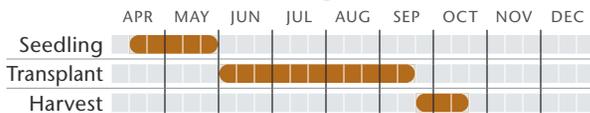


All About Winter Squashes

Seasonal Crop Growth



Adapted from WSU Extension Publication EM057E.

Nutrient Power Pack

Winter squashes contain key nutrients that benefit your health. ½ cup provides the following Daily Value (%DV).

Vitamin A ▶

More than 20%

More than 20%

◀ **Vitamin C**

Folate ▶

2–9%

2–9%

◀ **Potassium**

Calcium ▶

2–9%

2–9%

◀ **Iron**

Fiber ▶

2–9%

ESHA Food Processor 11.2.23; database V 11.2.0 (2016);
FDA Guidance for Industry Food Labeling Guide (2013)

Did You Know?

- * Squash are one of the “**three sisters**” traditionally planted together by Native Americans, along with maize (corn) and beans.
- * Popular varieties include **pumpkin**, butternut, acorn and spaghetti squash.
- * The center has seeds which are usually scooped out before cooking. The **seeds can be roasted** in the oven and eaten as a snack.

Distributed by

More brochures to help you add fruits and vegetables to your diet are available at wasnap-ed.org/FFF.



SNAP-Ed

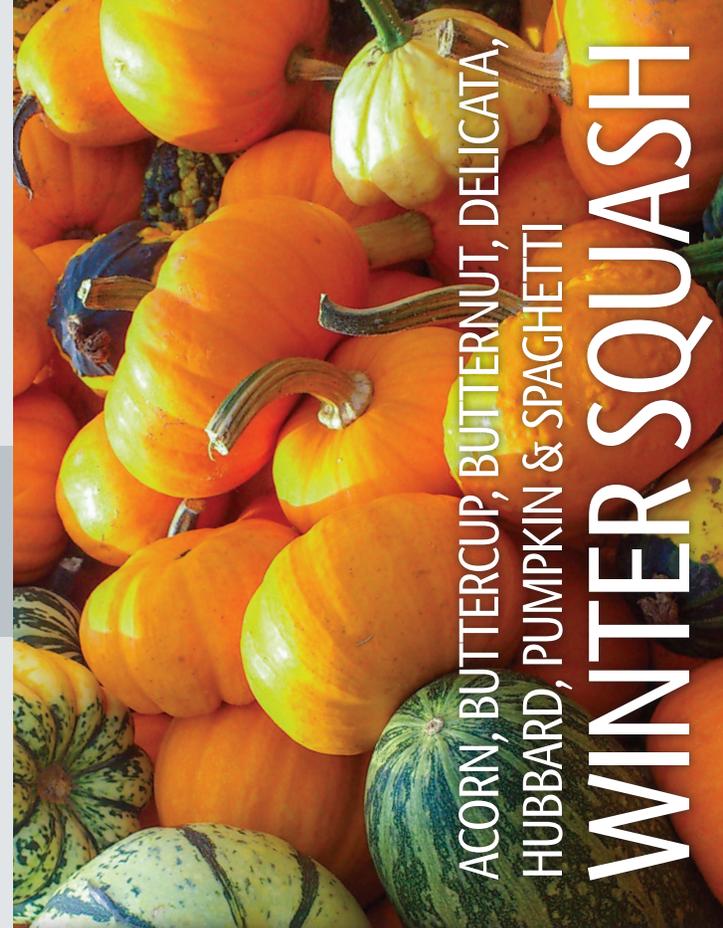
WASHINGTON STATE UNIVERSITY
EXTENSION

Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University’s SNAP-Ed Nutrition Education Program. Design by Andrew Mack.

