ReadWorks

Kids Dig In

Time to Garden

More students are growing their own food.



Courtesy of Madison Elementary



Courtesy of Madison Elementary

Students at Madison Elementary gather around their garden. Kids plant crops and later harvest them.

Fruit and vegetable gardens are popping up at schools across the country. How did they get there? Students planted them.

Kids at Madison Elementary School in Redondo Beach, California, plant gardens in the fall and the spring. In October, they planted lettuce, radishes, carrots, broccoli, peas, and cauliflower. They harvested the crops in January. To harvest is to gather a crop



Courtesy of Madison Elementary



Courtesy of Madison Elementary
Students enjoy a tasty salad.

The vegetables were washed and served at a salad bar. Extra food was sold in the school cafeteria for lunch. This month, students will plant tomatoes, corn, sunflowers, and strawberries.

Students Grow to Love Vegetables

Why are students learning how to grow gardens? Teachers want kids to learn healthy eating habits. Healthy foods give the body the energy it needs to grow and heal. Many kids are now trying new foods and learning they like them. Lisa Samuelson is the parent volunteer in charge of the program. She says a lot of students have told her, "I like salad. I didn't think I liked salad!" Then those students have gone home and asked their parents to buy vegetables that they have tried at school. Samuelson's daughter, Lucy, is one of those students. She is in second grade. "I love the garden," she says. "I didn't really like vegetables before we had the garden. Then we found out that gardening is cool. Now I like vegetables. My favorite is carrots."

© 2012 ReadWorks®, Inc. All rights reserved.

© 2016 Pasadena Unified School District with funding from USDA. All rights reserved.



Healthy Aloe Vera Plant

© 2016 Pasadena Unified School District with funding from USDA. All rights reserved.

Types of Squash

1. Kabocha Squash

Characteristics: The squat, green kabocha—the Japanese word for squash—has a nutty, earthy flavor with just a touch of sweetness. It's similar in shape and size to a buttercup squash, but the base points out and not in.

2. Butternut Squash

Characteristics: A slim neck and bulbous bottom give the butternut squash its distinctive bell shape. The muted yellow-tan rind hides bright orange-yellow flesh with a relatively sweet taste.

3. Red Kabocha Squash

Characteristics: The red kabocha is squat, like its green counterpart, and has faint white stripes running from top to bottom. While the green kabocha is relatively savory, the red kabocha is unmistakably sweeter.

4. Carnival Squash

Characteristics: Breed an acorn squash with a sweet dumpling squash, and you get a carnival squash. While the carnival squash's exterior resembles both of its relatives', its yellow flesh is mellow and sweet.

5. Sugar Pumpkin

Alternate name: Pie pumpkin

Characteristics: If your Halloween pumpkin was small and squat, chances are it was a sugar pumpkin. But more than just decorative, sugar pumpkins are prized for their classic pumpkin flavor, as well as for their thick and flesh-packed walls.

6. Sweet Dumpling Squash

Characteristics: This whitish-yellow and green squash is small and compact, making the whole squash the perfect-size bowl for an individual serving. The flesh tastes very much like sweet potato, and the skin is edible is as well.

7. Spaghetti Squash

Characteristics: Take a fork to the inside of a cooked spaghetti squash, and you'll understand how this variety got its name. By scraping the flesh, you'll get "strings" that closely resemble noodles.

8. Blue Hubbard Squash

Characteristics: Most blue Hubbard squash are huge, bumpy, and lumpy, and often sold as pre-cut wedges. Underneath the gray-blue skin is sweet-tasting orange flesh.

9. Delicata Squash

Alternate name: Sweet potato squash

Characteristics: This particular winter squash, with its pale yellow shading, most closely resembles its summer squash cousins. The thin skin is edible, but also more susceptible to bruises and rot. When cooked, the delicata has a consistency similar to that of a sweet potato—creamy and soft—although the flavoring is a bit more earthy.

10.Red Kuri Squash

Alternate names: Orange Hokkaido, red Hubbard, potimarron

Characteristics: Like all Hubbards, the red kuri has an asymmetrical, lopsided look to it. Its yellow flesh is smooth and has a chestnut-like flavor.

11. Buttercup Squash

Characteristics: Compact and green with paler green striations, the buttercup can closely resemble a kabocha squash. Its distinctive bottom with a circular ridge, though, gives it away. A freshly cut buttercup may smell like a clean, fragrant cucumber, but once cooked, its orange flesh becomes dense, a bit dry, and very mild.

12. Acorn Squash

Characteristics: This mildly flavored squash is named for its acorn-like shape. Choose one with a dull green rind; an acorn squash that's turned orange will have tough and fibrous flesh.

www.epicurious.com

© 2016 Pasadena Unified School District with funding from USDA. All rights reserved.



© 2016 Pasadena Unified School District with funding from USDA. All rights reserved.

What's New and Beneficial about Winter Squash?

Although winter squash has long been recognized as an important food source, only recently have research studies documented just how fantastic winter squash can be when it comes to key antioxidants. For some groups of study participants, winter squash turns out to be the primary food source of alpha-carotene and beta-carotene in the entire diet! Alpha and beta carotene are believed to help people live a longer life.

Seeds from winter squash make a great snack food, just like pumpkin seeds. If you scoop the pulp and seeds from inside the squash and separate out the seeds, you can place them in a single layer on a cookie sheet and lightly roast them at 160-170°F (about 75°C) in the oven for 15-20 minutes. By roasting them for a relatively short time at a low temperature you can help minimize damage to their healthy oils.

http://www.whfoods.com/genpage.php?tname=foodspice&dbid=63





What's New and Beneficial about Winter Squash?

Although winter squash has long been recognized as an important food source, only recently have research studies documented just how fantastic winter squash can be when it comes to key antioxidants. For some groups of study participants, winter squash turns out to be the primary food source of alpha-carotene and beta-carotene in the entire diet! Alpha and beta carotene are believed to help people live a longer life.

Seeds from winter squash make a great snack food, just like pumpkin seeds. If you scoop the pulp and seeds from inside the squash and separate out the seeds, you can place them in a single layer on a cookie sheet and lightly roast them at 160-170°F (about 75°C) in the oven for 15-20 minutes. By roasting them for a relatively short time at a low temperature you can help minimize damage to their healthy oils.

http://www.whfoods.com/genpage.php?tname=foodspice&dbid=63





© 2016 Pasadena Unified School District with funding from USDA. All rights reserved.