



Winter Squash is the Harvest of the Month!

Add winter squash to your favorite family meals:

- Dice, microwave or roast and add to salad, tacos, rice, or mac and cheese.
- Halve squash, roast cut side down, then add stuffing
- Puree microwaved or roasted squash for a soup or pie!

Make meals and memories together. It's a lesson kids will use for life.

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

Store – Store in a cool, dark place for up to one month.

Prepare – 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 can be peeled with a vegetable peeler or sharp knife. You can peel squash before or after cooking.

Did you know?

In Aztec, Incan, Mayan, and Native American cultures, squash was grown in companionship with corn and beans. Squash, corn, and beans make up the traditional “Three Sisters”.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

Recipe of the month

Squash and Kale Stir Fry

Serves 2

Ingredients:

- 2 Tablespoons butter or oil
- ½ of a squash, peeled, seeded, and cubed (butternut, acorn, pumpkin, or buttercup)
- 1 bunch kale, leaves torn, stalks discarded
- ¼ teaspoon chili powder
- Salt and pepper to taste (optional)

Directions:

Heat butter or oil in a large skillet over high heat. Add cubed squash. Sprinkle with seasonings. Cook for several minutes turning gently with a spatula until the squash is browned and tender. Add kale and toss with squash for 3-4 minutes.

Source: laxf2s.org

Per serving: 166 calories, 12 g fat, 3 g protein, 15 g carbohydrate, 3 g fiber, 114 mg sodium

