



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Squash

**In season:**



**Summer and  
Fall**

*Dakota: Wagmu*

*Lakota: waggmú*

## Preschool Lesson Plan

### Objectives

Participants will:

- identify squash as a vegetable and the part of the plant that squash come from.
- increase knowledge in selection, purchase, storage and use of summer and winter squash.
- demonstrate use of squash in a recipe.

### Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Squash visuals

### Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

### Recipe

- Three Sisters Salad

### Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards
- Measuring Liquid and Dry Ingredients

### Other Cooking and Food Safety Skills

- Cleaning canned goods and can openers
- Safety storing leftovers

### Supplies for Squash Lesson

- Three Sisters Salad
  - » Can opener
  - » Knife
  - » Cutting board
  - » Measuring spoons
  - » Medium bowl
  - » Mixing spoon
  - » Colander
  - » Fork
  - » Gloves

### Notes

- Very versatile plant that grew wild here and was somewhat domesticated by tribes who planted; the seeds were roasted and eaten and the flesh could be dried for later use in soups or eaten fresh; the dried shell of the squash was used to hold water, make toys, utensils, tools and storage, very nutritious.

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> <li>• It was originally grown for its seeds.</li> <li>• It was a main food of the colonists.</li> <li>• One of the "three sisters."</li> <li>• The main two types are summer and winter.</li> </ul> <p>(Answer: Squash.)</p>	<ul style="list-style-type: none"> <li>• Name off each clue, allow a few guesses before moving on to the next clue.</li> <li>• After someone guesses the answer, or you tell them, show them visuals of squash.</li> </ul>
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruits and vegetables each, every day.</p> <p>Kindergarteners should be eating 1 ½ cups of fruits and vegetables each, every day.</p>	<ul style="list-style-type: none"> <li>• Point to the MyPlate poster.</li> </ul>
<p>There are five subgroups of vegetables: dark green, red and orange, beans and legumes, starchy and others. We should be eating vegetables from each of these groups because each have different vitamins and nutrients in them.</p> <p>Do you know what subgroup summer squash is in?</p> <p>(Answer: Other.)</p> <p>What about winter squash?</p> <p>(Answer: Red and orange.)</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> </ul>

What You Say:	What You Do:
<p>Squash along with cucumbers and melons are members of the cucurbit family of produce. This means that they grow on vines and are a flowering plant.</p> <p>Summer squash grows on a bush-like plant. Popular shapes include:</p> <ul style="list-style-type: none"> <li>• Scallop or patty pan: round and flattened with a scalloped edge, usually white, yellow or green.</li> <li>• Crookneck or straight neck: looks like a hook or J or straight with the same thickness from end to end (usually yellow).</li> <li>• Club-shaped: skinnier at 1 end and slightly fatter at the other end; has shades of green, yellow or white.</li> </ul> <p>Winter squash grows on bush, semi-vine and vining plants. Popular varieties include:</p> <ul style="list-style-type: none"> <li>• Acorn: looks like a slight oval with deep ridges and deep green in color.</li> <li>• Spaghetti: oval in shape and is a butter yellow color.</li> <li>• Butternut: 2-3 inches in diameter with a wider bulb at the end and is a creamy orange color.</li> <li>• True Winter Squash: round and oval and will usually have a bumpy skin; it comes in shades of green, orange, yellow and white.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the visuals of squash visible. Point to the visuals as you talk about each subset.</li> <li>• Use Parts of Plant visual.</li> </ul>
<p>How many of you have grown squash in your garden?</p> <p>Squash is grown from seeds. The seeds should be planted 2-3 at a time and 24-36 inches apart and 1-inch deep in the soil. They can be planted in a hill or on flat land. Squash should be planted after the danger of frost in early spring through mid-summer.</p> <p>Summer squash will continue to produce fruit until the frost.</p> <p>Winter squash will not produce anymore fruit once it has been set and picked.</p>	<ul style="list-style-type: none"> <li>• Allow discussion.</li> </ul>

