



Winter Squash

Sources

Cafeteria

- Winter Squash Family Newsletter, Oregon Harvest for Schools (www.ode.state.or.us/search/page/?id=3294)
- Winter Squash Parent Newsletter, Harvest for Healthy Kids (www.harvestforhealthykids.org)
- California Harvest of the Month (www.harvestofthemonth.cdph.ca.gov)
- Can I Grow That Here? Guide, Montana State University Extension (store.msuextension.org/publications/YardandGarden/MT199308AG.pdf)
- The Visual Food Encyclopedia
- Food Fact Sheets “Winter Squash”, Montana State University Extension (www.msuextension.org/nutrition)
- National Nutrient Database, USDA (ndb.nal.usda.gov)
- Medline Plus, US National Library of Medicine (www.nlm.nih.gov/medlineplus/ency/article/002400.htm)
- Recipes for Healthy Kids Cookbook for Schools, USDA (www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers)
- Fresh From the Farm: Massachusetts Farm to School Cookbook, Massachusetts Department of Agricultural Resources (www.massfarmtoschool.org/wp-content/uploads/2012/05/farm_to_school_cookbook.pdf)
- Squash variety photos from California Harvest of the Month (www.harvestofthemonth.cdph.ca.gov)

Dig Deeper

Get more information, register, or download resources:

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mtharvestofthemonth.org

Classroom

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- Developed by: Jessica Manly FoodCorps Service Member
- Developed by: Emma Fernandez, FoodCorps Service Member
- Winter Squash Harvest Lessons, Vital Communities and Vermont Harvest of the Month (www.vermontharvestofthemoth.org/uploads/2/8/9/6/28966099/12_winter_squash_lesson.pdf)
- Squash variety and squash plant images from California Harvest of the Month (www.harvestofthemoth.cdph.ca.gov)

Home

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The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemoth.org.

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