

HARVEST of the MONTH in the CLASSROOM



WINTER SQUASH

HISTORY

Humans have consumed squash for over 10,000 years. Squash are native to Central America, between Mexico and Guatemala. Originally, squashes were cultivated for the consumption of their seeds only, as they had minimal, bitter-tasting flesh. Over time, fleshier, fruitier varieties were developed. In Aztec, Incan, Mayan, and Native American cultures, squashes were grown in companionship with corn and beans. Squashes are a member of the Cucurbitaceae family, also known as the gourd family, along with cucumbers, summer squash (pattypan, zucchini), and watermelon.

FUN FACTS

The word squash comes from the Wampanoag word "askutasquash" which translate to "eaten raw or uncooked".

Butternut squash was developed in Massachusetts by Charles Leggett.

Winter squash got their name because they store well during long, cold winters.

Nearly every part of the squash plant is edible - leaves, flowers, seeds, and fruit!

FARMER BIO



King Peart of Brooksby Farm grows many fruits and vegetables across 90 acres of farmland. Apples are his primary crop, but he also grows, pears, peaches, nectarines, cherries, raspberries, blueberries, summer squash, zucchini, cucumbers, pepper, eggplants, pumpkins, butternut squash. King's favorite type of squash is Delicata, which he likes to prepare by baking. He sells at Brooksby's farmstand, Whole Foods Market, Crosby Supermarket, local farmers markets, CSAs, schools, and invites people to the farm for "pick-your-own". King says to be a farmer, "you got to love what you're doing. It's like a baby. You have to check the fields, make sure everything is perfect. There is so much out there you have to protect the plants from."

SQUASH SEED MATH

Grades K-2 • 45 minutes

**WINTER
SQUASH**



OBJECTIVES

Students will practice counting the number of seeds in a winter squash. They will learn that each seed can grow a whole new plant and more winter squashes.

ESSENTIAL QUESTIONS

How many seeds are inside a winter squash?

MA STATE FRAMEWORK(s)

- K-2 Math Counting & Cardinality Standards

MATERIALS

[How Many Seeds in a Pumpkin](#)

by Margaret McNamara

3 winter squash (1 variety) of various sizes

Knife (for teacher)

Cutting board (for teacher)

Colander

Spoons

Bowls

PROCEDURE

Introduction

Introduce students to the winter squash that you have selected for today's lesson. Read [How Many Seeds in a Pumpkin](#) by Margaret McNamara. Tell the students that everyone will try to figure out how many seeds are inside of the squash.

Activity

Have students guess and record how many seeds they think are inside each winter squash.

Break up students into groups and give each group a halved squash, colander, and spoons. Ask students to take each seed out of the winter squash with their hands (or spoons) and put the seeds into the colander and pay attention to the size, shape, and quantity of seeds.

Wash seeds after they have been removed from the squash and place the seeds into bowls.

Return washed seeds to each group and have them count seeds by 1s, 2s, 5s, or 10s.

Wrap-Up

Each group should share how many seeds were inside their winter squash with the class. Which had the most, which had the least?