



Patient for Pumpkins

Linda L. Knoll

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Seasonal fruits, vegetables, and other produce from local farms play an important part of a healthy, ethical diet. Encouraging children to eat local food in harmony with the seasons, *Patient for Pumpkins* tells the story of T.J., a boy who accompanies his father to the farmers' market and enjoys the changes in fruits and vegetables as the year progresses. Families looking to introduce the concept of seasonal availability of produce to young children will be delighted by this children's book by Linda L. Knoll, a lifelong resident of Northern California who is a professionally trained artist with a teaching credential.

In *Patient for Pumpkins*, young T.J. attends the farmers' market with his father, going to and from the market throughout the seasons, first savoring broccoli and berries, then onions and potatoes, then late summer tomatoes, all the while anticipating the pumpkins and asking when they'll be ready. His father reminds him of the value of patience and what a wonderful reward it will be once the pumpkins are finally available. Alongside this richly illustrated story are informative sidebars, describing and illustrating the ongoing development of the pumpkin patch back at the farm, highlighting the parts of the pumpkin plant and their various stages of growth in the months leading up to the October harvest.

When autumn arrives and the pumpkins finally make it to the farmers' market, T.J. selects his favorite to take home. A sidebar goes on to explain how the farmers plow the leftover vines back into the land for the next season's crops. A checklist of fruits and vegetables commonly available at farmers' markets is provided at the end of the book to encourage children to sample new produce and develop healthy eating habits.



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