



Child Nutrition Program  
August 2021 Harvest of the Month Recipe

# Summer Squash Pasta Salad



This pasta salad is delicious, nutritious and easy to put together for your next barbecue or for a quick lunch.

Tip! Kids can whisk the vinaigrette and/or mix the pasta salad together!

## Vinaigrette

- 1/2 cup olive oil
- 1/3 cup apple cider vinegar
- 1 Tbsp. Dijon mustard
- 1 tsp. dried Italian herbs
- 3/4 tsp. salt
- 1/4 tsp. black pepper

## Directions

1. Combine all vinaigrette ingredients into a medium size bowl.
  2. Whisk well until all ingredients are combined. Set aside.
  3. Cook the pasta according to package directions. Rinse with cool water, let drain.
  4. Wash vegetables then cut into bite size pieces. Set aside.
  5. Gently wash parsley. Pat dry. Chop until you have 1/2 of a cup.
  6. Once the pasta has cooled, transfer into into a large mixing bowl.
  7. Add the vegetables and parsley.
  8. Stir the vinaigrette and pour over the pasta and veggies.
  9. Gently combine to make sure everything is coated with the vinaigrette.
  10. Add more salt and pepper as needed.
  11. Serve immediately, or cover and keep refrigerated.
- Tip: Before serving, sprinkle with 1/2 c parmesan cheese.

## Salad

- 12 oz. whole wheat pasta
- 2 yellow squash, sliced
- 1/2 red onion, thinly sliced
- 2 cups fresh broccoli florets
- 1 Red Bell Pepper, thinly sliced
- 1/2 c fresh parsley, chopped
- Optional: 1/2 shredded parmesan cheese





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# Summer Squash

### Varieties



**Straightneck**

The straight neck and its creamy tender texture make this perfect for slicing and grilling.



**Crookneck**

Its bent neck is where it gets its name. Delicious all summer long steamed or sautéed.



**Zephyr**

A hybrid squash that is part crookneck, acorn and delicate. It has a distinctive color with a delicate, nutty flavor

### Fast Facts

Want strong bones? Summer Squash is an great source of Manganese which boosts bone strength and helps the body to process fat & carbohydrates.

Boost your immune system with more squash! Summer squash is rich in Vitamin C so it can help fight chills and allergies.



Regulate your glucose levels! Copper, Potassium and Magnesium all help to naturally regulate glucose levels so add some squash to your dinner tonight!

Give your digestive system a boost! The skin of the squash has generous amounts of fiber which helps your body digest food.

### IDEA Farm News

For school year 2021-2022, IDEA Public Schools will have 9 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2021-2022 school year.



IDEA Elsa  
IDEA Edgemere  
IDEA Donna

IDEA Rundberg  
IDEA San Benito  
IDEA Monterrey Park

IDEA Eastside  
IDEA Quest  
IDEA Horizon Vista







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# Summer Squash Coloring Activity





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# Summer Squash Word Search

Directions:

Find the summer squash related words in the puzzle.

Words can go in any directions and can share letters as they cross over each other.

ACORN  
AUGUST  
CROOKNECK  
IMMUNE

SUMMER  
BOOST  
DIGESTIVE  
YELLOW

HARVEST  
STRAIGHTNECK  
ZEPHYR  
SQUASH

R	P	T	L	Y	L	W	U	K	Y	L	K	H	A	R	V	E	S	T	O
W	I	T	S	Y	L	P	S	C	R	C	B	M	C	V	L	D	U	Q	O
N	G	M	B	U	W	P	J	E	E	B	D	G	R	X	I	C	M	P	G
K	R	E	M	Y	G	P	V	N	D	O	U	D	P	G	Y	Z	M	D	S
B	H	O	F	U	E	U	T	K	W	O	L	L	E	Y	E	Z	E	K	Y
E	R	T	C	X	N	H	A	O	V	S	C	S	I	A	E	I	R	V	A
A	V	Q	L	A	G	E	I	O	B	T	T	C	D	U	O	F	V	S	L
X	A	H	D	I	M	S	L	R	I	I	A	C	Y	G	N	P	Q	R	B
C	W	Y	A	D	U	O	N	C	V	I	V	Z	P	K	K	U	Q	T	U
B	W	R	H	E	G	M	S	E	N	R	Y	Q	C	S	A	R	I	L	A
F	T	N	C	D	K	O	D	Z	P	Q	V	B	X	S	D	B	F	E	O
S	O	O	I	G	P	Y	B	V	K	J	A	I	H	P	J	E	B	P	M
Y	W	U	C	C	I	C	Q	I	S	T	T	T	R	Y	H	P	E	Z	K
E	A	U	O	Z	U	U	U	B	P	K	S	A	R	Q	C	Q	E	K	E
D	Q	C	Z	J	D	F	P	R	L	K	E	V	P	A	I	G	J	Z	D



