



FoodShare's Harvest of the Month

October Feature: Butternut Squash



How did you celebrate your *Eat-In Ontario*?

This season isn't just about chilly fall winds, shorter days, and colourful leaves; it's also about the fall harvest!

Here at FoodShare, we gathered around 500 students along with teachers, parents, volunteers and school community members on the front lawn of Queen's Park for a day of fun Food Literacy education and local food tastings. For more information about *Eat-In Ontario* and how your school can get involved (it's not too late!), please visit our website, www.foodshare.net and follow the links to our free, Downloadable *Eat-In Ontario* Workshop Outlines and "How To" Guides!

What is a pumpkin's favourite sport? Squash!

Did You Know?

Butternut squash is from the same family as melons and cucumbers!

Although most people discard the seeds of butternut squash, they are edible and delicious if lightly roasted.

Butternut squash is also known as the "African Bell."²

Butternut squash is a type of winter squash. In the days before refrigeration, it was important to have vegetables that stored well from fall harvest to winter. ²

championsforchange.net²

Stone Soup Circle Game

What To Do:

- Once students are sitting in a "giant soup pot" (a circle), assign them a single soup ingredient: onion, butternut squash, garlic or celery... or whatever theme vegetable you're working with at the time.
- Tell the students that you're going to narrate your favourite story about the most delicious soup you ever had...
- Students have to listen carefully to the story, because each time you say the words *butternut squash* or *garlic* or *celery* or *onions*, all of the students from that group are going to race around the circle back to their spot. The last person to get to their spot is going to go into the soup pot (the circle) to become the *cold soup* group later in the story.
- For story ideas, visit FoodShare's website and follow the links to the Downloadable *Eat-In Ontario* Workshop Outlines.

Farm Profile:

Stoll Family Farms

Aylmer, Ontario

Farmers: Cooperative of family farms in South-Western Ontario.

Produce Grown: Squash

This cooperative venture unites a number of family farms in South-Western Ontario, many of whom are of Amish or Mennonite background and use traditional farming methods.

Working in alliance offers many benefits that are otherwise only available to larger operations.

When buying growing supplies, these farmers are able to reduce costs by purchasing in bulk. They can also share sales and shipping resources, making them all more efficient. Cooperation allows them to assemble large lots of a single produce item, enabling them to sell to large retail chains.

FoodShare is proud to support innovative farmers, who are finding ways to remain viable by working together.



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Fall Harvest Tastings

What To Do:

- For what's in season, visit Foodland Ontario's website, www.foodland.gov.on.ca.
- Gather together some local ingredients to compare and contrast. This could be two entirely different produce items (e.g. carrot and butternut squash), or it could be two different kinds of the same produce item (e.g. butternut squash and acorn squash.)
- Use all five senses to explore them before taking a vote on favorites or charting the findings of the class (e.g. how crunchy it was on a scale of 1-5.)

Butternut Squash Recipe Spiced Butternut Squash Soup

Recipe serves 8. Adapted from *allrecipes.com*.

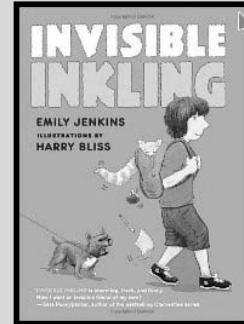
Ingredients

- 3 pounds butternut squash, halved and seeded
- 2 tablespoons butter or cooking oil
- 1 medium onion, sliced
- 1 leek, sliced
- 2 cloves garlic, sliced
- 6 cups vegetable broth or water
- 2 large russet potatoes, peeled and quartered
- Pinch cayenne pepper
- Pinch ground allspice
- Pinch ground nutmeg
- Pinch ground ginger
- Salt and pepper to taste
- ½ cup sour cream to serve (optional)
- ½ cup green onions, chopped finely to serve (optional)

Directions

1. Preheat the oven to 375F. Pour a thin layer of water in a baking dish, or a cookie sheet with sides. Place the squash halves cut side down on the dish. Bake for about 40 minutes, or until a fork can easily pierce the flesh. Cool slightly, then remove the peel. Set aside.
2. Melt the butter in a large pot over medium heat, or simply add oil. Add the onion, leek and garlic, and sauté for a few minutes, until tender but not browned. Pour the broth or water into the pot. Add the potatoes, and bring to a boil. Cook for about 20 minutes, or until soft. Add the squash, and mash with the potatoes until chunks are small. Use a hand blender to puree the soup, or transfer to a blender or food processor in batches, and puree until smooth. Return to the pot.
3. Season the soup with cayenne pepper, allspice, nutmeg, ginger, salt and pepper. Heat through, but do not boil. Ladle into bowls, and top with a dollop of sour cream and/or chopped green onions.

Feature Book



Title: *Invisible Inkling*

Author: Emily Jenkins

Publisher: Balzer + Bray

Publication Date: April 26, 2011

ISBN: 0061802204

Description:

The thing about Hank's new friend Inkling is, he's invisible. No, not *imaginary*. Inkling is an invisible bandapat, a creature native only to the Peruvian Woods of Mystery. (Or maybe it is the Ukrainian glaciers. Inkling hardly ever gets his stories straight.)

Now Inkling has found his way to Brooklyn and into Hank's laundry basket on his quest for squash—bandapats' favorite food. But Hank has bigger problems than helping Inkling fend off maniac doggies and search for yummy pumpkins: Bruno Gillicut is a lunch-stealing dirtbug caveperson and he's got to be stopped. And who better to help stand up to a bully than an invisible friend?

(Amazon, www.amazon.com)



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