

HARVEST OF THE MONTH:

Winter Squash






A Spanish Explorer Francisco Pizarro took the squash from Peru to Europe, and the Europeans called the squash “melons.”

HISTORY OF THE Winter Squash



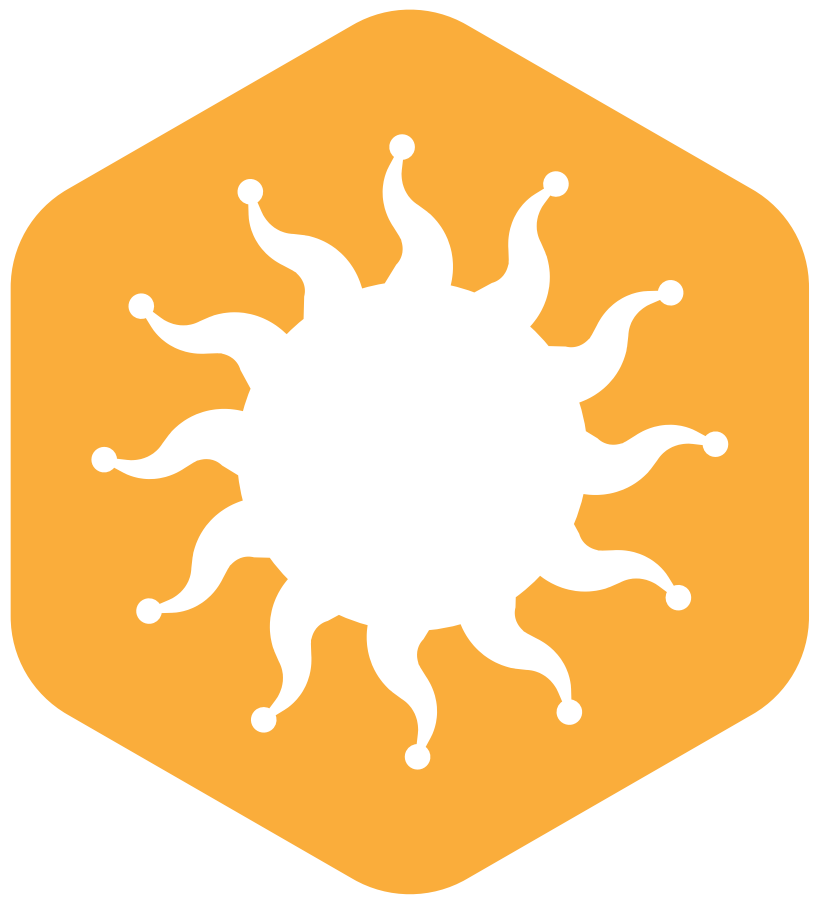
Plant winter squash seeds in late May. Winter squash grows on a vine.



After pollination, the flower swells to become the winter squash that we eat.

HOW DOES WINTER SQUASH GROW?

WHAT SEASON DO WE PICK WINTER SQUASH?



SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT GREEN BEANS?

Healthy immune system
(prevents colds)



Healthy eyes



Strong bones



Healthy digestion,
cleans out your system



Healthy heart
and blood



HOW DO YOU PICK GOOD WINTER SQUASH?

- Winter Squash should be firm, and heavy
- Skin should be dull, not shiny.
- The outside skin cannot be eaten, but the inside and the seeds can be eaten.
- The seeds can be ground to make flour or a butter, like peanut butter.

FUN FACT: Rilling Produce in Pierre grows 14 varieties of winter squash!





LET'S TRY SOME

Winter Squash!

