

JERSEY TASTES! ACTIVITY SHEETS

Wonderful Winter Squash



ACTIVITIES:

Pre-K:

- [Sophie's Squash Lesson Ideas](#)
- [Read Sophie's Squash](#)

K-2:

- [Harvest of the Month Lessons - Winter Squash](#)
- [Storing Winter Squash](#)

Grades 3-5:

- [Harvest of the Month Lessons - Winter Squash](#)

Grades 6-8:

- [Agritourism: Extreme Farm Makeover](#)

High School:

- [Agricultural Land Use](#)

FUN FACT:

The heaviest squash weighed 2,164 LB and was grown by Todd & Donna Skinner. It was authenticated by the Great Pumpkin Commonwealth at the Oakland Nursery National Pumpkin Weigh-off in Dublin, Ohio, USA, on October 10, 2021.



ALL ABOUT NEW JERSEY!



Plant winter squash after the last frost is over; around Mother's Day or May 15 in Zone 7.

HOW DOES IT GROW:

Squash like to grow on long, trailing vines. One growing method is to grow squash up a trellis, like the one shown to the left. Another method is to build mounds or hills, plant the squash seeds directly into the ground, once they come up and grow to about 2 inches in height, thin the plants to three plants per hill. Always remember that squash need a lot of space to grow either horizontally or vertically and they prefer well-drained soil.

NUTRITION FACT:

Most **orange** squashes are loaded with vitamin A. A single cup provides more vitamin A than most people need in a day (457% of the daily value, to be exact).

RECIPES:

Lunch:

- [Jersey Fresh Butternut Squash Mac & Cheese](#)
 - [Jersey Fresh Butternut Squash Mac & Cheese](#)
- [Golden Squash Smiles](#)
 - [Jersey Tastes! Cooking Series: Golden Squash Smiles](#)
- [Spaghetti Squash Casserole](#)
- [Great Garden Soup](#)
 - [Garden Soup Related Lesson: Planting the Three Sisters](#)