

Winter Squash

Nebraska Seasonal Produce Guide

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



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 1 month; some can be stored up to 3 months. Store cut squash in a covered container in the refrigerator.

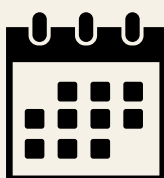
Make a Good Selection

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



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
- Roast pumpkin seeds with seasonings
- Add squash to a grain side dish



Seasonal Availability in Nebraska

Harvest Season: August through November

Market Availability: August through December



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