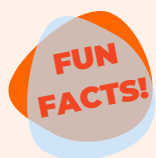


HARVEST OF THE MONTH

F2SFREDERICK.ORG



WINTER SQUASH



Winter squash vary in color, shape, and size. During the warm months, fruit grows on long vines and is ready to harvest when the skin matures into a hard shell. This tough rind makes them great for storage in the winter months. Many varieties, like butternut, cushaw, and hubbard are native plants to the Americas!

NOTABLE NUTRITION

Butternut Squash is an excellent source of: Vitamins A and C. To learn more, check out our other Harvest of the Month materials on sweet bell peppers and turnips!

Dietary Fiber. Foods high in fiber are whole grains, fruits, and vegetables. Fiber helps control blood sugar, improves cholesterol levels, and is good for gut health. Foods high in fiber also keep us feeling full for longer, which may help us control our weight.

Want to add more fiber to your family's diet? Try using butternut squash in soups, salads, or serve roasted as a side dish.

PICK, STORE, PREPARE

Winter squash that is ready to eat and will store well has a hard, firm rind.

Place squash in a dim and dry area, like a pantry, between 50-55 Fahrenheit. If conditions are met, your winter squash will store for 2-4 months. Squashes with thinner rinds, like Delicata, have shorter storage times.

Add winter squash to soups and stews, roast as a side vegetables, or stuff with lentils for a vegan main dish option!



LET'S EAT!

Have your child try different types of winter squash and choose their favorite!

Try a “Butternut Bananza” taste test. Let your child try two different butternut squash recipes, like roasted butternut squash and butternut soup. This is a great way to try out new recipes for the kitchen!

MYPLATE RECIPE

Shirini

Makes: 6 servings Preparation Time: 50 minutes

Ingredients:

- 1 1/4 cups granulated sugar
- 1/2 cup water
- 4 winter squash (1 1/4 pounds of butternut, acorn, or pumpkin)
- 1/2 cup chopped walnuts
- 1/2 teaspoon cinnamon (optional)

Directions:

1. Boil the sugar and water until it forms a thick syrup.
2. Wash the pumpkin, peel it, remove the seeds, cut into pieces and cook in the syrup until it is very thick and almost all absorbed.
3. Arrange the pumpkin on a plate and decorate with walnuts and cinnamon (optional).



USDA DAILY VEGETABLE RECOMMENDATIONS

CHILDREN

2-4 YRS 1 - 2 CUPS

5-8 YRS 1.5 - 2.5 CUPS

GIRLS

9-13 YRS 1.5 - 3 CUPS

14-18 YRS 2.5 - 3 CUPS

BOYS

9-13 YRS 2 - 3.5 CUPS

14-18 YRS 2.5 - 4 CUPS