

Harvest of the Month



December



Squash



Pick:

- Choose winter squash with firm skin that is free of nicks, cracks, or soft areas.
- Select squash with an attached 1-2" stem.

Store:

- Fresh, whole squash can be stored in a cool dark place for several weeks to months, depending on the variety.
- Store cooked squash for a few days in the refrigerator or freeze up to 6 months.

Prepare:

- Winter Squash is versatile. It can be baked, microwaved, roasted, sautéed, boiled, and/or steamed.
- Use a very sharp knife to cut or peel squash.

Nutrition Info

Winter squash provides vitamins A & C and fiber.

One cup of cooked cubed squash has 115 calories.

Winter squash is rich in beta-carotene, which is important for a healthy immune system.

Fun Facts

In Native American folklore, winter squash was one of the "three sisters," along with corn and beans. These were staple foods in the Native American diet.

There are over 15 different types of winter squash including: butternut, Delicata, Hubbard, banana, acorn and spaghetti squash.

The heaviest squash ever recorded was 1234 pounds!

Squash is a relative of both melon and cucumbers.

Uses

Puree cooked squash and add to soups for a creamy texture.

Try stuffing squash with anything from apples & rice to kale!

Squash seeds can be roasted and eaten just like pumpkin seeds.

Family Friendly Activities

Have your child help scoop out a cooked spaghetti squash, then show them that the flesh looks like spaghetti noodles!

Read *The Little Squash Seed* by Gayla Dowdy Seale.

Let your child find, pick out and count the seeds in the squash. Then roast them and enjoy as a healthy snack!

Autumn Roasted Squash Soup

Serves 6 (1 cup per serving)

Nutrition Facts

Serving Size 1 cup (388g)
Servings Per Container 6

Amount Per Serving

Calories 150 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 840mg 35%

Total Carbohydrate 28g 9%

Dietary Fiber 4g 16%

Sugars 9g

Protein 3g

Vitamin A 8% • Vitamin C 60%

Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 1 Tbsp. olive oil
- 1 butternut squash (approx. 2 pounds) peeled and cubed (reserve seeds for roasting)*
- 1 medium onion, peeled and quartered
- 1 small head of garlic, peeled
- 1 medium tart apple, peeled and cubed*
- 4 cups chicken or vegetable broth
- ½ tsp. salt
- ¼ tsp. cayenne pepper
- ½ cup half and half

Directions:

Preheat oven to 350 degrees. Lightly brush the surface of squash, onion, garlic and apple with the olive oil and place onto sheet pan. Roast for 30-45 minutes or until fork tender. Place all the roasted items into a large pot with the chicken broth, salt and pepper. Bring to a boil then reduce to a simmer for 15-20 minutes. Meanwhile, rinse and dry squash seeds. Lightly spray with olive oil and a sprinkle of salt. Place on sheet pan and roast for 10-20 minutes, stirring every few minutes, until evenly brown. Once soup is done, purée with an immersion blender, food processor or blender. Stir in the ½ and ½ and serve. Garnish with roasted squash seeds.

*peels may be left on the apple and squash, but you will need a good quality blender or mixer for a smooth consistency

**this creamy soup also makes a great pasta sauce! Toss over whole wheat rotini and top with a sprinkle of parmesan!

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLacrosse.org!

Color a
Squash!