What You Say:	What You Do:
<p>Summer squash should be harvested or picked when it is young and smaller, so it stays tender and has more flavor.</p> <p>Choose summer squash that is smooth and glossy and is small to medium in size. It should also feel heavy for its size.</p> <p>Winter squash should be harvested when it is fully grown and has a hard skin.</p> <p>Choose a winter squash that has a dry, dull rind that is free of cracks and soft spots and should feel heavy for its size.</p>	
<p>Summer squash should be stored in the refrigerator and used within three to four days.</p> <p>Winter squash should be stored unwashed in a cool, dark space, depending on the variety for one week to six months.</p>	
<p>How do you like to eat squash?</p> <p>Summer squash can be sautéed, fried, baked, grilled or eaten raw.</p> <p>Winter squash can be baked, steamed, microwaved, mashed, and sautéed.</p>	<ul style="list-style-type: none"> <li>Allow for discussion.</li> </ul>
<p>Are you ready to try out a recipe using squash?</p> <p>What is the first thing we always do before preparing food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> <li>Review Handwashing skill sheet.</li> </ul>

## Squash

Dakota word translation and perspective provided by a member of Hunkpati Dakota.

*Dakota name – Wagmu*

- Very versatile plant that grew wild here and was somewhat domesticated by tribes who planted.
- The seeds were roasted and eaten; the flesh could be dried for later use in soups or eaten fresh.
- The dried shell of the squash was used to hold water, make toys, utensils, tools and storage and was very nutritious.



# Use this page if you are going to prepare Three Sisters Salad

## Equipment List

- Can opener
- Knife
- Cutting board
- Measuring spoons
- Medium bowl
- Mixing spoon
- Colander
- Fork
- Gloves

What You Say:	What You Do:
<p>Today we are going to make three sisters salad. It's called three sisters because it contains corn, beans and squash. Native Americans planted these 3 together because they help each other grow.</p> <p>Let's read the recipe together before we begin.</p> <p>What are some things we need to remember about using knives?</p>	<ul style="list-style-type: none"> <li>• Read through the recipe.</li> <li>• Review Knife Safety and Cutting Boards skill sheet.</li> </ul>
<p>The first thing we are going to do is to wash the tops of our cans. Why do you think it is important to wash the tops of cans?</p> <p>(Answer: To make sure no dust or germs get into our food.)</p> <p>Now we are going to open the beans, drain and rinse them in the colander. Dump them out into a medium mixing bowl.</p>	<ul style="list-style-type: none"> <li>• Demonstrate washing the tops of the cans.</li> <li>• Call on someone who wants to answer.</li> <li>• Have a volunteer wash and open the can of beans, drain and rinse them.</li> </ul>
<p>Now we need to open the corn and drain into the colander. Then dump them into the bowl with the beans.</p>	<ul style="list-style-type: none"> <li>• Have another volunteer wash, open and drain the corn. Add to beans.</li> </ul>
<p>Now we need to wash and chop the zucchini and add it to the beans and corn.</p>	<ul style="list-style-type: none"> <li>• Have a volunteer wash and chop the zucchini. Add to beans and corn.</li> </ul>
<p>To chop the cilantro, first rinse it in water, then pat dry with a towel. Roll the leaves together to form a log and make thin sliced across the end of the roll.</p>	<ul style="list-style-type: none"> <li>• Help a volunteer wash and dry the cilantro.</li> <li>• Have an adult chop the cilantro.</li> <li>• Review measuring.</li> </ul>
<p>Wash the lime then cut in ½ and squeeze it with a fork to get the juice out.</p>	<ul style="list-style-type: none"> <li>• Demonstrate how to juice a lime.</li> </ul>
<p>Next, we will be cutting a pepper. When we cut spicy peppers, we always want to wear gloves so that we don't get the hot juice on our hands and in our eyes. Cut the stem off and then cut the pepper in half. Use the knife to cut out the seeds. Cut the pepper into thin strips then cut the strips into small chunks.</p>	<ul style="list-style-type: none"> <li>• Demonstrate how to cut the pepper.</li> <li>• Dispose of the gloves and wash hands immediately after cutting.</li> </ul>
<p>Stir the salad together and serve or refrigerate.</p>	

