**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. Squash seeds can be roasted and eaten just like pumpkin seeds.

Try stuffing squash with a blend of rice, apples and kale, adding roasted squash cubes to a savory pizza, or using a spiralizer to make squash noodles. No spiralizer? Try a spaghetti squash!

**Family Friendly Activities**

Have your child help scoop out a cooked spaghetti squash, then show them that the flesh looks like spaghetti noodles!

Let your child find, pick out and count the seeds in the squash. Then roast them and enjoy as a healthy snack!

**Farm2School Updates**

October is National Farm to School Month! One way the Midwest celebrates local foods is the Great Lakes Great Apple Crunch – register your school or workplace and crunch into local apples on October 12! For more info visit: https://www.cias.wisc.edu/applecrunch/
Spaghetti Squash Pizza Boats
Serves 4

Ingredients:
2 whole spaghetti squash
salt & pepper
olive oil
1 cup marinara sauce
2 cups shredded mozzarella cheese
¼ chopped fresh parsley

Directions:
Preheat oven to 400 degrees. Place spaghetti squash on a plate and microwave 5 minutes each. (Microwaving for short amount of time softens the skin and helps to precook the ‘meat’ of the squash, making for easier cutting). Carefully halve each squash lengthwise. Remove and discard seeds and any pulp. (Insides will be HOT and steamy!) Transfer to a parchment-lined baking sheet, season with salt and pepper, and drizzle with olive oil. Bake cut side down for 30 minutes or until tender. Remove from oven and pre-heat broiler. Loosen spaghetti squash strands in each half using a fork. Add 1/2 cup marinara and 1/4 cup mozzarella to each baked squash half. Mix filling with a fork and top with 1/4 cup more mozzarella and parsley. Return to baking sheet – be sure to remove parchment paper. Broil until cheese is melted and golden, 4 to 5 minutes. Serve immediately.

For more information on Farm2School visit www.laxF2S.org.