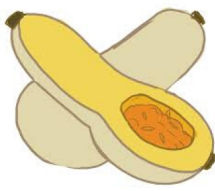


WINTER SQUASH



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GROWING

Winter squash is a type of squash that has hard and difficult to cut skins. Types of squash include: spaghetti, buttercup, acorn, butternut, and others. They are planted in large areas, with room for their vines to spread. They should be harvested in the fall, when their skins are hard and deep in color.



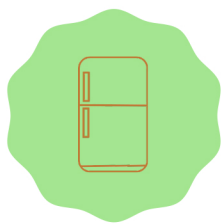
SELECTING

Select winter squash that are firm and heavy for their size with dull, hard skins. For year round use, you can purchase fresh, frozen or canned squash or even store squash raw for use at a later date.



STORING

Store in a cool, well-ventilated and dry area. No refrigeration is necessary. Do not pile squash on top of each other. Rub off all visible soil. Do not wash prior to storage.



BODY

Winter squash are free of fat, sodium and cholesterol. They are high in Vitamin A (beta-carotene), dietary fiber, folate and potassium. Among other things, beta-carotene helps our immune system and acts as an antioxidant. Winter squash are a type of vegetable. A healthy diet should contain at least 2-3 cups of vegetables per day.



KITCHEN

Winter squash can be baked, boiled, grilled or microwaved. Wash, cut in-half, remove the seeds and stringy fibers and then cook! **Tip:** Try using the microwave! Place squash face down and cook until soft. Flavor with your favorite seasonings.



WINTER SQUASH

DID YOU KNOW?

BEFORE REFRIGERATION WAS AROUND, PEOPLE NEEDED PRODUCE THAT WOULD LAST INTO THE WINTER MONTHS WITHOUT IT GOING BAD. SO THE TERM "WINTER SQUASH" WAS GIVEN TO THE TYPES OF SQUASH THAT WOULD STAY GOOD AND THAT COULD BE EATEN THROUGHOUT THE WINTER.

SPAGHETTI SQUASH PASTA

Makes: 2 Servings, Total Time: 35 minutes

1 Spaghetti squash
1 Tbsp olive oil
3 Cups favorite spaghetti sauce
Parmesan cheese

Directions

1. Preheat oven to 350 degrees.
2. Clean spaghetti squash by scrubbing with vegetable scrubber, soap and water.
3. Leaving the skins on the spaghetti squash, cut in-half length wise and clean out seeds.
4. Place oil on baking sheet and put spaghetti squash face down onto pan.
5. Cook in oven for 30-45 minutes or until tender. Remove from oven.
6. Allow squash to cool. Take a fork and comb out the inside of the squash. It will come out in noodle-sized pieces.
7. Place in bowl and add 1 ½ cups spaghetti sauce. Top with Parmesan cheese.

