



Try the September Harvest of the Month! **SQUASH**





IDEA Child Nutrition Program SEPTEMBER 2023 Harvest of the Month

Squash

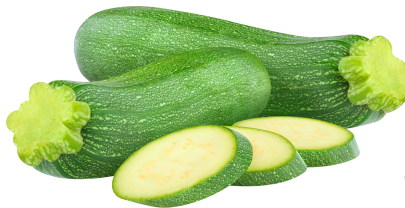
VARIETIES

PATTY PAN SQUASH



These fun squash look decorative, but they are delicious when sautéed, grilled or baked! Patty Pan have Vitamin C, Folate and Manganese.

ZUCCHINI



Zucchini are a green summer squash! They are very popular because of their mild flavor, and make a tasty substitute for pasta!

YELLOW SQUASH



There are many different types of yellow squash: crookneck, straight neck and zephyr! They are all delicious and have more potassium than a large banana!

Squash FAST FACTS

Squash are not a vegetable! Like the tomato, they are actually a fruit!



In Obetz, Ohio, they love Zucchini so much, they have an annual Zucchini Fest that lasts for 3 days. At the fest they serve everything from Zucchini Fries to Zucchini donuts!

Squash plants have a beautiful flower that are edible and considered a culinary delicacy!

Zucchini were brought to the United States by Italian Immigrants in the 1920s!

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 2023-2024 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve



IDEA
Public Schools

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IDEA Child Nutrition Program SEPTEMBER 2023 Harvest of the Month Recipe

Italian Zucchini Bake



INGREDIENTS

- 2-3 large squash or zucchini, sliced in half moons
- 12 oz. of your favorite pasta sauce
- 1.5 cups of shredded mozzarella cheese
- Fresh basil (optional)

Tip: Broiling the cheese adds texture and extra flavor to the dish!

STEPS

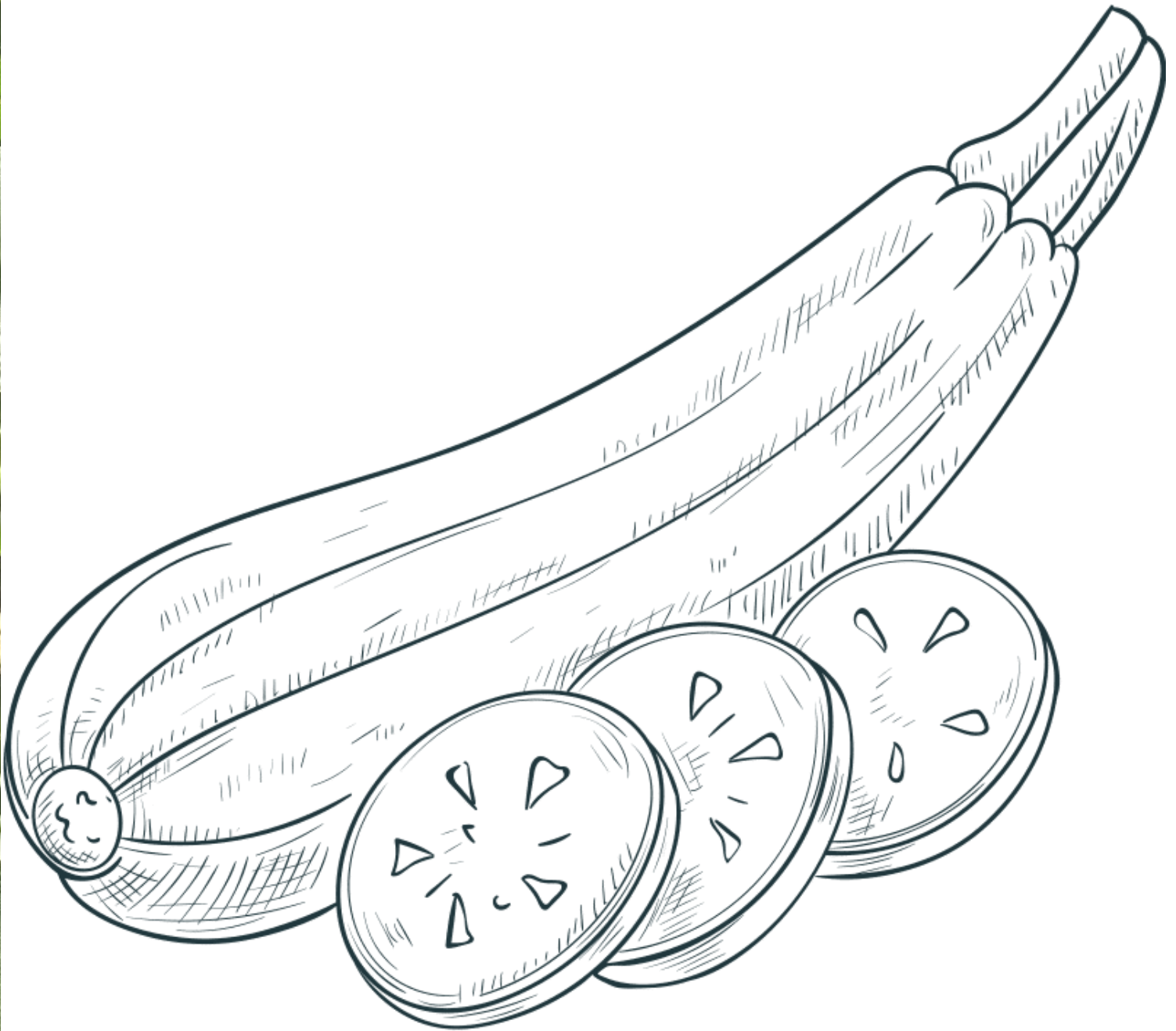
1. Preheat oven to 375 degrees F.
2. Line a large baking sheet with parchment paper.
3. Wash the zucchini and squash and let dry.
4. Slice into thin half moons.
5. Arrange the squash or zucchini into a 9 in x 13 in baking pan
6. Spoon pasta sauce on top of squash and spread using the back of the spoon
7. Sprinkle cheese evenly over the top.
8. Place in oven and bake for 15 minutes.
9. Turn the broiler on, and let broil for 2-3 minutes, or until cheese is golden brown and bubbly.
10. Carefully remove from the oven. Let rest for 5-10 minutes. Sprinkle with fresh basil.
11. Enjoy!





