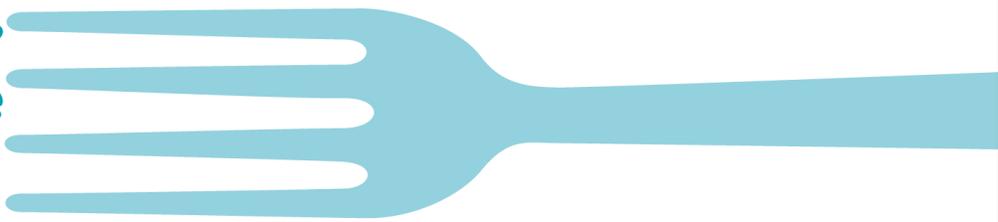


# Harvest of the Month



## **Pick:**

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

**December**



**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. 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!

## **Farm2School Update: Served at School Served at Home!**

Try Fifth Season Cooperative's Winter Moon Blend. A colorful blend of Wisconsin root vegetables: butternut squash, gold potatoes, carrots, red and gold beets. The blend is diced, blanched and frozen, ready to toss with seasoning and roast to finish or add to recipes for a color and nutrition boost.

This kid-friendly, local, frozen veggie blend is used in school cafeterias and is now available at retail locations (Festival Foods and the People's Food Co-Op)! Look for it in the natural foods frozen section.

## Roasted Butternut Squash Fries

Serves 6 (/2 cup per serving)

### Ingredients:

- 1 medium butternut squash
- 1 Tbsp. olive oil
- 1 tsp. dried thyme or 1 Tbsp. chopped fresh thyme
- 1 tsp. dried rosemary or 1 Tbsp. chopped fresh rosemary
- ½ tsp. salt

### Directions:

Heat oven to 425 degrees. Lightly coat a baking sheet with olive oil. Peel skin from butternut squash and cut into even sticks, about ½ inch wide and 3 inches long. In a medium bowl, combine the squash, oil, thyme, rosemary, and salt; mix until the squash is evenly coated. Spread onto the baking sheet and roast for 15 minutes. Remove the baking sheet from the oven and shake to loosen the squash. Flip squash and place back in the oven; continue to roast for another 15 to 25 minutes until golden brown.

### Roasted Butternut Squash Fries Nutrition Facts (per ½ cup serving):

62 calories, 2 g fat, 1 g protein, 11 g carbohydrate, 3 g fiber, 168 mg sodium

*For more information on Farm2School visit:*

[www.laxf2s.org](http://www.laxf2s.org)

*Color a  
Squash!*

