

# Winter Squash



Winter squash comes in all shapes, sizes and colors. Common varieties include pumpkin, acorn squash, butternut squash and spaghetti squash.

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## How Could I Use This?

- Add winter squash to soups
- Use squash like pumpkin in baked goods like cookies and muffins
- Use spaghetti squash in place of pasta
- Purée squash and use as a sauce over pasta
- Stuff acorn squash with meat and a grain
- Roast squash in the oven
- Steam squash and serve as a side dish
- Add squash to a grain side dish
- Serve cooked squash on top of a salad
- Roast pumpkin seeds with seasonings

## Why Should I Eat This?

Winter squash is a good source of vitamin C, which helps heal wounds and cuts, and vitamin A, which promotes eye health and cell growth. It also has potassium which helps regulate muscle contractions, and fiber which promotes regular bowel function.

## Proper Storage

Store squash in a cool, dry place. Most squash can be stored for one month, some can be stored up to three months. Store cut squash in a covered container in the refrigerator.

## Make a Good Selection

Select squash that are firm and heavy for their size. Avoid squash with soft spots or cracks. The squash should have a thick skin.

## What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b>								✓	✓	✓	✓	
<b>MARKET</b>								✓	✓	✓	✓	✓



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