



HARVEST BITES

- Circle all meals that include summer squash on the menu.
- How many did you find?
- How many different kinds of summer squash can you name?

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

What am I?

Oregon grows a variety of fruits and vegetables all summer long. Answer the clues to “What Am I?” below with the name of a fruit or vegetable.

■ *I am a sweet variety (not hot) and ripe when green or red. I am an excellent source of vitamin C.*

What am I? _____

■ *I grow in all different shapes and colors with shiny skin and edible seeds. I am a good source of vitamin B and manganese.*

What am I? _____

■ *I sometimes have strings that you can pull down to open me. Or, you can “snap” me in half. I am a good source of vitamin C and vitamin K.*

What am I? _____

■ *I grow everywhere, in fields, beside the road and maybe even in your back yard! Sometimes I have thorns but I’m always chock full of vitamin C and fiber.*

What am I? _____

■ *You can find me canned in the grocery store, but fresh and ripe in the summer is when my true flavor shines. I’ve got cancer-fighting lycopene, and pizza wouldn’t be the same without me.*

What am I? _____

■ *I grow on a vine and am a sweet treat in the summer time, full of vitamin A and B6. Watch out for seeds!*

What am I? _____

ANSWERS: 1: BELL PEPPERS, 2: SUMMER SQUASH, 3: GREEN BEANS OR PEAS, 4: BLACKBERRIES, 5: TOMATOES, 6: WATERMELON

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 mypyramid.gov to learn more.

Grown In Oregon

Summer squash grow quickly and are ready to harvest in mid July in the Willamette Valley. They are ready one to two weeks sooner in warmer regions and later in cool growing regions of the state.

The most popular summer squash is zucchini, but it is just one of many kinds. Look for Patty Pan, Tromboncino (looks like a musical instrument), Eight Ball, Yellow Crookneck, sometimes covered with bumps, and Gold Rush at your farmers’ market or grow them in your garden.



PATTY PAN

CROOKNECK



GOLD RUSH



Healthy, Fit and Ready to Learn

- Summer squash grows in all shapes and colors.
- Let your children pick a summer squash in a new shape or color for dinner this week.
- Children enjoy eating vegetables they picked out themselves.

