

Shopper's Guide

Selection

Winter squash is harvested when fully mature in September and October. It is widely available until late winter.

Look for

- A hard, tough rind with the stem attached.
- Squash that is heavy for its size (meaning a thick wall and plenty of edible flesh).

Avoid

Squash with cuts, punctures, sunken spots, or moldy spots on the rind. These are signs of decay. A tender rind means that the squash is not ripe.

Storage

Winter squash can keep for up to three months if stored in a cool dry place. Squash stores best with part of the stem still attached to help retain its moisture.

- Once cut open, store squash wrapped in plastic in the refrigerator for 4 to 5 days.
- Cooked squash can be stored in an airtight container in the refrigerator for 4 to 5 days.
- Frozen cooked squash stays fresh for up to a year.



Recipe Collection

Fall Casserole

Makes 8 servings

Ingredients:

2 1/2 cups winter squash, such as acorn, butternut or hubbard

1 1/2 cups cooking apples, such as Macintosh, Granny Smith or Rome

1/2 teaspoon nutmeg

1 teaspoon cinnamon

Instructions:

1. Wash and prepare squash and apples (for extra fiber, keep peel on apples).
2. Alternate layers of squash and apples in 8x8 inch pan; end with apples.
3. Sprinkle spices over top layer.
4. Cover with aluminum foil.
5. Bake at 350 degrees Fahrenheit for 45-60 minutes, until squash is tender.

Nutrient Data

Serving Size for 1/2 cup: Calories 40, Total Fat 0 g, Saturated Fat 0g, Cholesterol 0 mg, Sodium 0mg, Carbohydrate 9g, Dietary Fiber 2 g, Protein 1g, Vitamin A 40%, Calcium 2%, Vitamin C 15%, Iron 2%

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This material was funded by PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Food Stamp Program. To find out how the Food Stamp Program can help you buy healthy foods, contact the PA Department of Public Welfare's toll-free Helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

Winter Squash



What's So Great about Winter Squash?

- Winter squash are good to excellent sources of vitamin A, beta-carotene, potassium, vitamin C and fiber.
- Winter squash also contains niacin, folate, and iron.
- Winter squash is low in calories. It is fat free and cholesterol free.
- Each type varies in texture, aroma and flavor. Winter squash can be prepared with sweet or savory flavors.
- Winter squash goes well with meats, fruits, and other vegetables.



Nutrition Information for 1 cup Butternut Squash

Nutrition Facts	
Serving Size 1 cup, cubes (205g)	
Servings Per Container 1	
Amount Per Serving	
Calories 82	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber	0%
Sugars 4g	
Protein 2g	
Vitamin A 457%	Vitamin C 52%
Calcium 8%	Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Key nutrient facts are circled in green.

Did You Know?



The rind of winter squash is hard

The rind can be difficult to peel. Try cooking squash unpeeled, and then scoop out the flesh.

If the rind is too hard to cut...

Pierce the squash. Microwave it for a few minutes until the squash is soft. Then finish cooking the squash.

Do you like foods sweet or savory?

Winter squash is a versatile food that can be prepared either way. Not sure which sounds best? Try one of the following recipes, and discover your favorite way to eat winter squash.