



# IDEA Child Nutrition Program OCTOBER 2022 Harvest of the Month

## COLORING ACTIVITY



This institution is an Equal Opportunity Provider.

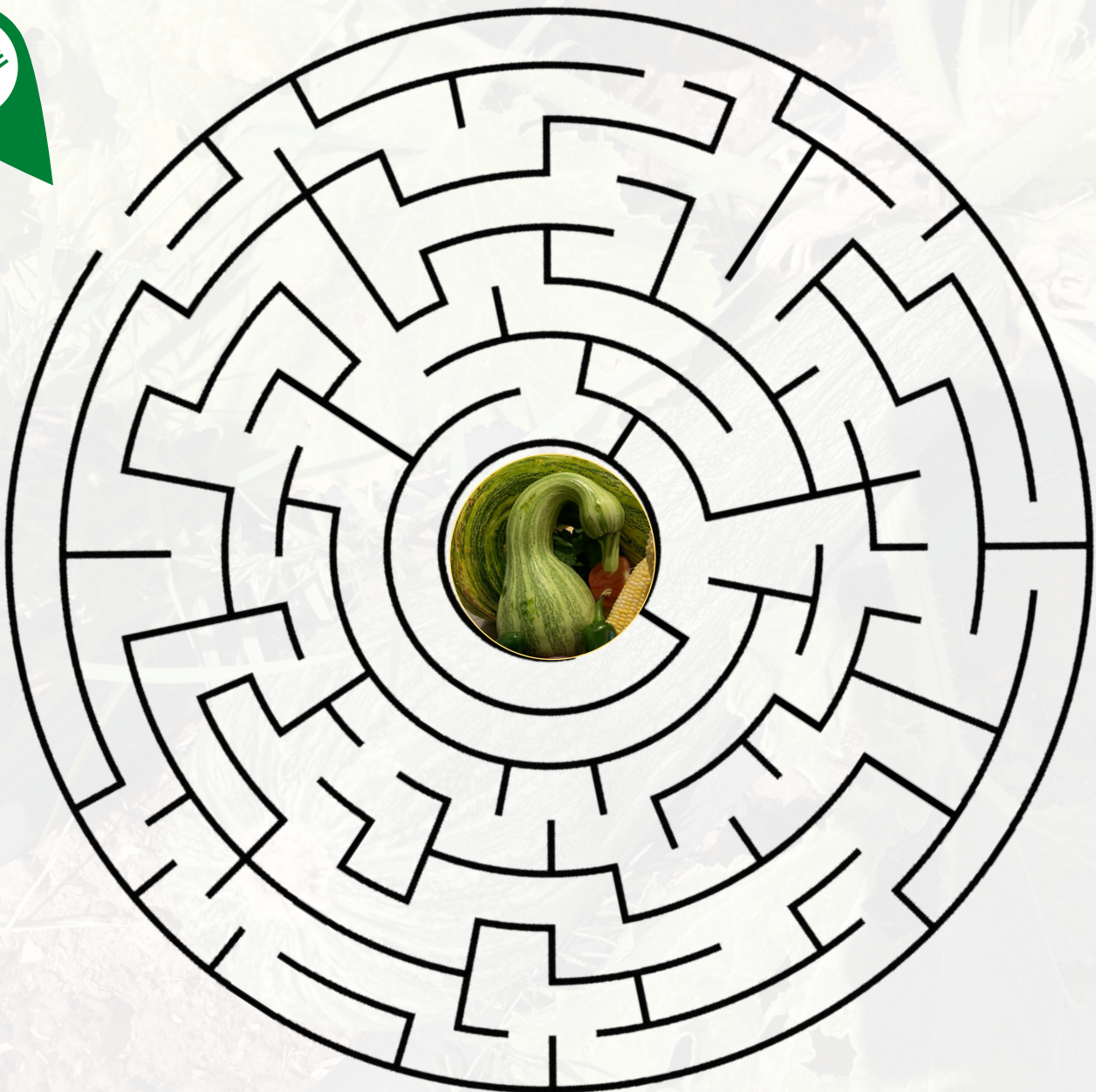


# IDEA Child Nutrition Program OCTOBER 2022 Harvest of the Month

## MAZE

### Directions:

Find your way to the Cushaw Squash in the center of the Maze!



Esta institución es un Proveedor de Igualdad de Oportunidades.





