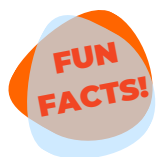


# HARVEST OF THE MONTH

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## WINTER SQUASH



Winter squash vary in color, shape, and size. During the warm months, fruit grows on long vines and is ready to harvest when the skin matures into a hard shell. This tough rind makes them great for storage in the winter months. Many varieties, like butternut, cushaw, and hubbard are native plants to the Americas!

### NOTABLE NUTRITION

Butternut Squash is an excellent source of: Vitamins A and C. To learn more, check out our other Harvest of the Month materials on sweet bell peppers and turnips!

**Dietary Fiber.** Foods high in fiber are whole grains, fruits, and vegetables. Fiber helps control blood sugar, improves cholesterol levels, and is good for gut health. Foods high in fiber also keep us feeling full for longer, which may help us control our weight.

Want to add more fiber to your family's diet? Try using butternut squash in soups, salads, or serve roasted as a side dish.

### READING ROOM

- 1 Plant Adaptations: How We Live in Our Habitat by Sarah Lalonde; Grades K-2
- 2 "How Did That Get in My Lunchbox: The Story of Food" by Chris Butterworth; Grades 3-5; For programs working with MD SNAP-Ed, books can be acquired through a MD SNAP-Ed educator.

### HOMEGROWN VARIETIES

Types of winter squash in the Mid-Atlantic region:

Delicata, Butternut, Pumpkin, Acorn

# LINK TO LEARNING!

**Instructions:** Design a plant with a special adaptation that will help it survive. You can either draw the plant in the space below or make it with playdough.



## Design a Plant Activity

In this activity, explain to students that plants use adaptations to both defend themselves from some animals and to attract others. Then, they will design a plant with a special adaptation that will help it survive.

Visit [FRESHFARM FoodPrints website](#) for the **FREE Plant Adaptations** lesson (Grades K-2).

**Meets National Standards:**  
NGSS: 1-LS1-1  
Common Core ELA: SL.1.3, R.I.1.5

## What's It Worth Lesson

Students will utilize a handout that allows them to calculate the value of garden produce in a recipe compared to what it would have cost at the store.

Visit the [University of Maryland Extension SNAP-Ed program website](#) for the **FREE Healthy Harvest** lesson in the [Growing Healthy Habits Curriculum](#); (Grades 3-5)

**Meets National Standards:**  
Specific curriculum objectives not provided.

## Produce Price Calculator Worksheet

**Instructions:** Use the worksheet below to figure out the value of the produce in the garden. For some items, you can count the number of individual pieces of produce we harvest. For others, we will weigh how much we harvest. For example, lettuce is usually sold by the individual head, while carrots are usually sold by the pound. This is referred to as the **unit** that the produce is usually sold in.

The **unit price** of each item of produce can be found in the "Grocery Store Specials" hand-out. After we harvest the produce to cook with, we will use a calculator to do the math and figure out how much our garden produce is worth.

Produce Item	Unit (head, each, pound)	Cost per unit	Units harvested	Cost per Unit x Units Harvested= Total Value
		\$		\$
		\$		\$
		\$		\$
		\$		\$
		\$		\$
		\$		\$

## USDA DAILY VEGETABLE RECOMMENDATIONS

### CHILDREN

2-4 YRS 1 - 2 CUPS

5-8 YRS 1.5 - 2.5 CUPS

### GIRLS

9-13 YRS 1.5 - 3 CUPS

14-18 YRS 2.5 - 3 CUPS

### BOYS

9-13 YRS 2 - 3.5 CUPS

14-18 YRS 2.5 - 4 CUPS