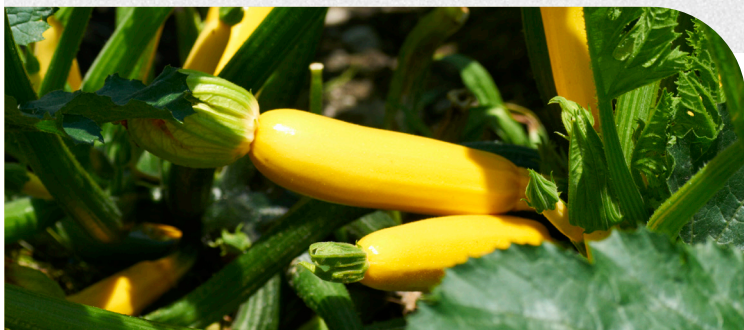




FLORIDA YELLOW SQUASH



SPECIAL NEWS

Florida has a booming agriculture industry. The fall and winter seasons are some of our most productive months. Students can learn first-hand where their food comes from by visiting a local farm to see how fruits and vegetables are grown all across the state. Farmers markets are another great way to introduce your class to their regional food system and meet some local growers.

To plan a farm field trip or find a farmers market in your area visit these websites:

Florida Farm to School

FarmToSchoolFL.com

Community Farmers Markets

FDACS.gov/Consumer-Resources/Buy-Fresh-From-Florida/Community-Farmers-Markets

Florida Farm to School:
FarmToSchoolFL.com

National Farm to School Network:
www.FarmToSchool.org

DEAR TEACHER

This month's Harvest of the Month product is the yummy yellow squash! Let's take your class on a fabulous farm tour of Florida's squash industry. So grab a seat and let's learn more about this scrumptious squash.

CLASSROOM RECIPE

GARLIC PARMESAN YELLOW SQUASH CHIPS

Serves 20-25

INGREDIENTS:

- 4 Florida yellow squash, sliced into ¼-inch to ½-inch rounds
- 3 tablespoons olive oil
- Salt and fresh ground pepper, to taste
- 1 cup panko crumbs
- 1 cup grated Parmesan cheese
- 1 teaspoon dried or 1 tablespoon fresh oregano
- 1 teaspoon garlic powder
- Cooking spray
- Non-fat plain yogurt (dip)
- Parchment paper

PREPARATION:

1. Preheat home oven to 450 degrees Fahrenheit, or school convection oven to 400 degrees.
2. In a large mixing bowl, combine squash, olive oil, salt and pepper and mix until well combined.
3. In a separate bowl, combine panko crumbs, Parmesan cheese, oregano, and garlic powder. Dip slices of squash in the cheese mixture and coat on both sides, pressing on the coating to stick.
4. Place the squash in a single layer on a baking sheet lined with parchment paper. Lightly spray each slice with cooking spray for crunchier chips. Bake for 10 minutes.
5. Remove from oven; gently flip over all the slices, lightly spray with cooking oil and bake for 8 more minutes, or until chips are golden brown. If using school convection oven, reduce baking time by 2 minutes on each side.
6. Remove from oven and transfer to a serving plate. Offer a sample to your students with a dollop of non-fat plain yogurt.



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MATH



STANDARDS: MAFS.3.MD.3.5, MAFS.3.MD.3.7, MAFS.3.MD.4.8, MAFS.3.OA.1.4, MAFS.4.MD.1.3, MAFS.4.OA.2.4

ESTIMATED TIME: 45 Minutes

OBJECTIVE: Students will determine how many squash seeds can be planted in a rectangular area with a designated length and width.

MATERIALS:

- Harvest of the Month PowerPoint
- *Spacing Seeds* Worksheet
- Blank paper or graph paper

INTRODUCTION: Seed packets provide the planting instructions and guidelines for when to plant the seeds. Review the *Reading Seed Packets* PowerPoint slide with the class to learn how to plant summer squash seeds.

GUIDED ACTIVITY: Teacher will review how to find the perimeter and area of a rectangle using the *Math* PowerPoint slides. As a class, complete a few review problems for different sized squares and rectangles.

INDEPENDENT ACTIVITY: Students will complete the *Spacing Seeds* worksheet to determine the number of squash seeds that can be planted in a rectangular garden space that is nine feet long by six feet wide. Students will first determine the area and perimeter of the space. Next, using the seed spacing information from the PowerPoint, students will calculate how many rows of squash and the total number of squash seeds that can be planted in the field.

Extension: Create a square foot garden planting plan for your school garden. Think about the amount of space squash plants need to grow and calculate the number of plants that would fit in a standard four foot by four foot garden bed and a four foot by eight foot garden bed.



SOCIAL STUDIES



STANDARDS: SS.4.E.1.2, SS.3.E.1.3

ESTIMATED TIME: 45 Minutes

OBJECTIVE: Students will differentiate between imports and exports.

