**January Winter Squash**

**Nutrition Info**
One cup of cooked cubed squash has 115 calories and provides vitamins A & C and fiber.

**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!

**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.

**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.

**We Want to Hear From You!**
Share your fruit and vegetable tidbits and tales and be entered into a drawing for a $25 gift certificate! *Each month we’ll ask a new question...and give you a new chance to win!*

**Here’s This Month’s Question:**
You may have made one or more New Year’s Resolutions for yourself, but have you ever thought about making a New Year’s Resolution for your community? This month, we’re inviting all La Crosse County residents to suggest New Year’s Resolutions to improve the health of our community. All ideas welcome!

**To Enter:**
- Answer this month’s question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month’s drawing, please send your response no later than January 31st, 2014 by e-mail to HOMstories@lacrossecounty.org or send us a Facebook message at www.facebook.com/GetActiveLaCrosseCounty
Cinnamon Roasted Butternut Squash
Serves 8 (1/2 cup per serving)

Ingredients
1 large butternut squash, peeled, seeded and cut into 1-inch cubes
2 Tbsp. olive oil
2 Tbsp. brown sugar
1/2 tsp. ground cinnamon
1 tsp. kosher salt
Dash cayenne, optional

Directions
Heat oven to 425 and line two large baking sheets with aluminum foil. Toss squash cubes with olive oil, brown sugar, cinnamon, salt and the cayenne until well coated. Tumble coated squash onto baking sheets and spread into one layer. Roast squash, turning once and rotating pans once, until edges are lightly browned and centers are tender; 40 to 45 minutes.

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