

Harvest of the Month

December

Winter Squash



The U.S., grows about 400 million pounds of squash are produced each year.

Winter squash originated in Central and South America, and people have been consuming it for over 10,000 years. China and India are now the top producers of this vegetable.

Fun Facts About Winter Squash

- Winter squash comes in many of shapes and sizes. Varieties include butternut, pumpkin, spaghetti, and acorn.
- One cup of winter squash contains only 80 calories, and it has very low amounts of fat and sodium.
- Winter squash takes 90-120 days to be harvested, while summer squash only take 50-70 days
- The rich colors of winter squash come from its carotenoid content, which may help improve eyesight.
- **Squash Cookery:** Winter squash is versatile and can be made into a sweet dish with maple syrup and cinnamon, or a savory dish when used in a soup or as pasta .



MORE SQUASH RECIPES



5210 Every Day!

Next Month: Blueberries



Katie Schmidt

Roasted Squash Apple Bake with Sage

Per 2/3 c. Serving
(Makes 8 Serv.)

Ingredients:

- 5 c. butternut squash
- 4 c. Granny Smith apples
- ¼ c. Butter, melted
- 1/2 c. Brown sugar, packed
- 1 T. Flour
- 1 tsp. Salt
- ½ tsp. Ground mace (or allspice)
- ½ t. Dried sage or 1 Tbsp. fresh sage (very finely-chopped)

Nutrition Facts

servings per container	
Serving size	(200g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 320mg	14%
Total Carbohydrate 34g	12%
Dietary Fiber 6g	21%
Total Sugars 20g	
Includes 12g Added Sugars	24%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 1mg	6%
Potassium 431mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Method: Peel and cut squash and apples into pieces like you would for apple pie. Place in a large bowl. Melt butter and add rest of ingredients. Stir well. Put in a large casserole. Cover and bake at 350 until squash and apples are soft. Stir. May take up to one hour. Check at 45 min. with the tip of a small sharp knife.

5210 Info and More Recipes:

www.JacksonInAction.org/recipes

This information is provided by:

Butternut Squash Soup

6 Tbsp. chopped onion
4 Tbsps. Butter or margarine
3 cups peeled and cubed squash
3 cups water
3 cubes chicken bouillon
1/2 tsp. dried marjoram
1/4 tsp. ground black pepper
1/8 tsp. ground cayenne pepper
2 (8 oz.) packages light cream cheese

In a large saucepan, sauté onions in butter until tender. Add squash, water, bouillon, marjoram, black pepper and cayenne pepper. Bring to boil; cook 20 minutes, or until squash is tender.

Puree squash and cream cheese in a blender or food processor in batches until smooth.

Return to saucepan, and heat through. Do not allow to boil. Makes 8 servings.

Recipe from *Celebrating a Healthy Harvest*

5 or more fruits & vegetables

2 hours or less recreational screen time*

1 hour or more of physical activity

0 sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

More Info. on 5210:
www.JacksonInAction.org

Baked Winter Squash

Preheat oven to 350°F. Cut squash in half lengthwise and scoop out the seeds and strings. For larger squash, cut into serving size pieces. Place the squash cut side down, pour ¼ inch of water into pan, cover and bake until squash feels tender when pierced with a knife. For squash that is difficult to cut, pierce squash several times with a fork and cook until tender (judged by piercing with a fork).



Cheddar Stuffed Acorn Squash

1 Acorn squash, halved /seeded
¼ Cup chopped ripe tomato
2 Green onions thinly sliced
¼ teaspoon dried sage
Salt and black pepper to taste
2 Tablespoons water
½ Cup cheddar cheese cut into small cubes



Preheat the oven to 400°F. Place the squash halves in a roasting pan, cut side up. Add about an inch of water to the bottom of the pan. Combine tomatoes and onions. Season with sage and salt and pepper to taste; mix well and divide the mixture evenly among the squash halves. Spoon 1 tablespoon of water over each and cover loosely with aluminum foil. Cook for 1 to 1½ hours, or until squash is tender when pierced by a fork. Divide cheese cubes evenly on top of squash halves, cook 5 more minutes (until cheese is melted), and serve. Makes 4 Servings.



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