



## IDEA Child Nutrition Program AUGUST 2022 Harvest of the Month Recipe

### Summer Squash, Black Bean & Rice Skillet

This is a delicious meal comes together quickly with a few simple ingredients!



#### INGREDIENTS

- 1 cup of rice
- 1 Tbsp. olive oil
- 2-3 summer squash, sliced
- 1/2 cup chopped onion
- 1 green bell pepper, diced
- 1 - 15 ounce can of black beans, drained
- 1- 15 ounce can of crushed or diced tomatoes
- 1/2 tsp. garlic powder
- 1/4 tsp. dried oregano
- 1/4 tsp. ground cumin
- Salt & Pepper to Taste
- Optional Garnish: shredded cheese, jalapeños, fresh cilantro

#### STEPS

1. Cook 1 cup of rice according to package directions.
2. After rice is done cooking, heat oil in a large skillet over medium heat.
3. Add the onion and bell pepper and cook until onions are translucent.
4. Add zucchini and cook for a 3-4 minutes until zucchini start getting browned.
5. Add black beans and crushed tomatoes. Stir to combine.
6. Add spices. Stir gently to combine.
7. Add the cooked rice. Stir gently to combine.
8. Lower heat to low and simmer for about 10 minutes, or until all ingredients are heated through.
9. Turn heat off and let rest for 5-10 minutes.
10. Garnish with shredded cheddar cheese, fresh cilantro and sliced jalapeños.
11. Enjoy!



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## Summer Squash

### VARIETIES

#### Green Tiger



Green tiger have a pleasant, milk and nutty flavor. These are great in raw, cooked and even in baked goods.

#### Golden Egg



Golden egg are a beautiful, bright with a sweet, nutty flavor. Look for Golden Eggs that are about 4 inches in height.

#### Tatume



Popular in Mexico & Texas because it tolerates the heat well. It is firm and flavorful and should be softball size.

### Summer Squash Fast Facts

One acre of squash can yield between 10,000 and 11,000 squash as long as they have well-drained soil



There are many different varieties of summer squash- Zucchini, Yellow, and Scallop. These are all ready for harvest 45-60 days after being planted!



Squash are some of the oldest crops! There is evidence that they were grown in México over 10,000 years ago. !



California is the #1 squash producer in the United States. Followed by Florida, Georgia and Michigan.

### IDEA FARM NEWS

IDEA Public Schools will have 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2022-2023 school year.



