



# A Green Halloween!

## Welcome!



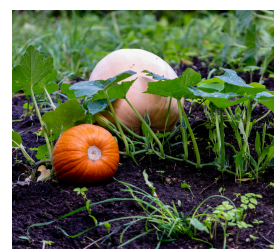
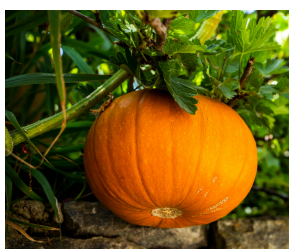
As a member of Nescan, we are delighted to bring you this *One Seed Forward*, Green Halloween Newsletter!



Some people love a particular season, here at *One Seed Forward* we feel every season has its own merit and exciting turn of events. With autumn, we have darker "cosy" evenings, beautiful colours of leaves on display and of course, exciting for many, Halloween. We want to share some handy tips/fun activities for those wanting to celebrate Halloween or simply take part in some family-friendly autumn fun, all in more environmentally friendly way.

Find out more about One Seed Forward on our website:  
[www.oneseedforward.co.uk](http://www.oneseedforward.co.uk) or [Facebook page](#)

## Pumpkin Planning



For those who want to carve or decorate a pumpkin, there are a few things you can keep in mind:

- Firstly, if you have space, why not have a go at growing your own, it's great fun for children and adults alike
- There are many different varieties, colours and sizes of pumpkins that you can choose to grow according to your growing space and preferences
- If you plan on buying a pumpkin, aim to buy locally grown pumpkins, whether that be from a farmer's market or local grocery store. Supermarkets may also sell locally grown pumpkins but best to check the labels first, if possible

When your carving is done and you have some fabulous creations, don't just throw away your pumpkin flesh and seeds out as there is plenty you can do with these.

Seeds can be:

- roasted - give them a wash, dry them, place them in a wee bowl, drizzle some olive oil, salt pepper and any other seasoning you fancy and then spread out on an oven tray and bake for 12-15 at 180C
- added into a loaf for some extra goodness and crunch.
- cleaned up, dried up and stored to be sown next year to grow pumpkins



The gorgeous orange pumpkin flesh can be blended into a soup, perfect for the colder evenings.

When the celebrations are over, remember to put your used pumpkin either in your food compost bin for collection or your garden compost heap, rather than straight in the bin. Try and ensure any stickers or paint is removed first before doing this.





# Halloween Crafting

At One Seed Forward, we always try to re-use and recycle, minimising our impact on the environment. If possible, why not look at last year's Halloween costumes and decorations rather than head straight to the shops for new items. If the kid's costumes are too small, why not swap with friends or head to the charity shop.



Rather than buying shop-bought autumn decorations, why not have a go at foraging for your very own autumn decor. Get the children out for a lovely walk (hot chocolate at the end is good motivation) and look for acorns, conkers, beautiful leaves, sticks and twigs.



# Autumn in the garden

For those interested in gardening and growing food, there are still seeds that can be sown this season. Rocket, radishes, turnips, spring onions, spinach and kale can all be sown to ensure some fresh produce over the coming months. As some of these are quick growing crops, they can be ideal for children to have a go at growing and seeing the "fruits" of their labour.

With less harvesting to be done, this is a good time to have a general tidy up of your garden/plot etc, cleaning and disinfecting pots, containers and tools ready for next year. Another great activity is having a think about what you would like to grow next year, browsing seed catalogues, reflecting on what grew well this year and what would you like to do differently.



Some varieties of onions do well when planted in the autumn and survive well through winter in the ground - varieties include, Radar (a hardy white skinned onion), Red Baron, (a red skinned variety) and Winter Moon.

If we have a particularly harsh winter, then it is best to add a layer of mulch round the onions. Planting onion sets in autumn allows you to get a slightly earlier crop of onions the next year and when they are harvested you will then have the space and time to grow another food crop before the growing season ends.

Check out our [downloadable leaflet](#) giving advice about growing onions and garlic.

There are many different areas you can look at to reduce your waste/expenditure and be kinder to the planet during Halloween and through the autumn months. Hopefully you will be able to try a couple of our ideas. Even the smallest of steps is a step in the right direction!