## Visuals



**Zucchini growing from the flower**



**Spaghetti squash on the vine**



**Butternut Squash**



**Summer squash varieties**



**Winter squash varieties**

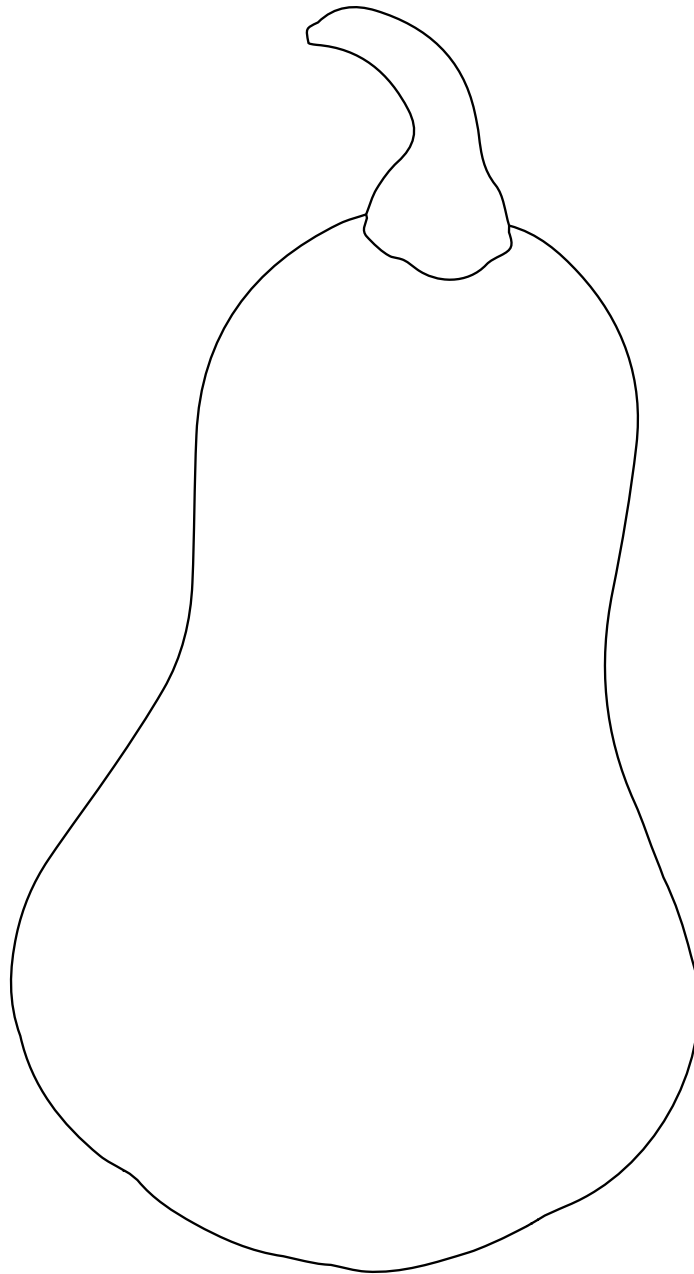
## Squash Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
<b>Zucchini, sliced</b>	½ cup	14.4	1.3	20.1	6.9	227.7	3.8
<b>Butternut Squash, cubed</b>	½ cup	41.0	3	143.5	25.8	291.1	4.9
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



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# SQUASH



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# Squash Sources

## Recipe

- [eatfresh.org/recipe/main-dish-side-dish-salads/three-sisters-salad#.XPVOvYhKiM8](https://eatfresh.org/recipe/main-dish-side-dish-salads/three-sisters-salad#.XPVOvYhKiM8)

## Information

- [extension.illinois.edu/gardening](https://extension.illinois.edu/gardening)
- [fruitsandveggies.org/fruits-and-veggies/acorn-squash/](https://fruitsandveggies.org/fruits-and-veggies/acorn-squash/)
- [fruitsandveggies.org/fruits-and-veggies/butternut-squash/](https://fruitsandveggies.org/fruits-and-veggies/butternut-squash/)
- [fruitsandveggies.org/fruits-and-veggies/summer-squash-nutrition-selection-storage/](https://fruitsandveggies.org/fruits-and-veggies/summer-squash-nutrition-selection-storage/)
- [healthysd.gov/squash/?left=408&big10=29](https://healthysd.gov/squash/?left=408&big10=29)
- [healthysd.gov/zucchini/?left=408&big10=29](https://healthysd.gov/zucchini/?left=408&big10=29)
- [extension.illinois.edu/veggies/wsquash.cfm](https://extension.illinois.edu/veggies/wsquash.cfm)
- [extension.purdue.edu/foodlink/food.php?food=winter+squash](https://extension.purdue.edu/foodlink/food.php?food=winter+squash)
- [extension.purdue.edu/foodlink/food.php?food=summer+squash](https://extension.purdue.edu/foodlink/food.php?food=summer+squash)
- Rapid City Regional Center's Master Gardener

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In season:



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*Dakota: Wagmu*

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## Pick it!

