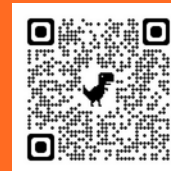


OCTOBER – FALL HARVEST SQUASHES

Watch Willow
on YouTube

“Nibble with Willow” at Home



Goal: Explore different varieties of squash for family meals

RECIPE: Sweet Pumpkin Mash

Activities to do with your child:

- Shop for pumpkin or squash together.
- Wash the pumpkin or squash.
- Make the sweet pumpkin mash together.
- Set the table.
- Watch [Fall Is Here, But Where Is Willow?](#) YouTube video.



Nurture Your Child's Curiosity for Food:

- What shape and color is the squash?
- Is the squash hard or soft?
- What other kinds of squash are there? E.g. butternut, acorn, spaghetti
- How does the syrup or brown sugar taste?
- What color is the butter?
- Say “1,2,3 Nibble!” and then taste the new food together

TIPS FOR PARENTS

Practice Family Cooking:

- Make cooking time a family time too!
- When children are part of the process, they stop asking *when* will we eat. They are calmer because you are doing something together and they have your attention.

Learn the Family Cooking Mantra:

1. **Don't worry about the mess.** With practice, cooking together is less messy, children learn quickly!
2. **Don't worry about how long it will take.** Children are focused when they can contribute something of value. They learn repetitive tasks you hate, and make meal time faster and more fun!
3. **Stay in the process; don't focus on the result.** If you stay focused and talk about the process and what comes next, they will be happy and excited to anticipate the delicious result.



SWEET PUMPKIN MASH

INGREDIENTS

- 1 Sugar Pumpkin or Acorn Squash or 2 Delicata Squash
- 1 tablespoon Butter
- 1 tablespoon Brown Sugar or Maple Syrup

Prep Time: 5 minutes

Cook Time: 8 minutes in the microwave or 30 minutes in the oven
Makes 4 servings

1 ADULT

CUT the pumpkin or squash in quarters (half if using delicata squash) and remove seeds. PRE-HEAT oven to 400 degrees if not using microwave.

2 CHILD

Help MEASURE the butter and DIVIDE into 4 equal pieces. SMEAR butter along the cut side of each piece of squash.

3 ADULT

COOK in microwave until very soft inside and the butter is completely melted, approximately 8 minutes. Or, ROAST the squash in the oven for about 30 minutes. COOL.

4 ADULT & CHILD

Help SCOOP out the cooked and cooled squash into a mixing bowl using a spoon. Discard the skin.

5 ADULT & CHILD

Help MASH the squash and SEASON with maple syrup or sugar. Add a pinch of salt if desired. NIBBLE and ENJOY!

