

# ISLAND GROWN HARVEST OF THE MONTH MARCH 2013 SQUASH



Harvest of the Month is a great way for your family to explore, taste, and learn about eating more fruits and vegetables every day.

## What Does Winter Squash Do for me?

- A 1/2 cup of cooked squash is about one cupped handful.
- A 1/2 cup of winter squash, like butternut, hubbard, and pumpkin, is an excellent source of vitamin A.
- A 1/2 cup of winter squash, like acorn, butternut, hubbard, and pumpkin, is a good source of fiber and vitamin C. Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. Fiber helps you feel full, keep normal blood sugar levels, and avoid constipation.
- A 1/2 cup of acorn squash provides iron and calcium. Iron is a mineral that helps move oxygen from the lungs to the rest of the body. It also helps the body fight infections.

### What's in Season?

Winter squash is available from August through December, and can be stored throughout the winter.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. It is important to eat a variety of colorful fruits and vegetables every day to get all the nutrients your body needs. Find out how much each person in your family needs.

## Nutrition Facts

Serving Size: 1/2 cup cooked acorn squash, cubed (103g)	
Calories 57	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Sugars 0g	
Protein 1g	
Vitamin A 9%	Calcium 5%
Vitamin C 19%	Iron 5%

Harvest of the Month is a program that highlights a locally available crop each month of the school year in school cafeterias, restaurants, and grocery stores. The goal is to help children, their care-givers, and the broader community experience healthy, seasonal, whole-foods based meals, while supporting local and regional farmers.

## Produce Tips

- Squash are members of the gourd family. Winter squash have hard shells, inedible skins, and large seeds.
- Choose squash that are firm, heavy for their size, and have dull skins (not shiny). Winter squash should be hard without cracks or soft spots.
- Store uncut winter squash in a dark, cool, dry place. They can keep up to three months.
- Once cut, squash can keep about one week when wrapped and refrigerated.
- Varieties include acorn, butternut, hubbard, kabocha, pumpkin, spaghetti, and turban squash.

## Healthy Serving Ideas

- Bake, boil, roast, sauté, or microwave winter squash. Use it in stews, soups, salads, dips, breads, and even pies.
- Sample different varieties of winter squash to find out your family's favorite. (See Produce Tips for varieties.)
- Varieties with darker yellow/orange flesh are more nutritious than lighter colors. (Hint: Butternut is more nutritious than spaghetti squash.)

for more information visit [islandgrown.org/harvestofthemoth](http://islandgrown.org/harvestofthemoth)

This material is adapted from Harvest of the Month by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 1-866-950-3663.

