. Nature provides this to protect the nut inside that will eventually emerge into a pumpkin plant.

**Nut** - Located inside of the seed, the nut eventually develops into a new pumpkin. When a seed is planted, moisture and warmth triggers the nut to begin to grow.



# Pumpkin Fun Facts

- Pumpkins come from a family of plants called cucurbits. They are related to squash, gourds, melons and cucumbers.
- Pumpkin seeds are planted in the field from the last week of May to the middle of June.
- Once seeds are planted, they will sprout in about 7 to 10 days, depending on the variety of pumpkin. During this time the seeds need water and warmth.
- It takes about 90-120 days for a pumpkin to grow after it has been planted.
- Pumpkins originated in Central America.
- Pumpkins were once recommended for removing freckles and curing snake bites.
- Pumpkins range in size from less than a pound to over 1,000 pounds.
- Pumpkins contain potassium and Vitamin A.
- The name pumpkin originated from “pepom” - the Greek word for “large melon.”
- Pumpkin flowers are edible.
- Pumpkins are used to make soups, pies, and breads.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- Pumpkins are 90 percent water.
- Pumpkins are a fruit.

# Pumpkin Care & Carving Tips

When selecting a pumpkin, choose one that is ripe, and has no bruises, cuts or nicks.

**REMEMBER:** Don't carry a pumpkin by its stem; it may break.

Don't bruise the pumpkin or it will not last long.

- Instead of cutting the top off of the pumpkin to remove the seeds, try cutting off the bottom. This will allow the pumpkin to sit up straight and make removing the seeds easier.
- When cleaning out the pumpkins, use an old soup ladle to scoop out the seeds.
- Try carving a giant pumpkin. They are much easier to carve than regular pumpkins.
- Use bold, simple features for the face.
- Use a marker to draw a face on your pumpkin before you carve it.
- Try carving a word into the mouth of the pumpkin, for example, carve the word "BOO."

**REMEMBER:** Knives are very sharp and dangerous. Make sure you have an adult to help when carving your jack-o-lanterns.