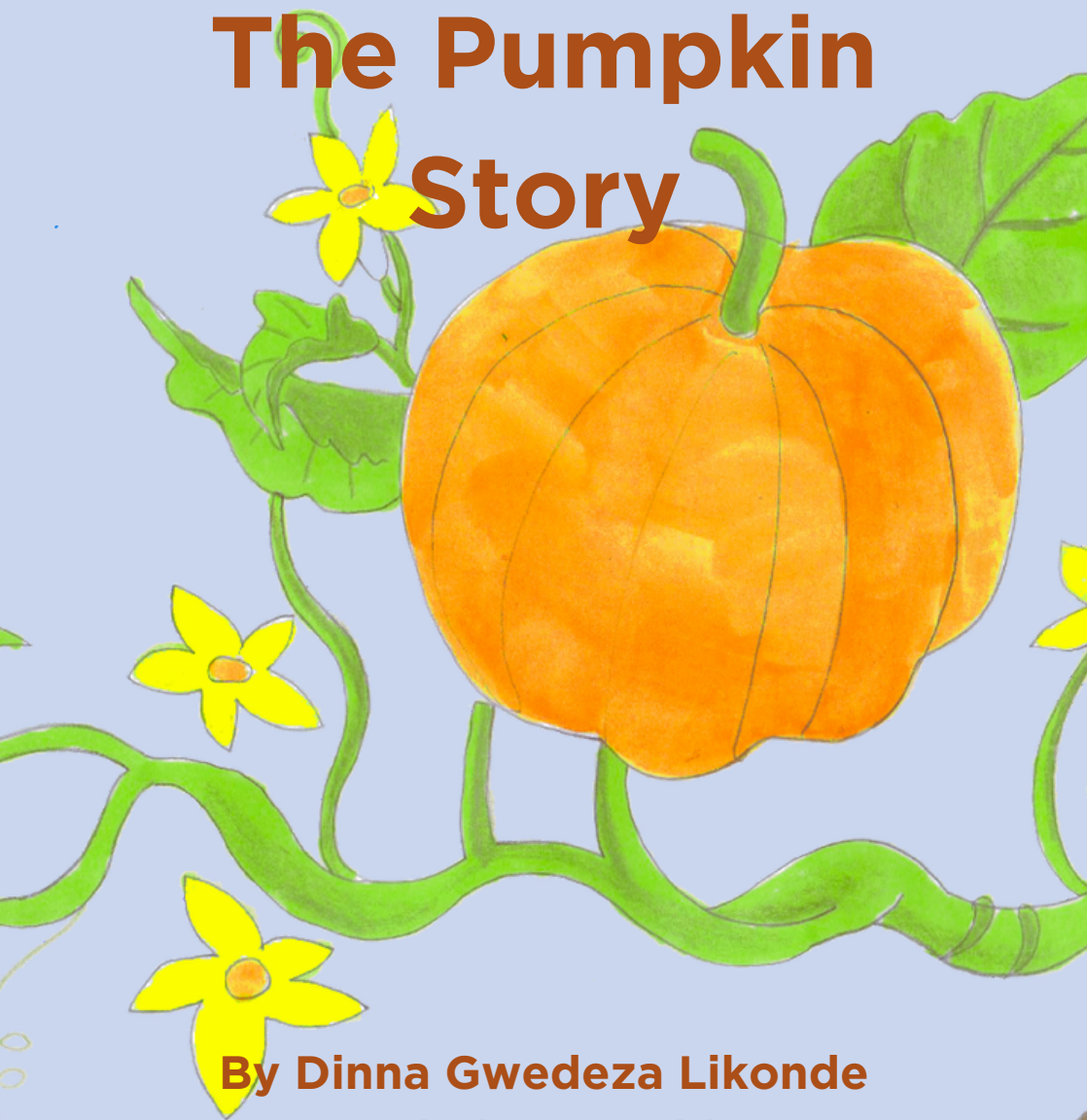


Illustrated by Esmee Balcewicz

# The Pumpkin Story



By Dinna Gwedeza Likonde  
and Ebany Dohle





# The Pumpkin Story 2023

Produced by Glasgow Community Food Network and Zam'Munda with funds from Food for the Planet, a campaign of Sustainable Food Places, led by food and farming charity Sustain.

