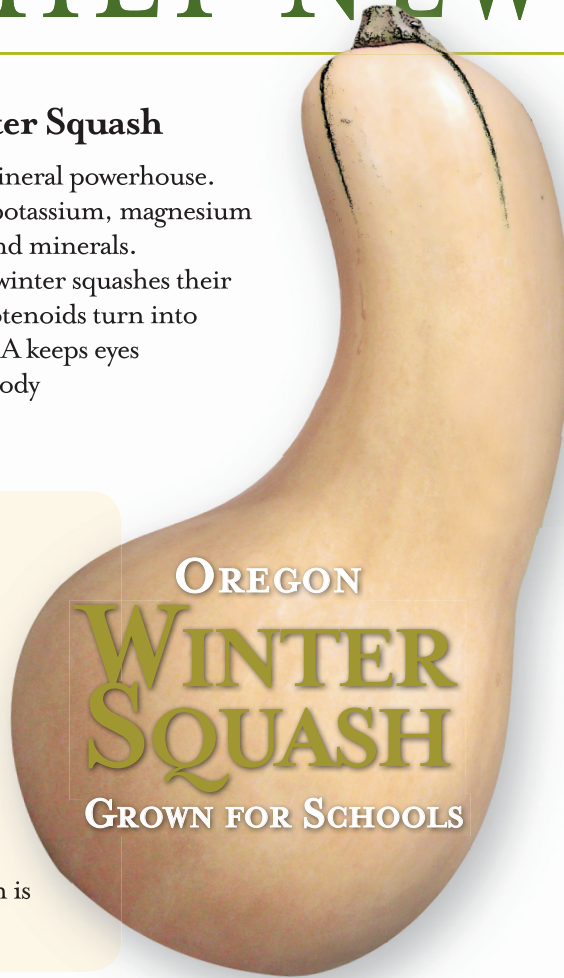


Nutrients Found in Winter Squash

- Winter squash is a vitamin and mineral powerhouse. It provides vitamin A and C, fiber, potassium, magnesium and many other essential vitamins and minerals.
- Pigments called carotenoids give winter squashes their deep yellow and orange colors. Carotenoids turn into vitamin A in your body.
- Vitamin A keeps eyes and skin healthy. It also helps your body fight infections.

Quick and easy!

Cut the squash in half with a heavy knife. Scoop out the seeds and strings. Place the halves cut side up in a roasting pan and add about ¼ inch of water. Place a little butter in the cavity of each half, salt lightly, cover with foil and bake at 400 degrees for 30 minutes. Remove foil and continue roasting until the squash is tender; about 30 minutes more.



Grown in Oregon

Winter squash is harvested mid-September through October. It stores well and is available until late winter. Contact your extension office for local harvest dates.

- Sweet Meat squash is a Northwest heirloom. This 10 to 15 pound slate gray round squash was grown by an Oregon family for 100 years and sold by Gill Bros. Seed Company of Portland. The rich, sweet flavor of sweet meat squash is said to make the best pies, creamiest soups, savory side dishes and the tastiest muffins.

Healthy, Fit and Ready to Learn

Eating vegetables is important. They provide vitamins and minerals and most are low in calories. It's easy to eat more vegetables! ■ Try sipping on some vegetable soup.

- Cook fresh or frozen vegetables in the microwave.
- Brighten your salad with cubes of roasted winter squash. Find tips for adding more vegetables to your day at <http://www.choosemyplate.gov/>

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

If you are active, eat the higher number of cups per day. Visit [choosemyplate.gov](http://www.choosemyplate.gov) to learn more.



Recipe Pumpkin Nut Bread

Makes 2 loaves, 16 servings per loaf

INGREDIENTS

- 2 cups cooked, mashed pumpkin or one 16-ounce can pumpkin
- 4 medium or large eggs
- 2 cups sugar
- 2/3 cup vegetable oil
- 2/3 cup water
- 3 1/3 cup flour
- 2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 1 tablespoon cinnamon
- 1 cup raisins (or other dried fruit) and 1 cup chopped nuts

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Oil and flour two 9 x 5 loaf pans.
3. Mix pumpkin, eggs, sugar, oil, and water in medium bowl.
4. Mix dry ingredients in a separate bowl. Add raisins and nuts to flour mixture. Add pumpkin mixture to flour mixture. Stir just until mixed.
5. Add half the mixture to each loaf pan. Bake for about an hour, or until a knife inserted in center comes out clean.
6. After the bread has cooled for about 15 minutes, it should come out of the pan easily. When completely cool, wrap bread in plastic.

Bright Idea: When cool, wrap one loaf well and freeze for later.

Nutrition Information per serving:
Calories 190; carbohydrate 27 grams; fat 18 grams; protein 3 grams; fiber 2 grams.

Source: healthyrecipes.oregonstate.edu/



FIND OUT MORE: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/services/nutrition Look for Oregon Farm To School and School Garden Program under Associated Topics.

Just for Kids



Fruit & Veggie Super Hunt

The next time you go to the grocery store, farmers' market or community garden, ask your child to hunt for one fruit and one vegetable in every color of the rainbow. Not only will you be surprised at all the different fruits and vegetables they find, you may find a new fruit or vegetable to make for a meal or a snack.



Collage

Make a collage of fruit and vegetable pictures from supermarket advertisements (circulars) or magazines. Include fresh, frozen, canned and dried fruit and vegetable pictures. Display the collage on the refrigerator to remind everyone to eat a variety of fruits and vegetables each day.

Living and Eating Green

Foods grown locally are fresher and often taste better than food shipped long distances. Buy local vegetables and fruits that are in season for maximum flavor at a lower cost. When you buy locally grown food, you help ensure that Oregon farms continue to thrive, helping to preserve Oregon's open spaces and rural landscape.

Read a Book Together

A Day at the Pumpkin Patch by Megan Faulkner and Adam Kraewsky tells the story of a fall trip to the farm. The book is filled with beautiful farm photos, pumpkin facts, and a recipe for roasted pumpkin seed.

Looking for a book with fun and educational projects for children from four to ten years old? *Kid's Pumpkin Projects: Planting & Harvesting Fun* by Deanna F. Cook will keep your kids busy with fun projects all year round.



Get Moving!

Getting active outside can help to improve your child's coordination, balance, and agility. Keep kids healthy mentally and physically by making time for play each day. Find a place to play in your community. Check this website <http://playspacefinder.kaboom.org/>; call your community recreation department; or ask your local health department for suggestions.

PRODUCE POINTERS



- Depending upon the variety, most winter squash can be stored in a cool, dry place for two or three months, sometimes longer. The ideal temperature for storing winter squash is between 50-60°F.
- Storage temperatures below 50°F (as in a refrigerator) will cause squash to spoil more rapidly. Once squash is cut, cover the pieces and store them in the refrigerator, where they will keep for one or two days.
- Sample different varieties of winter squash to find your family's favorite. Look for varieties like Acorn, Butternut, Carnival, Sweet Meat, Buttercup, Red Kuri and Small Sugar Pumpkin.



Vegetable Tips for Children

Let your children decide on dinner vegetables or what goes into salad several times a week. Depending on their age, children can help clean, peel, or cut up vegetables. Learn more about healthy eating at <http://www.choosemyplate.gov/>