

Harvest of the Month™

WINTER - SQUASH



WINTER SQUASH, A SAN DIEGO GROWN CROP FILLED WITH VARIETY, IS KNOWN FOR ITS NUTRIENT DENSITY! JUST ONE SERVING HAS TONS OF VITAMIN A, VITAMIN C, CALCIUM, AND IRON WHICH HELPS THE BODY OBTAIN MORE OXYGEN AND FIGHT OFF INFECTIONS!

FOOD WASTE PREVENTION

- STORE THEM IN A COOL, DARK, AND DRY PLACE
- CHOOSE SQUASH THAT ARE FIRM AND HEAVY FOR THEIR SIZE
- ONCE CUT, SQUASH CAN LAST FOR UP TO ONE WEEK IN THE FRIDGE WHEN WRAPPED PROPERLY
- ALMOST EVERY PART OF THE SQUASH CAN BE EATEN INCLUDING THE LEAVES, SHOOTS, STEMS, FLOWERS, AND SEEDS

HEALTHY SERVING IDEAS



PUREE INTO A VIBRANT WINTER SOUP



BAKE AND STUFF WITH GRAINS AND VEGGIES



DON'T FORGET TO ROAST AND SEASON THE SEEDS!



FUN FACTS

SQUASH ARE IN THE CUCURBITACEAE FAMILY, WHICH ALSO INCLUDES CUCUMBERS, MELONS, PUMPKINS, AND GOURDS.

COMMON SQUASH VARIETIES



DELICATA
LONG, STRIPED SQUASH. SKIN IS EDIBLE WHEN COOKED!

ACORN
GREEN SKIN, ORANGE FLESH. ACORN SHAPED



BUTTERNUT
PALE YELLOW WITH ORANGE FLESH. ROUND BOTTOM AND LONG NECK

SPAGHETTI
GOLDEN SKIN AND FLESH. WHEN COOKED, FLESH RESEMBLES SPAGHETTI



SUGAR PUMPKIN
USED IN PIES, BREADS, AND MANY OTHER SWEET TREATS

FUN FACTS

MANY WINTER SQUASHES CAN BE SUBSTITUTED FOR PUMPKIN IN SWEETS LIKE PIE! IN FACT, THE CANNED ORANGE STUFF THAT WE BUY AT STORES FOR PUMPKIN PIE IS OFTEN ACTUALLY BUTTERNUT SQUASH!

WINTER SQUASH: SINK OR FLOAT?

INSTRUCTIONS

1. GATHER MATERIALS AND FILL THE BUCKETS WITH WATER
2. BE SURE TO SET THIS ACTIVITY UP OUTSIDE IN CASE IT GETS MESSY!
3. HAVE STUDENTS GUESS WHICH SQUASH WILL FLOAT AND WHICH WILL SINK
4. PLACE EACH SQUASH IN A BUCKET OF WATER AND WATCH FOR RESULTS
5. WHEN FINISHED, CUT OPEN SQUASHES TO SEE THE INSIDE AND DETERMINE WHY IT MAY HAVE FLOATED OR SUNK
 - A. HINT: A SQUASH WITH MORE ON THE INSIDE WILL BE DENSER AND LIKELY SINK VS. A SQUASH WITH AN EMPTIER INSIDE
6. OPTIONAL: COOK AND TASTE EACH SQUASH!

MATERIALS

- FOUR DIFFERENT VARIETIES OF WINTER SQUASH
- FOUR LARGE BUCKETS OR BINS FILLED WITH WATER
- PAPER AND PENCIL TO RECORD RESULTS



ACTIVITY FROM: [HTTPS://WWW.ECOLITERACY.ORG/SITES/DEFAULT/FILES/MEDIA/CEL-WINTER-SQUASH-LESSON-GRADES3-5.PDF](https://www.ecoliteracy.org/sites/default/files/media/cel-winter-squash-lesson-grades3-5.pdf)