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Concept and creative direction by Dinna Gwedeza  
Likonde

Written by Ebany Dohle

Illustrated by Esmee Balcewicz

Typeset and designed by Rebecca Livesey-Wright

Names of contributors in order of appearance  
(Name, age, country of origin)

Siobhna, (12, Malawi), Samantha (22, Malawi), Iris (11, Ghana), Jasmin (11, Malawi), Samantha (22, Malawi)

[www.GlasgowFood.net](http://www.GlasgowFood.net)

[GlasgowCommunityFoodNetwork@gmail.com](mailto:GlasgowCommunityFoodNetwork@gmail.com)

Zam'Munda on Facebook and X: @ZamMunda



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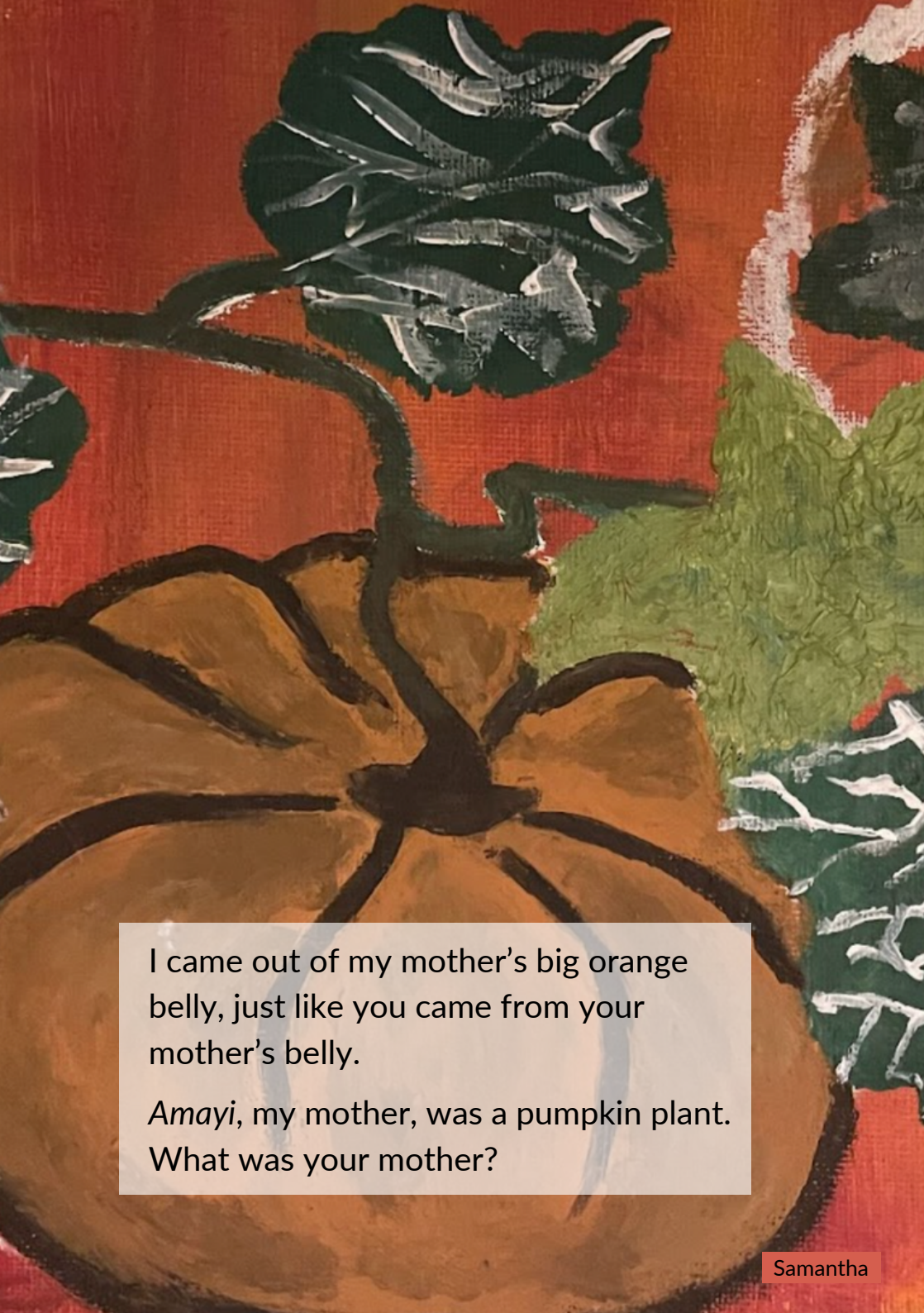


Hello there. Over here. I am *Mbewu*, a tiny seed, and I have a story to tell you.

Can you guess what kind of seed I am?



