

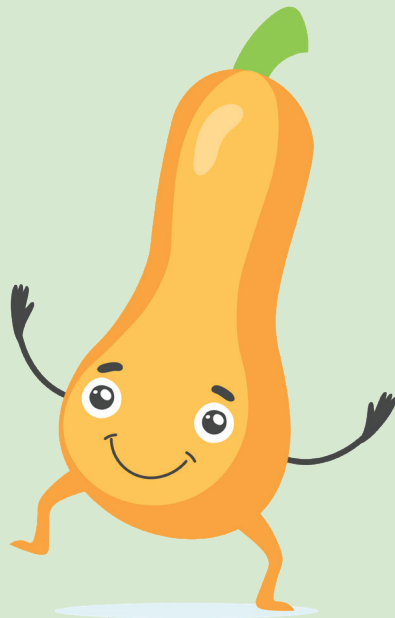
Winter Squash

Harvest of the Month Newsletter | November



FUN FACTS

- The most common varieties of winter squash are acorn, butternut, delicata, spaghetti, buttercup, carnival and hubbard squashes, and pumpkin.
- Unlike summer squash which are picked when immature, winter squash are picked when fully ripe with fully developed seeds.
- Squashes are one of the oldest known crops – 10,000 years by some estimates.



GOOD FOR YOUR BODY

Winter squash are loaded with vitamins A and C and provide approximately the same amount of potassium as bananas! It is also a source of vitamin B6, magnesium, iron, and calcium. Beta-carotene which is found in many orange colored vegetables, including winter squash, turns into vitamin A. Vitamin A helps maintain good vision and keeps skin healthy.

HARVEST SEASON

Winter squash is in season in Pennsylvania from July through December.

TASTY TIPS

- Select winter squash that are firm, have dull-colored skin, and feel heavy for the size. If you knock on the skin and it sounds hollow, it is ripe.
- Store squash in a cool, dry area, but do not refrigerate. Although winter squash may last for several months, for best quality it is recommended that winter squash be stored no longer than a month.
- To enhance flavor, season cooked winter squash with allspice, basil, cinnamon, cloves, ginger, marjoram, or nutmeg.



Developed by the Pennsylvania Department of Education and Penn State University (Project PA).