**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.

**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!

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**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.

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The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.
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