Chichewa words:  
Mbewu = seed  
Amayi = mother



I came out of my mother's big orange belly, just like you came from your mother's belly.

*Amayi*, my mother, was a pumpkin plant.  
What was your mother?



I have lots of brothers and sisters.

We spent a long time growing inside our mother until the day came to leave and write our own stories and live our own lives.



Our mother was big and strong.  
She sheltered us from the winds, kept us warm  
with the help of the sun, and gave us plenty to eat  
and drink with the help of water and soil.

She gave us everything so that we could grow, and  
she gave everything to those who looked after her  
because she knew they appreciated it.



They were *anthu*, the humans.

Chichewa words:  
mkhwani = pumpkin leaves  
dzungu = pumpkin  
anthu = humans

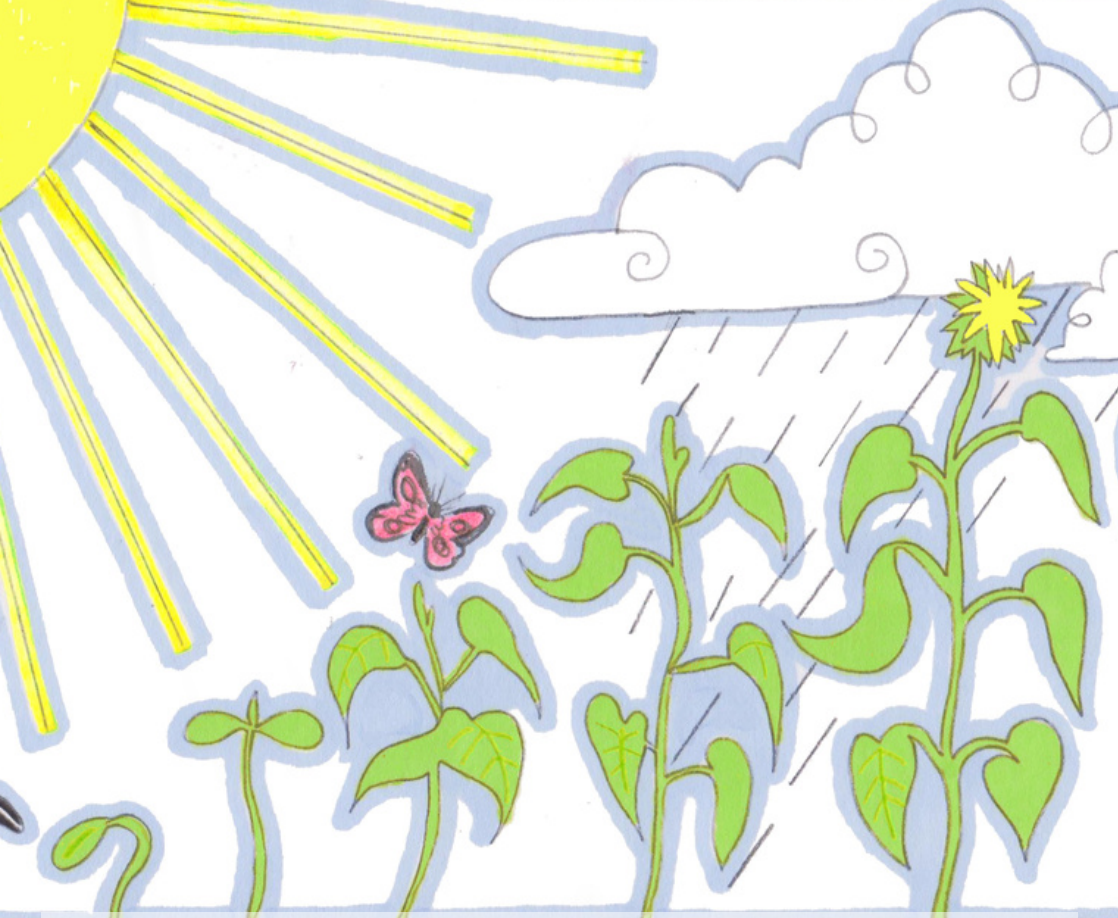
The humans watered and fed her, protected her from slugs and snails so she could grow, and grow, and grow. She was thankful for their efforts, and she happily shared all parts of herself with them.

Her leaves became delicious *mkhwani* dishes, her flowers were prepared in soups or stuffed with herbs and cheese. Her vines became strong ropes, and her fruits - her pumpkins - became tasty *dzungu* soups, pies, tagines and more.

