



## Meet the Farm to School Fabulous Five

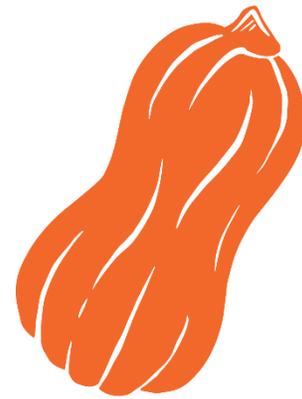
The Farm to School Fabulous Five, or “Fab Five,” are five foods that are important to our health, our community, and our food system: **kale, kohlrabi, legumes, radishes, and squash**. You’ve maybe tried the Fab Five in meals at home or school, or spotted them growing in a garden or on a farm. The Fab Five teach us important lessons about nutrition, history, farming, cooking, science, and more. Each of them nourish our bodies with important nutrients, contribute to local and global food cultures, and play an important role in Minnesota agriculture. For all these reasons and more, Minneapolis Public Schools celebrates and teaches about the Fab Five in our school cafeterias, classrooms, and gardens.

## SQUASH

Squash is a vegetable that grows on a long vine. It likely originated in southern Mexico, where it was cultivated by the Mayan along with corn (maize) and beans—a trio known as *The Three Sisters* because of how they help one another to grow and make a nutritionally balanced meal. The Three Sisters later spread to North America and continue to be cultivated by many Native American tribes today.

### Nutrition Benefits

Winter squash is an excellent source of vitamin A, which helps your vision, immune system, bones, and skin. Squash is also a good source of the mineral potassium and vitamins B1 (thiamine), B5 (pantothenic acid), B9 (folic acid) and C, and dietary fiber. The red orange color of winter squash indicates it is packed with carotenoids that can be converted by the body to vitamin A.



## Squash

### Fun Facts

- Some squashes are dried and used ornamentally or as containers
- Some Native American tribes use squash seeds for medicinal purposes

### Reading Corner

- *Sophie’s Squash* by Pat Zietlow Miller
- *The Little Squash Seed* by Gayla Scale
- *Squash = Calabazas* by Ines Vaughn

## Varieties

There are many squash varieties with distinct shapes, sizes, textures and culinary uses.



Zucchini & Summer Squash



Spaghetti Squash



Butternut Squash



Delicata Squash

**Other varieties:** Acorn, Buttercup, Hubbard, Kuri, Pumpkin

## Meet Local Squash Farmers

Did you know that local, Minnesota farmers grow food specifically for Minneapolis Public Schools (MPS) through our Farm to School Program? Here are local farmers who grow squash for MPS school meals:



**L&R Poultry and Produce**  
Kenyon, MN



**Seeds Farm**  
Northfield, MN



**Pearson Organics**  
Lake City, MN

## MPS Farm to School Recipe Box

HARVEST HUMMUS

INGREDIENTS	PREPARATION
1 CAN PUMPKIN PUREE OR APPROX. 2 CUPS COOKED WINTER SQUASH 2 15 OZ. CANS GARBANZO BEANS, DRAINED 2-3 CLOVES OF GARLIC 1 TBSP CAYENNE OR CHIPOTLE POWDER 2 TBSP LEMON JUICE 1 TBSP TAHINI, OPTIONAL 3 TBSP EXTRA VIRGIN OLIVE OIL 1/2 TSP GROUND CUMIN 1/2 TSP SALT 1/4 TSP GROUND BLACK PEPPER	1. ADD THE INGREDIENTS TO A FOOD PROCESSOR OR BLENDER. MIX UNTIL IT HAS THE CONSISTENCY OF COARSE PASTE - ABOUT 1-2 MINUTES. SLOWLY ADD OLIVE OIL UNTIL THE HUMMUS BECOMES SMOOTH.
RECIPE INSPIRED BY MPS STUDENT, NAIMAH MUHAMMED	
Enjoy!	
<b>ALLERGEN NOTE</b> TAHINI CONTAINS SESAME SEEDS	