IDEA Elsa  
IDEA Edgemere  
IDEA Donna  
IDEA Innovation

IDEA Rundberg  
IDEA San Benito  
IDEA Monterrey Park  
IDEA Burke

IDEA Eastside  
IDEA Quest  
IDEA Horizon Vista  
IDEA Achieve

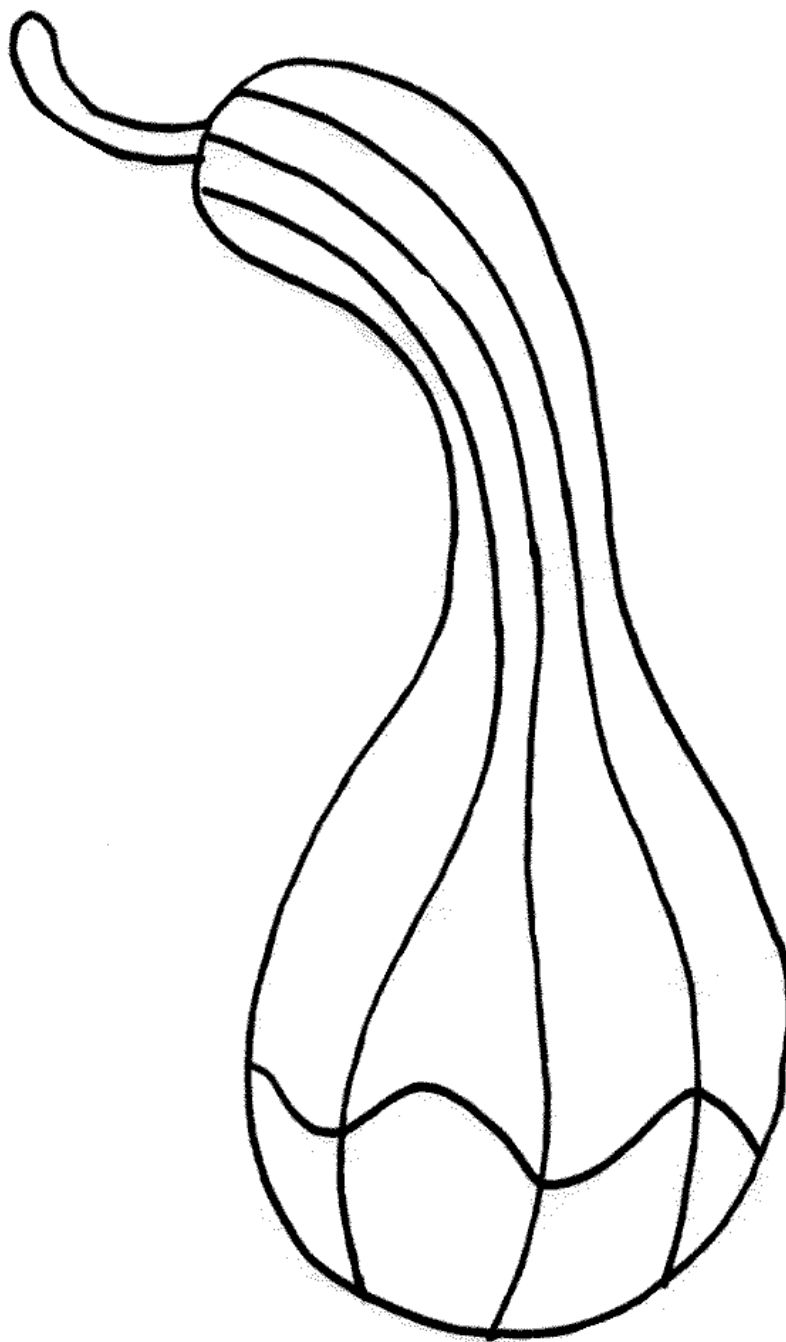
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IDEA Child Nutrition Program  
AUGUST 2022 Harvest of the Month  
Summer Squash Coloring Activity



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# IDEA Child Nutrition Program AUGUST 2022 Harvest of the Month