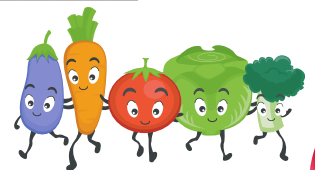
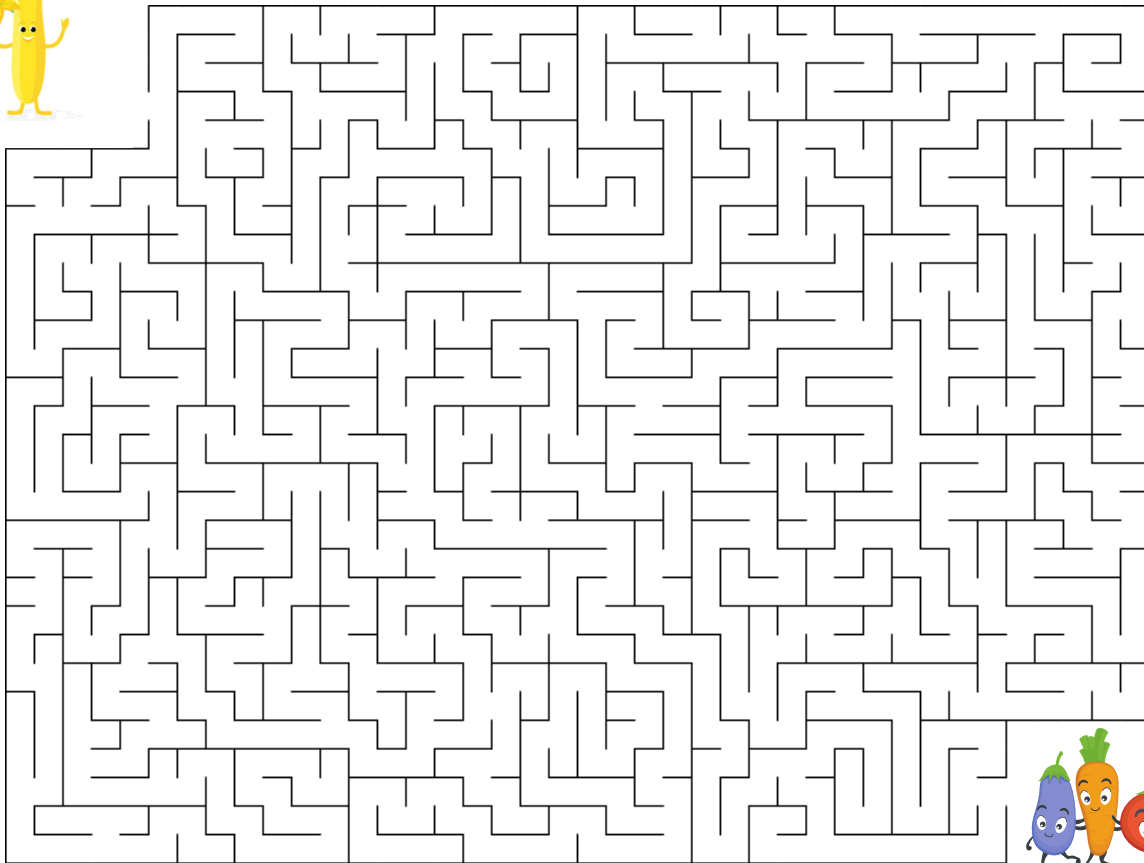


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# Summer Squash Maze

**Directions:**  
Help Sammy Squash find his way to his friends!







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# Summer Squash Word Scramble

Directions:

Unscramble the Summer Squash Related Words!

Scrambled Word

Unscrambled Word

1. ASGTUU

\_\_\_\_\_

2. URSMEM

\_\_\_\_\_

3. UQHSAS

\_\_\_\_\_

4. WOLELY

\_\_\_\_\_

5. TNVMAIS

\_\_\_\_\_

6. UTONRISUTI

\_\_\_\_\_

7. EHPZRY

\_\_\_\_\_

8. COCOEKCKRN

\_\_\_\_\_

9. KAHTRSIGCNET

\_\_\_\_\_

10. TRVHASE

\_\_\_\_\_

11. GORW

\_\_\_\_\_

12. CDESILOIU

\_\_\_\_\_

13. THHELAY

\_\_\_\_\_

14. IASTRIEEV

\_\_\_\_\_

Answer Key

- |               |                 |
|---------------|-----------------|
| 1. August     | 8. Crookneck    |
| 2. Summer     | 9. Straightneck |
| 3. Squash     | 10. Harvest     |
| 4. Yellow     | 11. Grow        |
| 5. Vitamins   | 12. Delicious   |
| 6. Nutritious | 13. Healthy     |
| 7. Zephyr     | 14. Varieties   |

