

# Winter Squash for the Win!

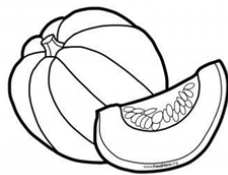
## Fun Facts:

Winter squash seeds can be roasted and eaten as a yummy snack!

Squashes grow on plants with large, dark-green leaves.

Their color can be white, yellow, orange, green, or gray, and they can be speckled or striped.

The rind (or skin) can be smooth or covered with bumps.



“Squash” comes from the Native American word *askutasquash*, which means “eaten raw or uncooked.”

Winter squash are not actually grown or picked in the winter. They are called winter squash because their thick shells allow them to be stored all winter!

Winter squashes are usually much larger than summer squashes.

Squashes are used as food for farm animals, too.

## Pumpkin Pudding

Adapted from: [https://www.foodhero.org/recipes/pumpkin\\_pudding](https://www.foodhero.org/recipes/pumpkin_pudding)

### Ingredients:

- 1 can pumpkin
- 2 teaspoons pumpkin pie spice
- 1/8 teaspoon salt
- 1 1/2 cups milk (1% low-fat)
- 1 vanilla pudding (instant, 3.5 oz (small box))

### Directions:

1. Remember to start by washing your hands. In a large bowl mix pumpkin, salt, and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

## Joke of the Month

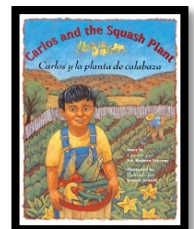


Q: What do you get when you drop a pumpkin?

A: Squash

## Book Corner

*Carlos and the Squash Plant*  
by Jan Romero Steven



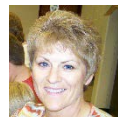
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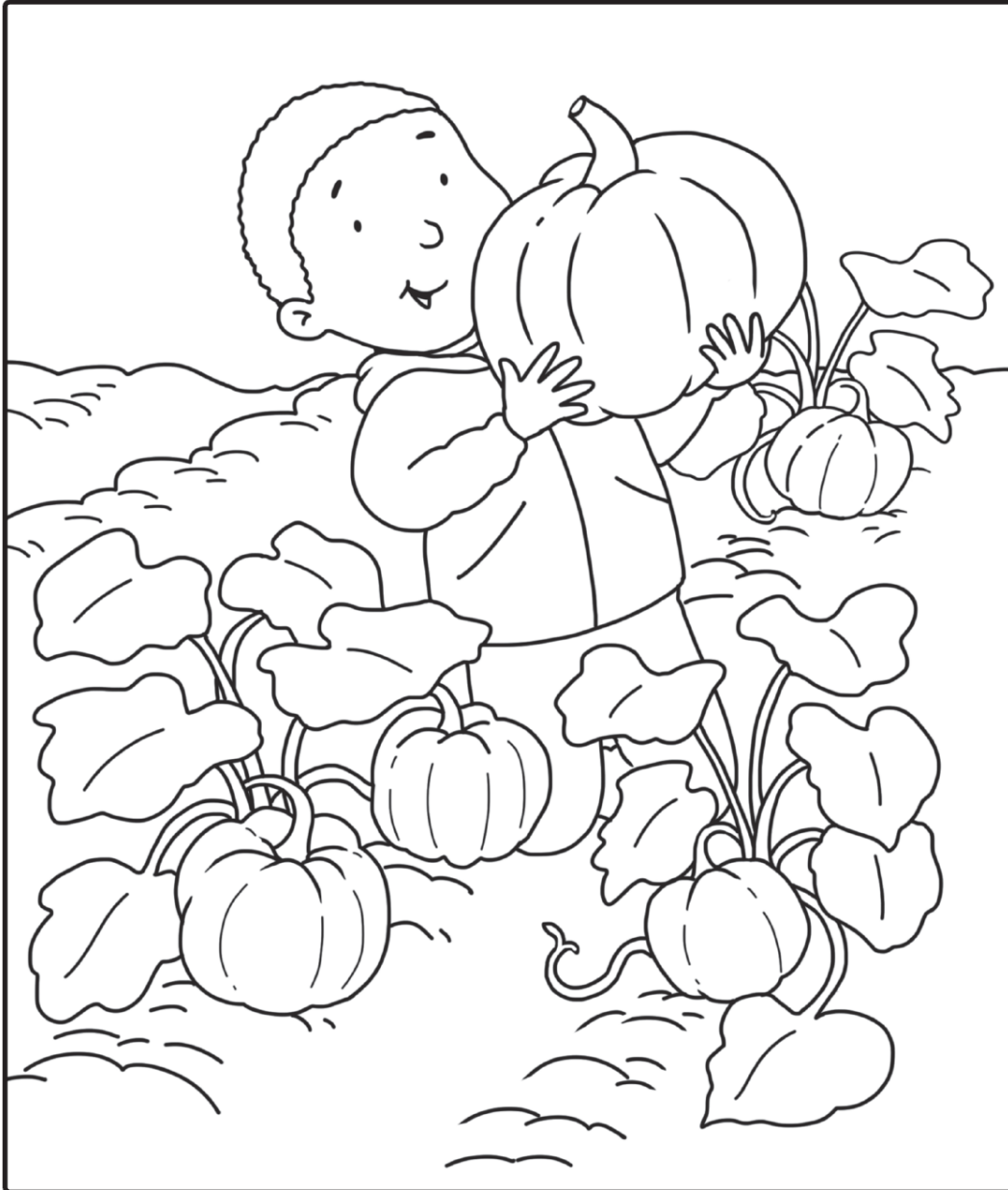
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Name \_\_\_\_\_

# ..... Winter Squash .....



I like winter squash because

\_\_\_\_\_



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