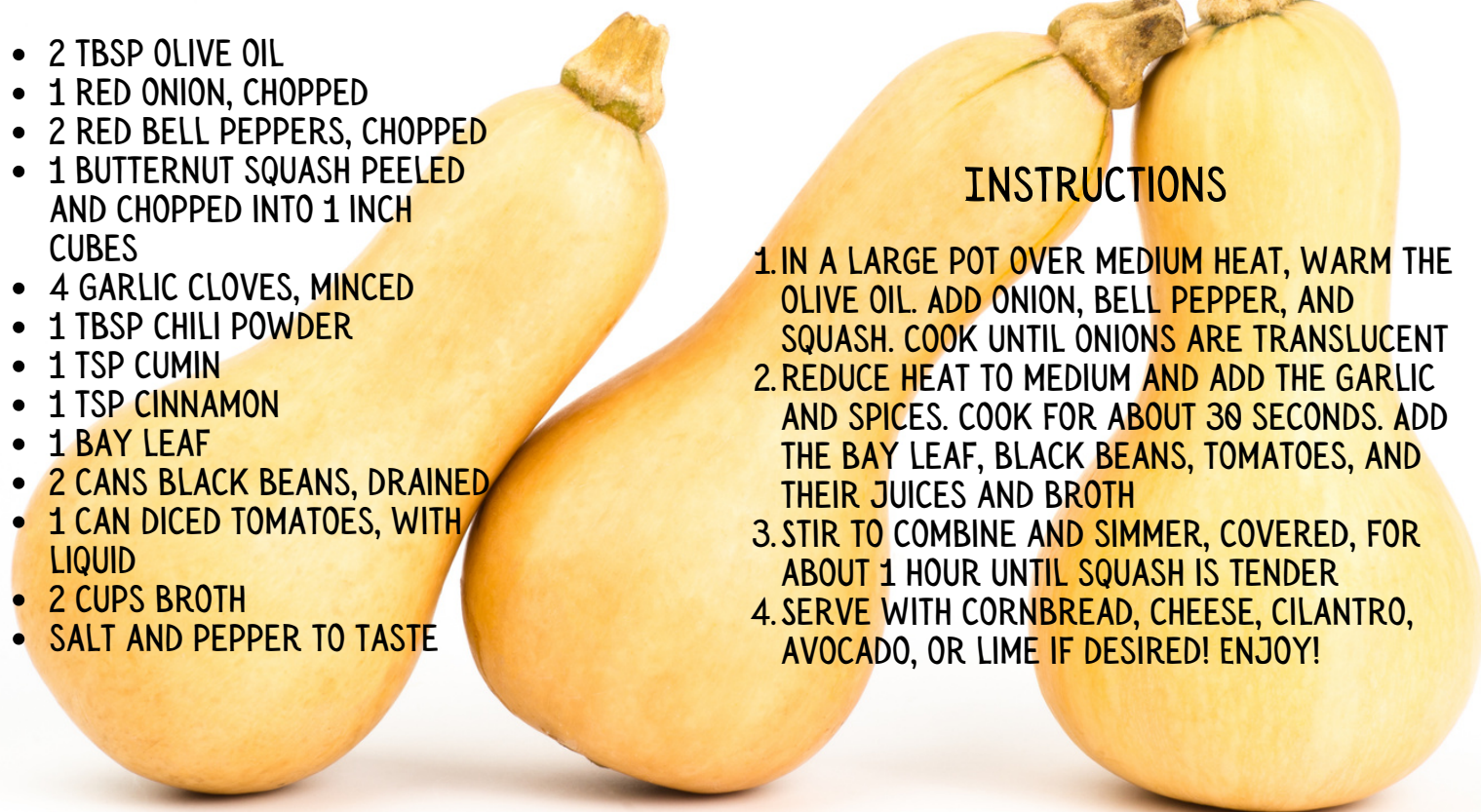
BUTTERNUT SQUASH CHILI

INGREDIENTS

- 2 TBSP OLIVE OIL
- 1 RED ONION, CHOPPED
- 2 RED BELL PEPPERS, CHOPPED
- 1 BUTTERNUT SQUASH PEELED AND CHOPPED INTO 1 INCH CUBES
- 4 GARLIC CLOVES, MINCED
- 1 TBSP CHILI POWDER
- 1 TSP CUMIN
- 1 TSP CINNAMON
- 1 BAY LEAF
- 2 CANS BLACK BEANS, DRAINED
- 1 CAN DICED TOMATOES, WITH LIQUID
- 2 CUPS BROTH
- SALT AND PEPPER TO TASTE

INSTRUCTIONS

1. IN A LARGE POT OVER MEDIUM HEAT, WARM THE OLIVE OIL. ADD ONION, BELL PEPPER, AND SQUASH. COOK UNTIL ONIONS ARE TRANSLUCENT
2. REDUCE HEAT TO MEDIUM AND ADD THE GARLIC AND SPICES. COOK FOR ABOUT 30 SECONDS. ADD THE BAY LEAF, BLACK BEANS, TOMATOES, AND THEIR JUICES AND BROTH
3. STIR TO COMBINE AND SIMMER, COVERED, FOR ABOUT 1 HOUR UNTIL SQUASH IS TENDER
4. SERVE WITH CORNBREAD, CHEESE, CILANTRO, AVOCADO, OR LIME IF DESIRED! ENJOY!



RECIPE FROM: [HTTP://WWW.VERMONTARVESTOFTHEMOHTH.ORG/RECIPES/CATEGORY/WINTER-SQUASH](http://www.vermontharvestofthefmonth.org/recipes/category/winter-squash)