

WINTER SQUASH

Winter squash can be grown locally in Nebraska, and your school is highlighting this vegetable in the cafeteria and classroom this season! Winter squash are colorful, flavorful and nutrient-packed. Explore roasting, mashing or adding this vegetable into a soup at home. Why not have your family members vote for their favorite way to eat this food, and then help in finding a favorite recipe and assist in the preparation?

SELECTION, STORAGE & COOKING:

- Winter squash have hard skin and a fleshy inside. They should be heavy and free of spots.
- To cure winter squash after picking: hold at 70-80 degrees for 10-20 days, then remove to a dry place at 45-50 degrees. Store up to 6 months.
- Store squash only if it has a stem attached, as stemless squash won't keep well. Avoid storing whole squash in the refrigerator because the humidity causes the squash to deteriorate rapidly.

NUTRITIONAL VALUE

Winter squash is a good source of beta-carotene, Vitamin C, potassium, and fiber.

ROASTED PUMPKIN SEEDS

A FAMILY-FRIENDLY ACTIVITY

Ingredients

- 1½ cups raw unshelled pumpkin seeds
- 1 Tbsp. butter, melted
- Pinch salt

Directions

1. Preheat oven to 300°F.
2. Toss seeds in a bowl with the melted butter and salt.
3. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally. Enjoy!

<http://igrow.org/up/resources/04-5035-2013.pdf>

SEASONAL AVAILABILITY:



LEARN MORE ABOUT HARVEST OF THE MONTH

www.education.ne.gov/ns/farm-to-school/harvest-of-the-month

FUN WITH WINTER SQUASH

FUN FACT

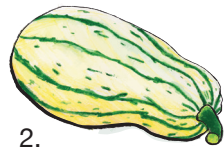
Corn, beans and winter squash are known as the “Three Sisters”. Native Americans inter-planted this trio because they thrive together, much like three inseparable sisters. Each of the sisters contributes something to the planting.

- The corn offers the vines of the bean plant needed structure and support.
- The beans pull nitrogen from the air and bring it to the soil for the benefit of all three.
- The large leaves of the sprawling squash protect the threesome by creating living mulch that shades the soil, keeping it cool and moist and preventing weeds.

www.almanac.com/content/three-sisters-corn-bean-and-squash

WHICH IS WHICH?

Red Kuri



Delicata

Spaghetti squash



Butternut



Acorn



Pumpkin



Activity based off of curriculum from Vermont Harvest of the Month.