# IDEA Child Nutrition Program OCTOBER 2022 Harvest of the Month

## WORD SCRAMBLE

Directions:  
Unscramble the CUSHAW SQUASH Related Words!

### Scrambled Word

### Unscrambled Word

1. ASCUWH
2. UHASSQ
3. NDBREURG
4. ARSHTEV
5. TOBROCE
6. MAFR
7. SODULIEIC
8. SNATUI
9. GORW
10. INUSNSHE
11. ERNTIW
12. AMCEIOSREAM

#### ANSWER KEY

- |              |                 |
|--------------|-----------------|
| 1. CUSHAW    | 6. FARM         |
| 2. SQUASH    | 5. OCTOBER      |
| 3. RUNDREBG  | 4. HARVEST      |
| 8. AUSTIN    | 9. GROW         |
| 7. DELICIOUS | 10. SUNSHINE    |
|              | 11. WINTER      |
|              | 12. MESOAMERICA |



This institution is an Equal Opportunity Provider.



# IDEA Child Nutrition Program OCTOBER 2022 Harvest of the Month

## Word Search

### Directions:

- Find the CUSHAW SQUASH related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

OCTOBER  
CUSHAW  
SQUASH  
HARVEST

WINTER  
GROW  
SUNSHINE  
AUSTIN

RUNDBERG  
MESOAMERICA  
DELICIOUS  
FARM

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



This institution is an Equal Opportunity Provider.





# IDEA Child Nutrition Program OCTOBER 2022 Harvest of the Month

## CUSHAW SQUASH

### VARIETIES

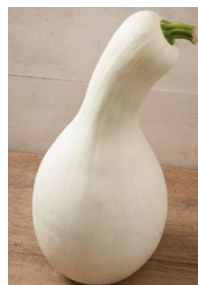
#### Green Striped Cushaw



This squash has a slightly sweet, milk smoky taste that is frequently substituted for pumpkin in pumpkin pie!



#### White Cushaw



This variety is rare! They grow to be very large with and have flesh that is orange that is mildly sweet and nutty.



#### Seminole Pumpkin



These were grown by the Seminole Tribe in Florida! They are smaller squash with firm, sweet flesh.

### Cushaw Squash Fast Facts

Cushaw squash can grow anywhere in Texas! It is also grown in California, Florida, Oklahoma and Tennessee.



A whole cushaw squash can last for four months! To help your squash last make sure that the skin is not broken and store in a cool, dry, dark place.

Cushaw squash can be traced back 7,000 years ago, in what is now called Mexico. It is still grown in Mexico and other Central American countries.

¡La calabaza Cushaw es muy nutritiva!  
¡Tiene vitamina A, vitamina B, vitamina C, caroteno y minerales!

### IDEA FARM NEWS

IDEA Public Schools has 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



This institution is an Equal Opportunity Provider.



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

### CALABAZA CON POLLO / SQUASH WITH CHICKEN



#### INGREDIENTS

- 2 lb. of boneless, skinless chicken breast or boneless skinless thighs diced into cubes
- 1/2 cup diced red onion
- 1/2 cup diced tomato
- 1 tsp. minced garlic
- 1 cup of frozen corn kernels
- 1 Tbsp. olive oil
- 2 cups diced Cushaw squash (or regular squash)
- 14 oz. can of crushed tomatoes
- 1/2 cup of water
- Salt and Pepper to taste
- 1/8 tsp. cumin
- 1/2 tsp. caldo de pollo/ chicken bouillon
- Fresh Cilantro (optional)

#### STEPS

1. Dice chicken into cubes. Season with salt and pepper.
2. Heat olive oil in a pan on medium heat, add garlic and onions. Cook until translucent. About 2-3 minutes.
3. Add in chicken and cook until golden brown. About 5-7 minutes.
4. Add in zucchini, corn and tomatoes. Stir until combined.
5. Add in crushed tomatoes, water, cumin, and chicken bouillon. Stir until well combined. Bring to a simmer.
6. Lower heat to medium-low and let simmer for approximately 7-10 minutes or until zucchini is tender.
7. Turn off heat. Cover and let rest for about 5 minutes.
8. Serve and garnish with fresh chopped cilantro.
9. Enjoy!

#### Serving Tip

Serve with Rice for a complete meal!



This institution is an Equal Opportunity Provider.