

# JERSEY TASTES! ACTIVITY SHEETS

## Wonderful Winter Squash



### ACTIVITIES:



Pre-K: Read Sophie's Squash

Lower & Upper Elem: Harvest Lessons

Middle & HS : Promote Winter Squash

### RECIPES:



**Breakfast:** Butternut Squash Breakfast Hash

**Lunch:** Turkey Stuffed Acorn Squash

**Dinner:** Spaghetti Squash & Chickpea Sauté

Butternut Squash & Black Bean Skillet Dinner

**Fun:** Bake a Pumpkin

### FUN FACT:



Squash is a very old food crop. There is evidence of its cultivation going back at least 8,000 B.C in Central Mexico, Peru, and the Eastern United States. Squash (along with corn and beans) formed the staple diet of Mesoamerican Indians and made the creation of these empires possible.

## ALL ABOUT NEW JERSEY!

Plant winter squash after the last frost is over; around Mother's Day or May 15 in Zone 7. Squash like to grow on long, trailing vines. One growing method is to grow squash up a trellis like 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.



### HOW DOES IT GROW:

There are many different types of squash; one very popular example is pumpkins.

Pumpkins are a type of winter squash meaning they have a hard outer shell and can be stored in a cool dry place for three to six months after harvest.



### 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).

