

# JERSEY TASTES! ACTIVITY SHEETS



## ALL ABOUT NEW JERSEY!

Plant winter squash between May & June in New Jersey.

## 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.

## Wonderful Winter Squash



## CLASSROOM:



### NJ Climate Change Standards & Connections to Agricultural Literacy

#### 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](#)

## 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).

## CAFETERIA:

### Lunch:



#### [Squash Bowl](#)

[Jersey Tastes! Squash Bowl](#)

Classroom Tasting & Activity



#### [Three Sisters Soup](#)

- [Three Sisters Soup Related Lesson: Planting the Three Sisters](#)



#### [Spaghetti with a Twist](#)

- [Golden Squash Smiles](#)
  - [Jersey Tastes! Cooking Series: Golden Squash Smiles](#)
  - [Great Garden Soup](#)



Indicates plant-based, center of the plate meal

## 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.