USDA is an equal opportunity provider and employer. This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

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Rev. March 22, 2018

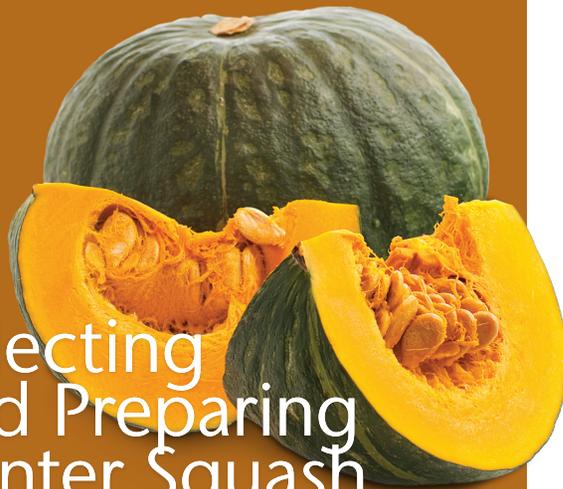


ACORN, BUTTERCUP, BUTTERNUT, DELICATA,
HUBBARD, PUMPKIN & SPAGHETTI
WINTER SQUASH



Selecting and Preparing Winter Squash

- ☞ Choose firm, well-shaped squash that are heavy for their size and have a hard, tough skin.
- ☞ Avoid squash that have sunken, soft or moldy spots.
- ☞ Store in a cool, dry place. Winter squash will keep for several months if stored correctly.
- ☞ To bake, wash and cut in half or quarters depending on the size. Scoop out seeds with a spoon. Place cut side down on a shallow baking pan and bake at 375°F for about 40 to 50 minutes.
- ☞ To boil or steam, wash and cut into smaller pieces. Peel and remove seeds. Boil or steam in a small amount of water for about 25 to 35 minutes, or until tender.



Stuffed Squash

Makes 4-6 servings

- 1 medium winter squash, any type
- ½ cup onion, chopped
- 1 clove garlic, crushed
- ½ teaspoon dried sage
- ½ teaspoon dried thyme
- 3 tablespoons oil
- ½ cup diced celery
- 1 cup bread crumbs
- ½ cup shredded cheese

- 1 Pre-heat oven to 350°F.
- 2 Cut squash in half and remove seeds. Set aside.
- 3 Heat oil in a skillet over LOW heat. Add onions, garlic, sage, thyme and celery, stirring until onions are soft.
- 4 Add bread crumbs. Cook for 5 to 10 minutes.
- 5 Remove from heat and add cheese.
- 6 Spoon mixture into squash halves. Place in a casserole dish: cover and bake for 40 to 50 minutes.

Pumpkin/Squash Bread

Makes 1 loaf

- ½ cup sugar
- ½ cup oil
- ¾ cup puréed pumpkin or other winter squash
- 2 eggs
- 1½ cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon

- 1 Pre-heat oven to 350°F.
- 2 In a large bowl, beat together sugar, oil, pumpkin (or other winter squash) and eggs.
- 3 In a medium bowl, stir together flour, baking powder, baking soda and cinnamon.
- 4 Add flour mixture into pumpkin mixture, stirring only until the dry ingredients are just moist. Pour the batter into a greased 9×5-inch loaf pan.
- 5 Bake for 1 hour, or until a toothpick inserted in the center comes out clean.

Butternut Squash & Chile Fry

Makes 10 servings

- 1½ to 2 pounds butternut or delicata squash
- 1½ tablespoons olive or vegetable oil
- 1 cup onion, chopped
- 1 teaspoon salt
- ½ teaspoon chili powder
- 2 (4-ounce) cans diced green chilies
- 1 cup grated cheese

- 1 Peel squash and remove seeds; cut into ½ inch cubes.
- 2 In a large skillet, heat oil over MEDIUM heat. Add onions and cook, stirring for about 3 minutes. Add squash, salt and chili powder.
- 3 Cover and cook, stirring occasionally, about 10 to 12 minutes. Add chilies and cook about 3 minutes.
- 4 Top with cheese and cover until cheese melts. Serve hot.

Adapted from www.foodhero.org