My mother gave herself willingly knowing that not a single part of her would be wasted and that she was not taken for granted. Even the parts that were too tough to eat or too slimy to pick would be used.

There is no waste in nature.





In nature life is cyclical. The elements, earth, water, sun, and wind, support us and we support them. Have you ever looked at a clump of soil through a magnifying glass or a drop of water through a microscope?

There is so much life in them if you look closely! Earth and water feed us, and sun and wind encourage us to grow. Wind scatters our seed far and wide so we may see new lands. It also encourages us to grow thick, strong stalks. Sun provides warmth and helps us create our own food through photosynthesis.





With the help of sunlight we can create simple sugars that allow us to grow, stretching our vines far and wide, unfurling new leaves, producing flowers and eventually fruit.

And when the leaves begin to dry, the flowers wilt and the fruits begin to rot. The nutrients the soil, sun, and water gave us are returned to the soil feeding all the tiny beasties that live in it.

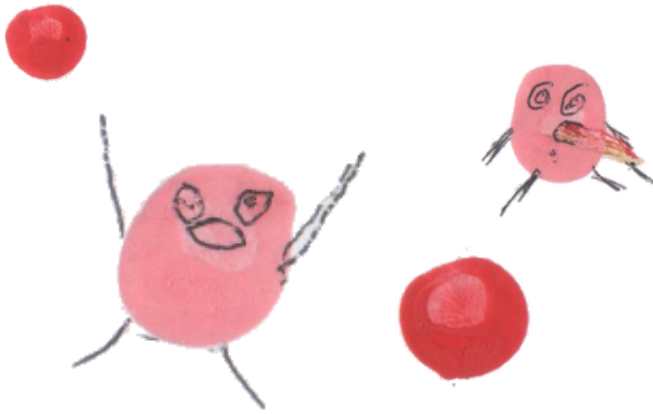
There is no waste in nature.




Unfortunately some humans have forgotten the importance of the old ways of living.

Many humans have forgotten how to look after each other and all who live on the earth with them.

They have become disconnected from each other and instead of working together and sharing the gifts nature provides, they have become jealous and greedy.








Mostly, I think, they are afraid because they know they have made a big mess and no longer know how to show Mother Nature that they care about her and respect her.

And how has Mother Nature responded?

Well, how does your mother react when you make a big mess and make her feel like you do not love her?



She cries floods of tears,  
She howls with anger,  
She trembles with rage,  
Her eyes burn with disappointment.



Does this remind you of anything?





Jasmin

# NEWS

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Science & Environment

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4 August · Comments

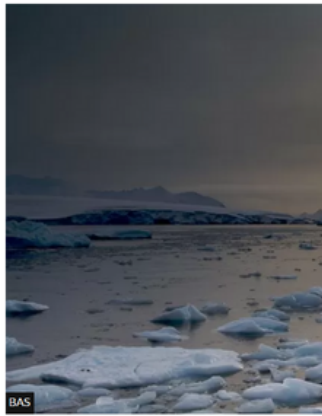
Climate



## Sea-level rise: West Antarctic ice shelf melt 'unavoidable'

23 October

Climate



## Weather tracker: Cyclone Freddy leaves trail of devastation

Hundreds killed in Madagascar, Mozambique and Malawi in what may be longest-lasting tropical cyclone on record



A road connecting the two cities of Blantyre and Lilongwe in Malawi has been torn apart by Cyclone Freddy. Photograph: Thoko Chikondi/AP



And what do you do when your mother is angry with you?

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7 October

COP28



### Storm Ciarán: Thousands of homes are without electricity and 185 flood alerts issued across the country

Weather warnings for further rain are in place as the risk of flooding continues across the UK



Samantha



People are rescued from their holiday chalets by fire and rescue at Freshwater Beach Holiday Park in Burton Bradstock, Dorset (Photo: Getty)

By Emilia Randall

November 3, 2023 12:36 pm (Updated 5:10 pm)

Well, at first you might run away and pretend she is not angry. You might even avoid her...

...until you realise that behaving in this way is not going to solve the issue.

So you must face up to it. Admit you behaved badly, apologise and start working on making things right again.

If you have behaved **VERY** badly it may take a while before your mother forgives you, but if you want to have a good relationship with her you know you have to keep trying.



How do we apply this to Mother Nature?

Well, we need to work together as all her children and start cleaning up the mess we have made. We need to clean the rivers and the oceans, protect the vulnerable and give the animals their homes back. We need to be respectful and appreciative of her gifts being mindful of the food we eat and the waste that we produce.

