Nutrition Information

- originated in eastern Asia and melons in Africa or Persia. Squash is one of the oldest cultivated crops in the Western Hemisphere and was originally grown for its seeds. Seeds found in Mexico have been dated as 10,000
- ferent origins. Squash and pumpkins are native to the Americas, while cucumbers
- cousins, such as zucchini. Gourds, cucumbers, and melons are all part of the Cucurbit family, but all have dif-
- The skins are hard and usually not eaten, quite different from their summer squash
- Winter squash are harvested in the fall and can last into the winter if stored correctly.

Winter Squash

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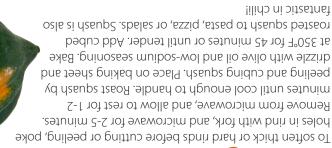


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store in the refrigerator for 1-2 days. Remove soil prior to storage and leave stem on. Once the squash is cut, wrap and in a dark area, with good ventilation, between 50-60°F for ideal storage conditions. 6 months depending on the variety and storage conditions. Store winter squash should be intact for optimal storage. Winter squash can be stored from 1 week to size. Squash with cracks or brown or soft spots should be avoided. Part of the stem Select winter squash that are firm, have dull-colored skin, and feel heavy for the

Cooking







roasted squash to pasta, pizza, or salads. Squash is also

drizzle with olive oil and low-sodium seasoning. Bake

peeling and cubing squash. Place on baking sheet and

minutes until cool enough to handle. Roast squash by

holes in rind with fork, and microwave for 2-5 minutes.

To soften thick or hard rinds before cutting or peeling, poke

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at 350°F for 45 minutes or until tender. Add cubed

Remove from microwave, and allow to rest for 1-2

fantastic in chili!

Cooking

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Winter squash are loaded with vitamins A and C and provide approximately the same amount of potassium as bananas! It is also a source of vitamin B6, magnesium, iron, and calcium. Beta-carotene which is found in many orange-colored vegetables, including winter squash, turns into vitamin A. Vitamin A helps maintain good vision and keeps skin healthy. Potassium helps open up blood vessels, which lowers blood pressure levels. Winter squash also contains fiber which helps regulate the digestive tract and can help maintain blood sugar levels.

Dig Deeper

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For recipes, lessons, quick activities, resources, and guides, visit: mtharvestofthemonth.org

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