

# Growing Kamokamo

## PLANT KAMOKAMO SEEDS

*Whakatō i te Purapura (planting seeds) is a great Spring activity for the whole whānau.*

### YOU WILL NEED

- Six eggs (shells only)
- A cardboard egg carton
- 6 kamokamo (or pumpkin) seeds
- 2 cups of good potting mix
- A needle or pin
- A knife, teaspoon and cup

### WHAT TO DO

1. Using your knife, carefully tap around and cut the top off each egg.
2. Pour the yolk and white into a cup, then make a hole in the bottom of each shell with your needle/pin.
3. Spoon potting mix into the shells until they're 3/4 full.
4. Water the soil using a drink bottle.
5. Insert a kamokamo seed 2cm deep, then recover with soil.
6. Draw a face onto your egg shells with felts, and sit them in your carton.
7. Leave in a warm sunny place to sprout.
8. When seed sprouts are 20-30cm tall, give two away to whānau and plant the rest in a sunny part of the garden, at least half a metre apart. Water in the late afternoon or evening.

***Mā mahi, ka ora***  
***Through work we prosper***