## 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.

AUGUST  
SUMMER  
SQUASH  
TATUME

CROOKNECK  
EDGEMERE  
FARM  
HARVEST

ZUCCHINI  
YELLOW  
DELICIOUS  
TIGER

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



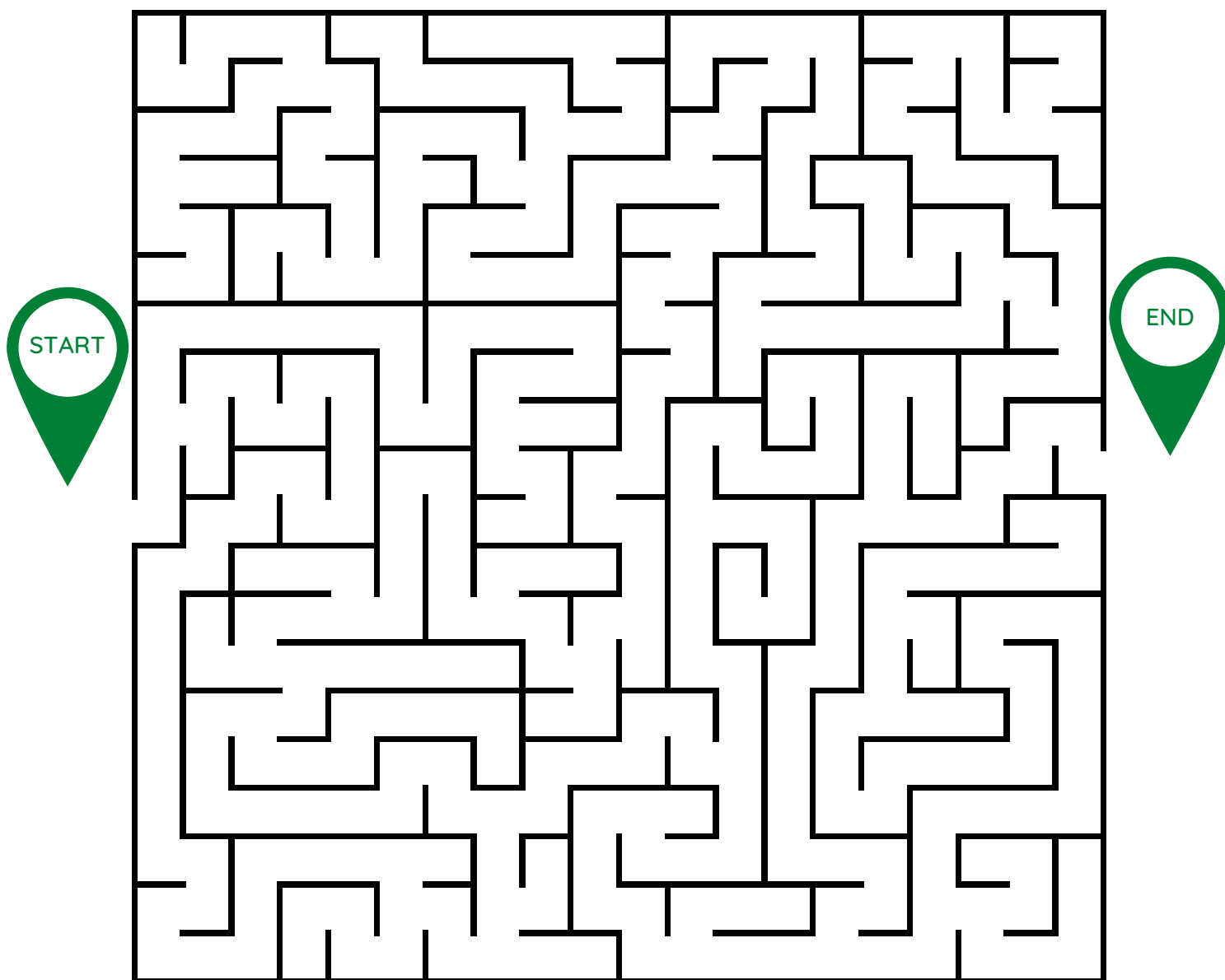
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# IDEA Child Nutrition Program AUGUST 2022 Harvest of the Month

## Summer Squash Maze

Directions:  
Help Summer Squash find their way to the finish line!



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# IDEA Child Nutrition Program AUGUST 2022 Harvest of the Month

## Summer Squash Word Scramble

Directions:  
Unscramble the SUMMER SQUASH Related Words!

### Scrambled Word

### Unscrambled Word

1. TMEAUT
2. TAGUUS
3. UERMMS
4. AQSHUS
5. VREETSAII
6. AEHRTSV
7. EEMDRGEE
8. EL APOS
9. GDNEOL GEG
10. KKCEROOCN
11. RNEEG GTIRE
12. RMFA

#### ANSWER KEY

- |              |                 |
|--------------|-----------------|
| 1. TATUME    | 12. FARM        |
| 2. AUGUST    | 11. GREEN TIGER |
| 3. SUMMER    | 10. CROOKNECK   |
| 4. SQUASH    | 9. GOLDEN EGG   |
| 5. VARIETIES | 8. EL PASO      |
| 6. HARVEST   | 7. EDGEMERE     |



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