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Coloring Activity



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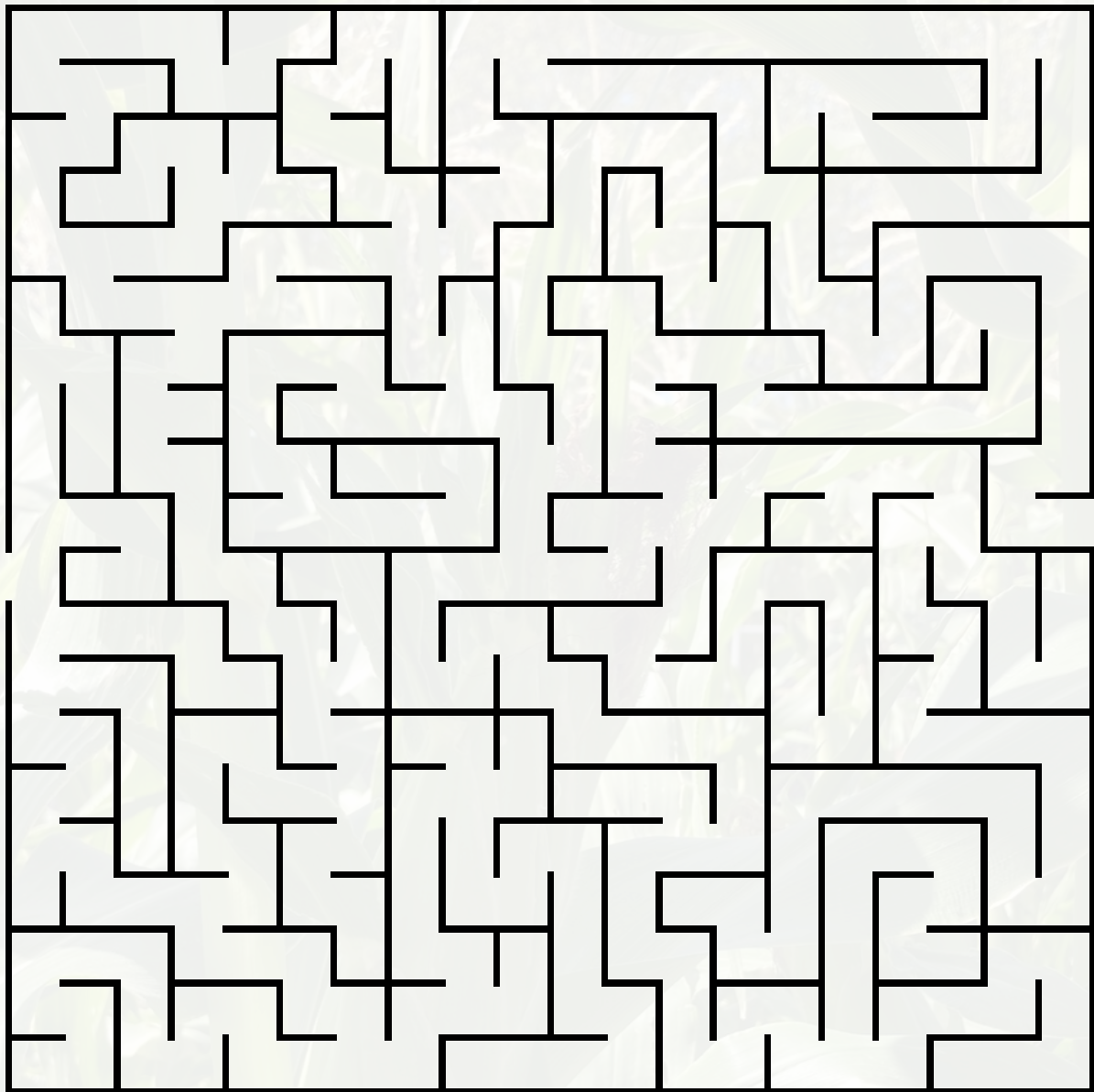


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Maze

Directions:
Find your way to the end of the Maze!

START



END



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IDEA Child Nutrition Program SEPTEMBER 2023 Harvest of the Month

Word Search

Directions:

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

SEPTEMBER
BURKE
YELLOW
VARIETIES

BLOSSOMS
FARMER
DELICIOUS
BONE

HEALTHY
VITAMINS
FIBER
HARVEST

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



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Word Scramble

Directions:
Unscramble the Squash Related Words!

Scrambled Word

Unscrambled Word

1. EETMR SBPE
2. EKURB
3. OELWLY
4. TIESAERIV
5. OSBSSOLM
6. FARMRE
7. IOLUCESDI
8. OEBN
9. LTHHYAE
10. NTMSIVIA
11. RIFEB
12. TVEARSH

ANSWER KEY

- | | | |
|--------------|--------------|--------------|
| 1. SEPTEMBER | 5. BLOSSOMS | 9. HEALTHY |
| 2. BURKE | 6. FARMER | 10. VITAMINS |
| 3. YELLOW | 7. DELICIOUS | 11. FIBER |
| 4. VARIETIES | 8. BONE | 12. HARVEST |



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