
November Harvest of the Month: Winter Squash

Butternut Squash, Delicata Squash, Pumpkins, Spaghetti Squash, etc.

This month allows some flexibility to choose what vegetable(s) you'd like to highlight in the cafeteria and classroom!

Classroom curriculum based on grade level & subject:

Elementary School:

[Vermont Harvest of the Month](#): Varying activities for different grade levels including: Observe, Draw & Discuss Squash; Explore Squash with All Five Senses; All Kinds of Squash Matching Game; Squash Literature; Map the History of Squash; Create a Squash Recipe; Three Sisters Tag; and Sink or Float?

[Promoting Winter Squash](#): Oregon Farm to School published ideas for including winter squash into lessons of different subjects. Elementary School curriculum can be found starting on page 2.

[\(K-2\) Pumpkins... Not Just for Halloween](#): Students will learn a variety of subjects including history, science, nutrition, and math through the study of pumpkins. Activities include estimating the size and weight of pumpkins, sprouting pumpkin seeds, and making pumpkin pie in a bag.

[\(3-5\) Pumpkins... Not Just for Halloween](#): Students will learn a variety of subjects including history, science, nutrition, and math through the study of pumpkins. Activities include estimating the size and weight of pumpkins, sprouting pumpkin seeds, and making pumpkin pie in a bag.

[The Case of the Missing Pumpkin](#): Students investigate the phenomenon of decomposing pumpkins as a part of the plant's life cycle.

[Three Sisters Garden](#): Students will investigate the "three sisters" crops (corn, beans, and squash) and explore the benefit to planting these crops together. Students will also learn about Native American Legends and plant growth.

Middle School:

[The Geography of Thanksgiving Dinner](#): In this lesson students will identify common Thanksgiving foods and their farm source, determine if those foods can be produced locally, and locate the common origins of their Thanksgiving Day dinner.



Cafeteria Ideas!

Taste-test ideas

Delicata squash "smiles", squash and apple muffins, cider glazed squash.

Menu ideas

Butternut squash mac and cheese, spaghetti and meatballs, butternut squash soup, squash and bean burgers.



Questions?

Contact Meghan Brooks, Farm to School Educator!

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[Promoting Winter Squash](#): Oregon Farm to School published ideas for including winter squash into lessons of different subjects. Elementary School curriculum can be found starting on page 3.

High School:

[Promoting Winter Squash](#): Oregon Farm to School published ideas for including winter squash into lessons of different subjects. High School curriculum can be found on page 4.