Winter squash have hard skin and fleshy inside, should be heavy, free of spots.

To cure winter squash after picking: hold at 70-80 degrees for 10-20 days, and then remove to a dry place at 45-50 degrees. Store up to 6 months.

Summer squash should be young and tender.

Refrigerate summer squash unrinsed in a plastic bag. Use within 2-3 days.

## Try it!

Often cooked but some summer squash is eaten raw with dip or in salad.

Cook by steaming, sautéing, grilling, microwaving or baking. Add to stir-fries, soups or casseroles. Bake in breads, cakes and pies.

Cut winter squash in half and remove seeds. Place unpeeled pieces cut side down on a shallow baking sheet.

Winter squash is done when it pierces easily with a fork; 30 minutes or more. Spoon out the soft flesh and blend.

## Types of Squash

**Summer squash:** Zucchini and crookneck are the most common, the rinds and seeds can be eaten

**Winter squash:** Pumpkin, butternut, acorn, and spaghetti squash, have a hard rind and seeds that are not eaten



## Did you know...

Beta-carotene is found in bright colored fruits and veggies. It is used to make vitamin A, a nutrient important for vision, immune function, skin and bone health.



**Like it!**

## Zucchini Carrot Bread

### Ingredients

- 1 ½ cups all-purpose flour
- 1 cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¼ teaspoon ground ginger
- 1 egg, lightly beaten
- ½ cup canola oil
- 1 cup zucchini, grated
- ½ cup carrots, grated
- ½ cup walnuts or pecans, chopped

### Directions

1. Preheat oven to 375 degrees F.
2. Add dry ingredients to a bowl and mix. In a different bowl, add egg, oil, zucchini and carrots.
3. Add wet mixture into the dry mixture until flour is blended. Mix in nuts.
4. Pour mixture in a well-greased 9-inch bread pan.
5. Bake for 50 minutes. When done baking, cool pan for 5 minutes then turn bread out onto a cooling rack.

Yields one 9-inch loaf

Nutrition Facts per Serving:  
Calories 270; Fat 1g; Sodium 20mg; Carbohydrates 33g;  
Fiber 1g; Sugars 19g; Protein 3g

Sources: [extension.illinois.edu/gardening](https://extension.illinois.edu/gardening)

## Three Sisters Salad

### Ingredients

- 1 – 15 ounce can low-sodium or no salt added beans such as black, kidney or garbanzo beans
- 1 – 11 ounce can corn with red and green peppers drained or 1-cup fresh or frozen corn, thawed
- 1 small zucchini, chopped
- 1 Tablespoon cilantro, chopped
- 2 Tablespoons lime juice about ½ lime
- 1 jalapeno, seeds removed, chopped

### Directions

1. Drain and rinse beans and corn.
2. Add beans, corn, peppers, zucchini, cilantro, lime juice and jalapeno. Stir to combine.
3. Serve right away or refrigerate for later.

Yields 4 servings

Nutrition Facts per Serving:  
Calories 220, Fat 16g; Sodium 331mg; Carbs 43g; Fiber 13g; Sugars 16g; Protein 11g

Sources: [eatfresh.org/recipe/main-dish-side-dish-salads/three-sisters-salad#.XR5UZ-hKhPY](https://eatfresh.org/recipe/main-dish-side-dish-salads/three-sisters-salad#.XR5UZ-hKhPY)

## Dakota Perspective (Squash)

*Dakota name: Wagmu*

Very versatile plant that grew wild here and was somewhat domesticated by tribes who planted. The seeds were roasted and eaten; the flesh could be dried for later use in soups or eaten fresh. The dried shell of the squash was used to hold water, make toys, utensils, tools and storage; very nutritious.

*Translation and information provided by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.*

**Find more recipes  
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