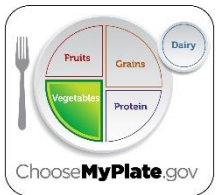


Butternut Squash



NUTRITION NOTES

- Butternut squash is in the Red/Orange Vegetable subgroup.
- One cup of baked butternut squash cubes contains 82 calories, no fat and 6 grams of fiber.
- Butternut squash is an excellent source of **vitamin A** (*good for your vision*) and **vitamin C** (*promotes healthy teeth and gums*).

Butternut squash is a winter squash and a member of the same gourd family as melons and cucumbers. It has a hard, tan rind and orange flesh. The taste is sweet and buttery, somewhat like pumpkin.

USES AND TIPS

Select squash that are firm, with smooth skin and free of cuts and blemishes. They should be heavy for their size. Store in a cool, dark place for up to a month. Wash and peel before using. Once cut, store in the refrigerator.

Butternut squash can be baked, sautéed, steamed or roasted. Try adding cubed squash to stews and vegetable soup. Puree cooked butternut squash to make soup or hummus dip.

SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

Butternut squash is a warm season crop.

Butternut squash grow on a vining plant.

The seeds of the butternut squash are edible, just like pumpkin seeds. Roast them and enjoy!

Butternut squash is a good source of **potassium** (*needed for muscle contraction*).

Winter squash are harvested when fully mature, unlike summer squash which are harvested when immature.

Butternut squash was first cultivated in 1944. The earliest butternut squash originated in Massachusetts.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- Butternut squash grows to maturity in about 80-120 days from planting.
- Winter squash are in season in Georgia from August through December.
- Squash production is concentrated in South Georgia.
- In 2016, the top squash-producing counties in Georgia were Echols, Colquitt, and Tift.
- Butternut squash can be grown in Fall or Spring.



Georgia Department of Education School Nutrition Program

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