

Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



Squash Activity Sheet

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

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 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.

NUTRITION FACT:

A single cup of orange squash provides more vitamin A than most people need in a day (457% of the daily value, to be exact).

RECIPES:



Squash Bowl Jersey Tastes! Classroom Tasting & Activity



Three Sisters Soup Jersey Tastes! Classroom Tasting & Activity



Spaghetti with a Twist

◦ Jersey Tastes! Cooking Series

• Golden Squash Smiles

◦ Jersey Tastes! Cooking Series

◦ Butternut Squash Curry



Butternut Squash Bowl



Indicates plant-based, center of the plate meal

MADE IN COLLABORATION WITH:



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