MATERIALS:

- Harvest of the Month PowerPoint
- *Agricultural Exports* Worksheet
- Coloring materials (crayons, markers or pencil crayons)
- Blank paper

INTRODUCTION: Florida is one of the top squash-producing states in the United States, second only to California. Agricultural products are grown locally and traded on the international market. Canada, Mexico, Japan, Taiwan and South Korea are the top five countries that the United States exports vegetables and pulses (beans and other dried legumes) to.

GUIDED ACTIVITY: Teacher will explain the difference between imports and exports by reviewing the *Agricultural Economics* PowerPoint slide. Discussion questions: What are the benefits of growing food on American soil and exporting to other countries? Why do we import some agricultural products?

INDEPENDENT ACTIVITY: Students will complete the *Agricultural Exports* worksheet. Using the information provided in the PowerPoint, students will locate and label the top five countries that the United States exports agricultural products to.

Extension: Challenge students to label the continents, countries and oceans on the map.



SCIENCE



STANDARDS: SC.3.L.14.1

ESTIMATED TIME: 45 Minutes

OBJECTIVE: Students will examine the traits and characteristic of different squash varieties. Students will predict what different hybrid varieties look like.

MATERIALS:

- Harvest of the Month PowerPoint
- *Squash Varieties* Worksheet
- Blank paper and coloring materials

INTRODUCTION: Squash plants require pollination by bees in order to produce. When farmers and gardeners plant different types of squash in the same area, cross-pollination may occur. Cross-pollination is when the pollen from a male flower of one variety is transported to the female flower of a different variety, creating a hybrid seed. This new hybrid squash will only be obvious if the hybrid seed is planted and the vine produces a mature squash.

GUIDED ACTIVITY: Teacher will describe the process of cross-pollination and explain that some traits are inherited while others are influenced by the environment. Review the PowerPoint to learn about the different types of squash. Students will then complete the *Squash Varieties* worksheet. Review the answers as a class.

INDEPENDENT ACTIVITY: Inherited Traits – Display the *Cross Pollination* PowerPoint slides and ask students to make predictions about what the hybrid squash varieties may look like. Which traits do you think are inherited? Which traits do you think are dominant or recessive? Which might be influenced by the environment?

Extension: Students will draw their hybrid squash on a blank piece of paper.



LANGUAGE ARTS



STANDARDS: LAFS.3.RL.3.9, LAFS.4.RL.1.1, LAFS.4.RL.1.3
LAFS.4.RL.4.10

ESTIMATED TIME: 35 Minutes

OBJECTIVE: Students will read and answer comprehension questions about “The Vegetable Thief” at ReadWorks.com.

MATERIALS:

- Harvest of the Month PowerPoint
- *Close Reading* Worksheet
- Coloring materials
- “The Vegetable Thief” ReadWorks.com.

INTRODUCTION: Teacher will review the following terms: setting, character traits, problem, solution and main idea. Before reading the passage titled “The Vegetable Thief” from ReadWorks.com, ask students to make predictions about what will happen in the story. Discuss the impact that weather can have on growing vegetables. Brainstorm how animals and different plants may also impact how a garden grows.

GUIDED ACTIVITY: After reading the passage, students will work in pairs to answer the comprehension questions from ReadWorks.com.

INDEPENDENT ACTIVITY: Citing examples from the text, students will discuss the setting, characters, problem, solution and main idea of the passage. Students will complete the *Close Reading* worksheet.



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For more information or to provide feedback, please visit us online

FarmToSchoolFL.com

TASTE TESTING IN THE CLASS

- Prepare a blind taste test of raw yellow squash and raw zucchini and see if your students can identify the different squash.
- Bring in some winter squash (butternut, acorn) and summer squash (yellow squash, green zucchini) to show your class the difference between the seasons.
- Serve raw squash with hummus as a healthy, tasty treat.

TASTE

NUTRITION EDUCATION

- Yellow squash is more than 95 percent water.
- Summer squash do not need to be peeled. To get the most nutrients, eat the entire vegetable including the flesh, seeds and skin.
- Yellow squash is a good source of potassium, which helps control blood pressure.
- Summer squash can be eaten raw, roasted or steamed.

LEARN

SCHOOL GARDEN TIPS & TRICKS

- Yellow squash can be planted from January to April for a spring harvest, and from August to October for a fall harvest.
- Summer squash needs plenty space to grow. Plant your seeds up to three feet apart so the plants receive full sun and do not get overcrowded.
- Harvest the mature squash by cutting the stem. Pick them when they are small for the best flavor. Watch out for the prickles!

GROW

BOOK SUGGESTIONS

“Sophie’s Squash”
by Pat Zietlow Miller (Pre-K to Grade 2)

“Plant Secrets”
by Emily Goodman (K to Grade 2)

“Baseball, Snakes, and Summer Squash”
by Donald Graves (Grade 3 and up)

READ