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)

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 cup half and half.

*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!

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

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