

Harvest of the Month



January



Winter 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

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.

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!

African Peanut Stew

Serves 6 (1 cup per serving)

Ingredients

- 1 ½ cups chopped onion
- 1 garlic clove, minced
- 2 cups cubed peeled sweet potato
- 2 cups cubed butternut squash
- 1 (15 ounce) can black beans, rinsed and drained
- 2 cups vegetable broth
- 1 cup chopped red bell pepper
- 1 tsp. ginger
- ½ tsp. ground cumin
- 1 (14.5-ounce) can diced tomatoes
- 1 (4.5-ounce) can chopped green chiles
- 3 Tbsp. creamy peanut butter
- salt & pepper to taste
- Lime wedges and/or peanuts, optional

Directions

Place all ingredients through chilies in a 5-quart electric slow cooker. Cover and cook on low 8 hours or until vegetables are tender. Spoon 1 cup cooking liquid into a small bowl. Add peanut butter; stir well with a whisk. Stir peanut butter mixture into stew. Serve with wedge of lime and roasted peanuts, if desired.

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

Nutrition Facts

Serving Size 1 cup (437g)
Servings Per Container 6

Amount Per Serving

Calories 220 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 360mg **15%**

Total Carbohydrate 42g **14%**

Dietary Fiber 10g **40%**

Sugars 11g

Protein 7g

Vitamin A 340% • Vitamin C 110%

Calcium 10% • Iron 15%

*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

Color a
Squash!

