

Harvest of the Month



October



Winter Squash



Pick:

- Choose winter squash with firm skin that is free of nicks, cracks, or soft areas.

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 sharp knife to cut or peel squash and a metal spoon so scoop out the seeds & pulp.

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

Nutrition Facts

Serving Size (325g)
Servings Per Container 4

Amount Per Serving

Calories 270 **Calories from Fat 130**

% Daily Value*

Total Fat 14g **22%**

 Saturated Fat 7g **35%**

 Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 680mg **28%**

Total Carbohydrate 21g **7%**

 Dietary Fiber 1g **4%**

 Sugars 4g

Protein 17g

Vitamin A 25% • Vitamin C 15%

Calcium 50% • Iron 8%

*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

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.

Color a Squash!

