Winter Squash

<table>
<thead>
<tr>
<th>Liberation Story</th>
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<tbody>
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<td>VermontHarvestoftheMonth.org</td>
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Vermont Harvest of the Month crops sit in a broader context of foods from around the world. Many of these crops hold special significance in liberation movements-- times throughout history where oppressed peoples finally found freedom. Use these activities to explore stories of social justice through food with your students!

### ACTIVITY SUMMARY

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>GRADE LEVEL</th>
<th>CURRICULUM CONNECTION</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>#1 Celebration</td>
<td>1-3</td>
<td><strong>Literacy</strong>: speaking, listening&lt;br&gt;<strong>Creativity</strong>: self expression through drawing and writing</td>
<td>30 min</td>
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<tr>
<td>Foods</td>
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<td>#2 Liberation</td>
<td>6-8</td>
<td><strong>Literacy</strong>: speaking, listening&lt;br&gt;<strong>Social Studies</strong>: researching global cultures and liberation movements' connection to food</td>
<td>30 min</td>
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<tr>
<td>Foods: Soup Jamou</td>
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ACTIVITY #1 (30 MINUTES)  

Celebration Foods

In this activity, students will learn about Soup Jamou-- a traditional Haitian dish. Students will also practice trying new foods in a taste test, and reflect on the food traditions of their families.

MATERIALS
- The book Freedom Soup by Tami Charles
- Paper and writing/drawing tools

PREPARATION
- Prepare 2 or more varieties of cooked winter squash for taste testing. Here are two recipes to try. Alternatively, prepare these recipes with your students some time this month!
- Delicata Squash Smiles:  
- Roasted Butternut Squash:  
  https://www.yummytoddlerfood.com/how-to-roast-butternut-squash/

PROCEDURE
1. Connect & Share: What’s a food that your family or community eats that is special to you?
2. Read Freedom Soup by Tami Charles
3. Discussion prompt: In Freedom Soup, Belle and Ti Gran spend time together preparing a celebration food. What foods do you eat on celebration days? What’s the story of that food?
4. Sketch and write: Draw a picture of that story or celebration. Older students can add writing to the drawings.
5. Taste test 2 or more varieties of cooked winter squash.
In this activity, students will learn the history behind Soup Jamou-- a traditional Haitian dish, reflect on other foods significant to liberation movements around the world, and have the chance to practice their cooking skills in the creation of their own Soup Jamou!

**SOCIAL JUSTICE CONNECTIONS**

| WINTER SQUASH |

**ACTIVITY #2** *(30 MINUTES)*

**Liberation Foods: Soup Jamou**

In this activity, students will learn the history behind Soup Jamou-- a traditional Haitian dish, reflect on other foods significant to liberation movements around the world, and have the chance to practice their cooking skills in the creation of their own Soup Jamou!

**MATERIALS**


**PROCEDURE**

**Part I**

1. **Connect & Share:** What foods do you, your community or your family eat that have special meaning?
2. **Watch** this 6-minute video and/or read this brief history about Soup Joumou: [https://www.pbs.org/food/kitchen-vignettes/leah-pennimans-soup-joumou/](https://www.pbs.org/food/kitchen-vignettes/leah-pennimans-soup-joumou/)
3. **Discussion Prompts:**
   a. What is the significance of the squash in Soup Joumou?
   b. What other traditions do you know of that celebrate liberation?

**Part II**

1. **Research and Storytelling:** Each student researches the story behind a liberation food and prepares a 3 minute storytelling talk to share their research with the group.
   a. Some resources to get started:
      i. Resilience Through Food: The Celebration of Juneteenth
         [https://www.2harvest.org/content_types/blog-posts/resilience-through-food-the.html](https://www.2harvest.org/content_types/blog-posts/resilience-through-food-the.html)
      ii. The Bittersweet (and Spicy) History of South African Cuisine
2. **Celebrate:** Prepare a pot of Soup Jamou and share the food stories students gathered!