

# — WINTER SQUASH —

## What are they?

- Squash are vegetables. Depending on the variety, they either grow on vines or bushes.
- Winter squash have a hard rind (thick skin) that isn't eaten. The rind protects the fleshy part of the vegetable. The center has seeds which are usually scooped out before eating.
- Squash come in many different colors, sizes, and shapes. Some popular varieties are pumpkin, butternut, acorn, and spaghetti squash.
- Winter squash is often cooked, while summer squash can be eaten raw. You may steam, sauté, grill, or bake squash. Add to stir-fries, soups, and casseroles. Bake in breads, cakes, and pies. Sometimes the seeds are eaten, like pumpkin seeds!



## When are they available?

- Squash are harvested in Wisconsin from August to October. They are able to be stored for long periods of time so you can usually find them available throughout the entire winter.



## What's so cool about them?

- Squash originated in North America over 5,000 years ago. It was one of the “three sisters” planted by Native Americans, along with maize (corn) and beans.
- Squash was grown and eaten by early Europeans that settled in America.
- Squash are in the same gourd family as melons and cucumbers.

## Why should I eat them?

- Squash, like many vegetables, are fat free and cholesterol free. They are also naturally low in sodium. Squash are also high in Vitamin C, which promotes wound healing and boosts immune function.