And remember what I said about there not being any waste in nature?

We need to live in a way that respects Mother Nature's rules.





# FOOD AND CLIMATE COOKERY SESSIONS

Food is life, culture and joy. It also matters hugely to our planet how it is grown, distributed and eaten. Join us as we cook and learn about food cultures from around the world and the impact we can all make in our food choices. **People in the asylum system welcome.**



**6 events**, happening once every 2 months

**location:** Gathering Ground, Old Basin House,  
5 Applecross Street, G4 9SP



*This flyer was used to publicise an event that brought together communities around the topic of food and climate action.*

How can we live a zero-waste lifestyle? And where can we learn more about how to begin to rebuild our relationship with Mother Nature?



Many people have already started to think about this and they are already working together.

Community gardens like Zam'Munda in Glasgow are spaces where people from many different cultures can come together to learn from each other.

You can learn how to take care of a seed like me and watch me grow into a healthy thriving plant.





You can learn how people from other parts of the world use different plants to live and thrive on this planet.

Did you know for example, that in Malawi and other parts of Africa, all parts of the pumpkin plant are used?

How many things do you think a plant can be used for?



By remembering how to work together and being thankful of the resources all around us we can begin to appreciate Mother Nature's gifts once again, and show others how to do it too.

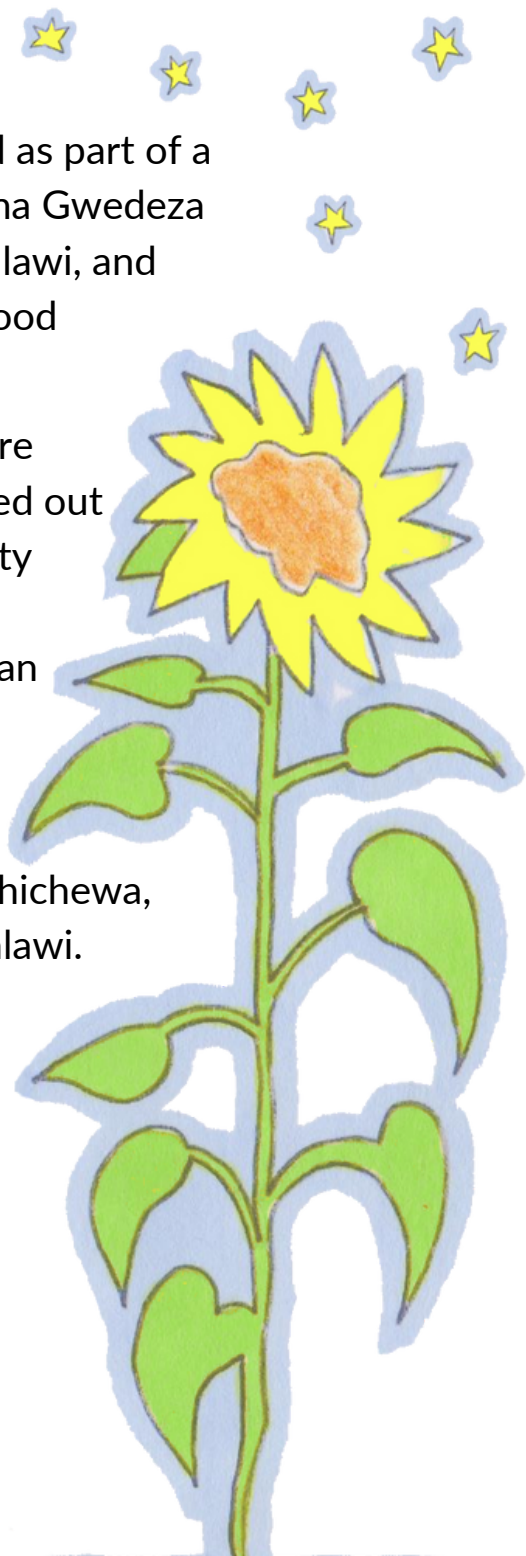
**Will you join us?**



This storybook was created as part of a collaboration between Dinna Gwedeza Likonde, originally from Malawi, and the Glasgow Community Food Network.

The contents of the book are informed by activities carried out by Zam'Munda, a community garden in Glasgow which showcases traditional African knowledge and cultivation practices, and their application in Scotland. It also includes words from Chichewa, one of the languages of Malawi.

Photographs and paintings have been contributed by those who look after the Zam'Munda garden.





[www.GlasgowFood.net](http://www.GlasgowFood.net)

