



Harvest of the Month



January is Winter Squash

Nutrition & Health Benefits

- **Vitamin A** - Keeps skin and bones healthy, resists and fights infection, and maintains good eyesight.
- **Vitamin C** - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects our cells from damage.
- **Vitamin B6** - Important for immune system and brain function and helps you get energy from your food.

Preparation & Cooking Tips

Select - Choose squash that are heavy, firm, and have a full stem.

Store - Store in a cool, dark place for up to 1 month.

Prepare - Squash with thinner skin, like delicata and sweet dumpling, can be eaten without being peeled. Other winter squash, like butternut and acorn, have a hard rind that should be peeled. You can peel squash before or after cooking.

Did you know?

- Popular varieties of winter squash include acorn, butternut, delicata, Hubbard, kabocha, spaghetti, and even pumpkin!
- Winter squash can be stored throughout the winter. Unlike summer squash, they form a tough rind, which helps them store longer.
- Winter squash is native to Central America.

Fun Facts

- Winter squash has been consumed by people for over 10,000 years.
- Fresh winter squash grown in Wisconsin are available from September through November, but when properly stored, winter squash can last throughout the winter.

TASTE



taste testing

Winter squash tastes delicious roasted in the oven. Cube squash, toss in olive oil, season with salt and pepper, and roast at 400°F for about 25-30 minutes.

Squash with thinner skin, like delicata and sweet dumpling, can be eaten without being peeled. Other winter squash, like butternut or acorn, have a hard rind that does not taste very good.

Squash seeds also make a delicious snack! Wash and dry the seeds with a paper towel. Spread in a single layer on a baking sheet, drizzle with oil using your hands to coat the seeds, sprinkle with a pinch of salt and desired seasonings. Roast at 300°F for about 20-25 minutes.



fit families

Eat healthy • Be active • Your kids are watching

FUN



Nutritious,
Delicious,
Wisconsin!

activity: Winter Squash Exploration

Objective: Kids will explore different varieties of winter squash.

Supplies: Several varieties of winter squash, including Hubbard, butternut, delicata, buttercup, or spaghetti squashes.

Procedure: Show kids different varieties of winter squash. Ask kids to make observations about the outward appearance of the squash. What color do you see? Is it smooth or bumpy? Is it big or small? Is it round or oval? How does it smell? Ask kids to predict what the squash looks like on the inside. Have them write their predictions down on a piece of paper. Cut open each squash and let the kids observe what they look like on the inside. Write down the color, the texture, seed quantity, etc. End this activity with a tasting of one or more varieties of winter squash.

— Credit: Dawn Doperalski, Health and Well-Being Educator

This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

Tips for adapting to virtual learning: This activity is simple to do in a home environment if kids have access to winter squash. If this is not feasible, provide pictures of the insides and outsides of a few varieties of winter squash. Ask kids to match the inside to the outside of each squash for a fun game.

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.

READ



books

- *The Little Squash Seed* by Gayla Scale
- *Pumpkin Pumpkin* by Jeanne Titherington
- *Too Many Pumpkins* by Linda White
- *Sophie's Squash*
by Pat Zietlow Miller & Anne Wilsdorf
- *Mrs. McNosh and the Great Big Squash*
by Sarah Weeks



Roasted Butternut Squash

Ingredients:

- 1 medium butternut squash
- 1 Tablespoon olive oil
- seasoning- suggestions include salt; cinnamon and brown sugar; cumin and salt; or crushed rosemary and salt

Preparation:

1. Preheat oven to 375 degrees F and line baking sheet with foil. Coat with nonstick spray.
2. Remove the peel from the squash with vegetable peeler or knife.
3. Cut the "neck", or the skinnier part of the squash into 1/2-inch rounds.
4. Cut into cubes, "fries", or shapes.
5. Place on greased foil-lined baking sheet in one even layer. Sprinkle with optional spices.
6. Bake 18-22 minutes or until soft when poked with a fork. Enjoy!



Source:

<https://www.yummytoddlerfood.com/how-to-roast-butternut-squash/>

Information adapted from Wisconsin Harvest of the Month.