



MONONA GROVE FARM TO SCHOOL



HARVEST OF THE MONTH

Wisconsin Harvest of the Month is a statewide campaign that encourages kids and families to eat more fruits and vegetables. Each month schools showcase one seasonal, Wisconsin-grown fruit or vegetable.

This month we are featuring:

Winter Squash!

WHAT IS THE FARM TO SCHOOL PROGRAM UP TO IN NOVEMBER?

F2S will be starting nutrition lessons in some of our K-3 classrooms this month. These classrooms will be receiving short lessons throughout the school that will supplement and connect to their standard lessons.

Some of our topics will include:

- The food groups/MyPlate
- Building healthy habits around food
- Diversity and culture connected to food
- Where food comes from
- Gardening/how plants grow

What other food topics do you think are important for our students? Contact **Wes!**

WINTER SQUASH

There are **many varieties** of **winter squash** including:

Delicata Squash
Acorn Squash
Butternut Squash
Hubbard Squash
Spaghetti Squash
Turban Squash
Kabocha Squash
Sweet Dumpling Squash



How many have you tried?

November Calendar

It is Native American Heritage Month! **Squash** has historically been an important part of Native American cuisine. **Squash** and other edible crops like it are available and popular thanks to the contribution of Midwest native people.

Join us Thursdays!
Plan on School Lunch!

Nov. 3th

Maple Butternut Squash

Nov. 10th

Delicata Smiles

Nov. 17th

Quinoa, Pear, and Squash Salad



Visit the [Monona Grove Website](#) to apply for **free/reduced** meals!



Chard is another Wisconsin veggie in season now!

Squash Facts

- ✓ You may have eaten pumpkin seeds before, but ALL varieties of **winter squash** seeds can be roasted and eaten!
- ✓ Most **winter squashes** are harvested in the fall, but are called "winter squashes" because they store well during long, cold winter. Sometimes up to 6 months!
- ✓ In Central Mexico, Peru, and Eastern United States, there is evidence of **squash** cultivation going back to at least 8,000 B.C.
- ✓ The word **squash** comes from the Native American word "askutasquash" which translates to "eaten raw or uncooked"
- ✓ Both summer and **winter squashes** are related to melons like honeydew and watermelon!



Select – Choose squash that are heavy, firm, and have a full stem.

Store – Store in a cool, dark place for up to one month.

Prepare – Squash with thinner skin, like delicata and sweet dumpling, can be eaten without being peeled. Other winter squash, like butternut or acorn, have a hard rind that can be peeled with a vegetable peeler or sharp knife. You can peel squash before or after cooking.

Winter Squash is the Harvest of the Month!

Add winter squash to your favorite family meals:

- Dice, microwave or roast and add to salad, tacos, rice, or mac and cheese.
- Halve squash, roast cut side down, then add stuffing
- Puree microwaved or roasted squash for a soup or pie!

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

In Aztec, Incan, Mayan, and Native American cultures, squash was grown in companionship with corn and beans. Squash, corn, and beans make up the traditional "Three Sisters".



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.



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Don't forget fruits!
Some WI fruits in season now include:
Apples, pears, and cranberries



November Nutrition Lesson

Winter Squash is part of the
Vegetable Group.

The amount of **vegetables** you need to eat is a little different for everyone. We need between 1.5 and 4 cups a day depending on our age.

visit myplate.gov



Winter and Summer Squash come from the same family and share some of their health benefits. However, they have slight differences. For example: **Winter squash** contain more vitamin A, while **summer squash** contain more B vitamins!

1 cup of Veggies =
1 cup mashed, cooked Squash
1 cup, cubed, cooked Squash
2 cups raw leafy greens
3 medium carrots
1 large baked sweet potato



Health Benefits of Winter Squash

- ✓ Rich in potassium which helps the body regulate fluid, send nerve signals, and conduct muscle contractions
- ✓ One of the best sources of beta-carotene which boosts our eye and skin health
- ✓ Contains Vitamin C which helps strengthen our immune system, prevents sickness, and heals wounds
- ✓ High in fiber which makes us full and helps with digestion





Great Lakes Great Apple Crunch

MG Apple Crunch

On Thursday, October 13th, our 7 schools participated in the **Great Lakes Great Apple Crunch**. The Great Lakes Great Apple Crunch is an event to celebrate National Farm to School month. Schools collectively purchase and crunch into locally and regionally grown apples. The event builds a strong community by educating eaters about local healthy food, promoting long-term local food purchasing, and growing relationships with local farmers.

Check out [a video shared with our students](#) about the Orchard we got our apples from!



What is your families favorite seasonal fruit or vegetable?
What local fruits or veggies do you want to see on our lunch menus?

[Email Wes](#) to share in our next newsletter!



Cooking Techniques

and preparation suggestions



There are many varieties of **winter squash** that can be prepared in countless ways! To incorporate this nutrient packed seasonal food into your families meals, **find your favorite way to enjoy it!**

Squash Tacos

Mr. Wes likes to cut peeled **butternut squash** into cubes and toss with oil, sea salt, chili powder, paprika, cumin, garlic powder. Roast on a sheet pan at 425°, flipping every 10-15 minutes until tender and golden brown on the outside. Serve in tortillas with your favorite toppings for a delicious veggie taco!



Spaghetti Squash

One of our Winnequah families likes to roast **spaghetti squash**, scrape out the strands, mix with spaghetti noodles, and top with Italian sausage ragu and mozzarella. You can even add other seasonal veggies you have on hand like mushrooms, bell peppers, or broccoli!



Stuffed Squash

Many **winter squashes** are perfect for filling with stuffing and baking like **Acorn** or **Delicata**. Most recipes will require you to roast your squash before adding your stuffing to make it tender. You then bake again with fillings.

Here are some ideas:

- Ground meat or mushrooms with onions
- Black beans and rice
- Veggies (like spinach) and cheese
- Traditional bread stuffing
- Use your imagination!
 - Get suggestions from your kids!



wisconsin
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of the month

QUICK & EASY WINTER SQUASH

- Dice, microwave or roast and add to salad, tacos, rice, or mac and cheese
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- Puree microwaved or roasted squash for a soup or pie



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Recipes and Local Produce

Send a Recipe

Next months Harvest item will be:

Cranberries!

Send in your family's favorite recipe that features **cranberry** or share your favorite ways to eat **cranberries!**

If sharing a recipe, include a picture of the finished product and your family enjoying it!



Local Produce

New menu items in October were sourced locally from:

Pleasant Springs Orchard - Family run Farm in Stoughton. Source for our **Apple Crunch Apples!**

Door Creek Orchard - Cottage Grove farm whose apples were featured in the Taco Slaw.

Meadowlark Organics - Farm and Mill in Ridgeway. Wheat Flour and Cornmeal were used in Cornbread.

Parrfection Produce - Market in Albany, WI. Provided carrots for our **Honey Roasted Carrots.**

Share with F2S!

Does your MG student cook or prepare food at home?
What are your families go-to snacks prepared at home?
Would you be interested in contributing a family recipe to a MG F2S community cookbook?

Reach out to Wes!



Follow the Monona Grove SD Facebook and Instagram pages for more updates, pictures, and events. Reach out to **Wes** with questions and suggestions!

Contact: **Wes** MG F2S Specialist - weston.broske@mgschools.net

