

# Harvest of the Month ~ November ~Winter Squash



Butternut

Look in your cafeteria in the coming weeks for the 5 types of squash you see on this sheet.

## The Benefits of Eating Winter Squash -Beside the fact that it tastes like pumpkin pie!

- Excellent source of Vitamin A, a central component for healthy vision
- An excellent source of Vitamin C, B6 and manganese and a good source of potassium, vitamin K and folate. –Wow!
- Six grams of dietary fiber, an excellent source for this complex carbohydrate.



Blue Hubbard

**Did You Know?** Every part of the squash plant can be eaten, including the leaves and tender shoots, which can be sautéed or included in soup.

## Story Time

Elementary children will enjoy the books listed below.  
*Carlos and the Squash Planet* (bilingual) by Jan Romero Stevens  
*Pumpkin Soup* by Helen Cooper

## How Much Do I Need?

A serving of cooked winter squash is about one cup cubed.  
Recommended Daily Amounts of Fruits and Vegetables

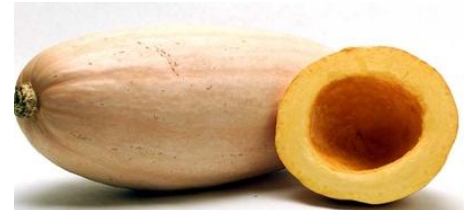
**Kids, Ages 5-12**  
2½ - 5 cups per day

**Teens, Ages 13-18**  
3½ - 6½ cups per day

**Adults, 19+**  
3½ - 6½ cups per day

## Health and Learning Go Hand-in-Hand.

Students who eat school lunch eat more fruits and vegetables than students who bring lunch. Studies report improved test scores and memory function among students who eat a variety of colorful fruits and vegetables and get physical activity every day. Help promote our Farm to School Program and use **Harvest of the Month** to encourage students to eat healthfully and be active.



Banana

## A Taste of Squash History

- Gourds, cucumbers and melons are all part of the Cucurbit Family, but all have different origins. Squash and pumpkins are native to the Americas, while cucumbers originated in eastern Asia and melons in Africa or Persia.
- Squash are one of the oldest cultivated crops in the Western Hemisphere. Seeds found in Mexico have been dated to 8,000 B.C.E.
- Squash were originally cultivated for their seeds, as early varieties did not contain much flesh and were very bitter.
- Squash were one of the “Three Sisters” planted by the Iroquois. The Iroquois myth describes three sisters that were inseparable. These plants — squash, maize (corn) and beans — were staples of nearly every Native American tribe.
- Winter squash first migrated to Europe from Peru by Spanish Explorer Francisco Pizarro in the early 16th century.
- Winter squash became a staple food of early colonists and eventually traveled West with pioneers.
- For more information, reference:  
[http://www.harvestofthemonth.cdph.ca.gov/download/Cycle%20II/Month%20%20-20Winter%20Squash/ws\\_edu\\_2.pdf](http://www.harvestofthemonth.cdph.ca.gov/download/Cycle%20II/Month%20%20-20Winter%20Squash/ws_edu_2.pdf)



Hot Mama



Acorn