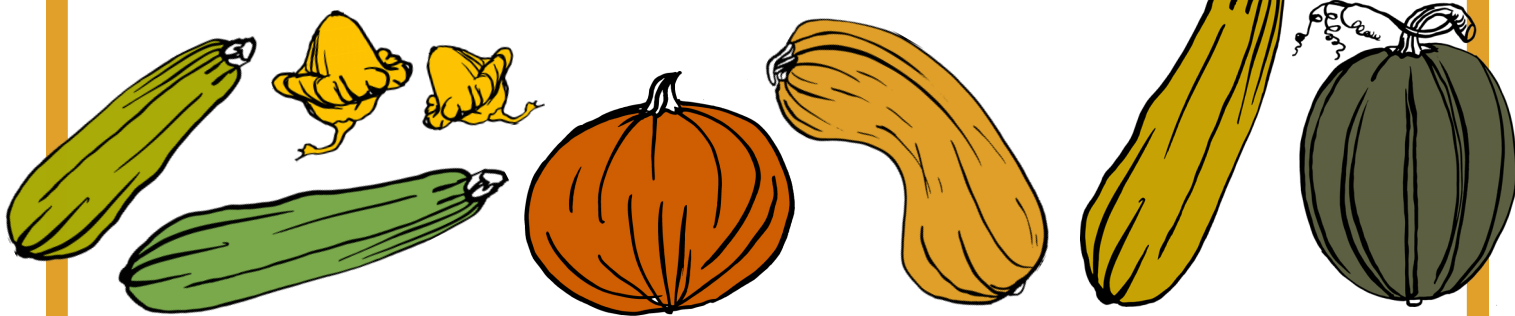


# Veggie of the Month

- *November* -

## Winter Squash & Pumpkins



### About

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Unlike summer squash, winter squash are best grown in the summer months and harvested when mature in the fall. They're a large family of **diverse-looking gourds** with typically hard rinds. Although they may look intimidating, winter squash, including pumpkins and butternut squash, can be used for much more than autumn holiday decorations. Winter squash can be roasted, baked, or pureed and turned into a delicious variety of dishes, from savory entrees and sides to sweet desserts. With a high nutritional value and a **long storage life**, winter squash are a wonderful veggie resource in the fall and winter months.

### Did You Know?

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Winter squash **cannot be grown in winter**-- their seeds can't germinate in cold soil at all! They get their name from their long storage life, meaning they can be harvested in autumn and used all winter.

There's a type of squash called the '**Georgia candy roaster**.'



## Shopper's Tips



Choose a squash that is **firm and heavy for its size**.

Avoid squashes that have soft spots or dull and wrinkled skin.

Store whole winter squashes in a **cool dry place** for 2 to 3 months depending on the variety. The ideal temperature for storing winter squash is between 50 and 60 °F.

## Nutrition Highlights

- Winter squash is low-calorie and a good source of complex vegetable carbohydrates and dietary fiber.
- They contain more vitamin A than summer squash and are a good source of vitamin C, potassium and manganese.

## Try This!

- Like summer squash, winter squash can be hollowed, stuff, baked and served as a hearty entree.
- Purée baked butternut squash with cream and spices to make a warm and delicious winter soup.
- Roast chopped squash with garlic and parsley in the oven to serve with chicken, turkey or ham in place of mashed potatoes.
- Slice delicata squash thin, steam and toss with cranberries and almonds for a healthy vegan side dish.
- Use pumpkin purée to make a delicious pumpkin pie or bread.
- Don't forget to save, dry and roast pumpkin and winter squash seeds as a snack.
- Cook delicata squash with hearty greens and tofu in a green curry sauce



[somerville.k12.ma.us/food-nutrition-services](http://somerville.k12.ma.us/food-nutrition-services)