
Selection

Winter squash come in many different colors, sizes and shapes. They have a rind (thick skin) which protects the fleshy part of the vegetable. The center has seeds which are usually scooped out before eating.

Squash is typically ready in the fall except for summer squash and zucchini, which are harvested when young and the rinds are edible.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ All produce whether purchased or grown should be washed thoroughly before eating, cutting or peeling.
- ◆ Scrub firm produce with a clean produce brush before cutting or peeling.
- ◆ Keep produce and meats away from each other in the refrigerator.

Why Buy Local?

- ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.
- ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
- ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles!



FOR MORE INFORMATION...

Contact your local Extension office:

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Veggie Bites



Winter Squash Calabacera

Uses

Squash is most often cooked,. It may be steamed, sautéed, grilled or baked.

Squash can be added to stir-fries, soups, and casseroles. Bake squash in breads, cakes and pies too for added flavor!



Sweet Acorn Squash

Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Sodium free
- ◆ High in Vitamin C
- ◆ Good source of Fiber
- ◆ Good source of Vitamins A, B6, and B1

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health Program; University of Minnesota Cooperative Extension; Photos found on Google images

Try It!

Sweet Acorn Squash

INGREDIENTS

- 2 Acorn squash
- 1/2 cup Orange juice
- 1 tsp. Cinnamon
- 1/4 tsp. Nutmeg

INSTRUCTIONS

1. Put each squash in the microwave. Heat for 1 1/2 minutes on high. This will soften the squash, and make it easier to cut.
2. Cut each squash in half. Remove the seeds and loose fibers in the middle.
3. Place the squash on an ungreased baking pan. Cut side face-up and the uncut part touching the pan.
4. Pour 2 Tablespoons of juice into each half of the squash. Spread it evenly on the inside of each squash.
5. Bake at 400 degrees for 30 to 45 minutes, until tender.
6. Season with cinnamon and nutmeg, and serve.

Yield: 4 servings

Recipe Source: www.recipesource.com



History & Fun Facts

Squash originated in North America over 5,000 years ago. It was one of the “three sisters” planted by Native Americans, along with maize (corn) and beans. Squash was grown and eaten by early Europeans that settled in America.

Some popular squash varieties are butternut, acorn, delicata and spaghetti.

Did you know that squash is technically a fruit because it contains the plant’s seeds, but is treated like a vegetable.