

Harvest of the Month



December



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 1,234 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!

Nutrition Facts

Serving Size (43g)
Servings Per Container 12

Amount Per Serving

Calories 60 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 100mg 4%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Sugars 1g

Protein 2g

Vitamin A 15% • Vitamin C 15%

Calcium 2% • Iron 0%

*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

Festive Butternut Squash Dip

Serves 12

Ingredients:

- 1 (8 ounce) package Neufchatel cream cheese, softened
- ¾ cup cooked butternut squash
- 2 Tbsp. taco seasoning mix
- ⅓ cup chopped green bell pepper
- ⅓ cup chopped red bell pepper

Directions:

In a mixing bowl, beat cream cheese, until smooth. Slowly beat in squash and taco seasoning until thoroughly blended. Stir in peppers. Cover and refrigerate until served.

*To cook squash: cut in half, lengthwise then using a strong spoon, scoop out seeds. To bake: add about a cup of water to 13x9 inch baking dish; place squash in dish, cut-side down. Cover. Bake at 425 degrees for 40 min or until tender. To microwave: place squash, cut-side down, on a microwave safe plate. Microwave 10 minutes or until soft. Scoop out the cooked squash and mash.

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

Color a
Squash!

