Dear Beacon Families,

Winter is coming! This past month we have been preparing our gardens for winter by removing and composting our summer crops and covering our beds with a warm winter blanket of hay. We have been practicing seed saving techniques with the students, learning about how plants and animals use the garden in winter, and picking our final harvest of the season. Second graders had the chance to learn about plant life cycles through the seasons and save seeds for spring, while first graders learned about food chains in the garden. Kindergartners learned what it means to be a gardener and helped "put the garden to bed" for the season.

Did you know?
The Three Sisters is an indigenous companion planting technique comprised of corn, beans, and squash.

‘But vegetable plants don’t make seeds... wait, but then how do they grow? Ohhhhhh.” Mica, 2nd Grade

Now through December 21, 2022, all gifts up to $10,000 will be matched by a generous anonymous donor, helping Land to Learn raise up to $20,000 towards our end of year goal of $35,000! Help us continue cultivating the roots upon which our community will thrive by clicking this link and donating today!

In Community,
Megan, Dana, Sam, and Nicole

For more information, including volunteer and giving opportunities, visit our website www.landtolearn.org
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When people speak of the “Three Sisters,” they are referring to corn, beans, and squash. The corn provides a ladder for the bean vine. The squash vines shade the area and hold moisture in the soil for the corn and beans. The beans provide nitrogen for all the sisters. The well-being of each crop planted is protected by another.

Squash comes from the Narragansett Native American word, askutasquash, which means “eaten raw or uncooked,” but winter squash are rarely eaten raw!

Some squash varieties were grown to be used as containers when dried.

Cucurbit is a term used to describe all members of the Cucurbitaceae family. In addition to squash, this includes cucumbers, melons, pumpkins, and gourds.

Almost the entire squash plant is edible. The leaves, tendrils, shoots, stems, flowers, seeds, and fruit can be eaten.

Squashes are commonly made into candies in Latin America!

Watch [this video](#) to learn more!

**Roasted Butternut Squash**

*Prep Time: 40 min.*

**Ingredients:**
- 1 butternut squash, peeled, seeded and cut into 1-inch cubes.
- 2 tablespoons of olive oil
- 2 cloves of garlic, minced
- Salt & pepper to taste

**Instructions:**
1. Preheat oven to 400 degrees F
2. Toss butternut squash with olive oil and garlic in a large bowl.
3. Season with salt and black pepper.
4. Arrange coated squash on a baking sheet. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

DECEMBER VEGETABLE OF THE MONTH

**Winter Squash**

Spanish: Calabaza de Invierno

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**Fun Facts!**

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