

ISLAND GROWN

HARVEST OF THE MONTH

WINTER SQUASH



FEATURED FARM OF THE MONTH: WHIPPORWILL FARM

Andrew Woodruff typically grows six different varieties of winter squash each year at Whipporwill Farm in West Tisbury: acorn, buttercup, sweet dumpling, delicata, dwarf butternut, and kabocha. Delicata is his favorite, because it cooks relatively quickly and has a sweet, creamy, delicious flavor, without needing to add any sugar or spices. Look for Whipporwill winter squash at the West Tisbury Farmer's Market or through Whipporwill's CSA.

HEALTHY SERVING IDEAS

Each variety of squash has a different flavor and texture. Roast a few different options and decide which variety is your favorite.

Roast, bake, or mash winter squash for warm, tasty side dishes. You can even purée pumpkin to use in soups.

Roast squash seeds in a pre-heated oven at 300°F for 10 to 25 minutes. Be sure to wash and dry the seeds first!

HEALTH BENEFITS

VITAMIN C

VITAMIN A

FIBER

POTASSIUM

IRON

SHOPPER'S TIPS

Pick fresh squash that are firm and feel heavy for their size.

Keep squash in a cool, dark place for up to two months.

Look for canned pumpkin with no added sugars or sodium. You can use canned pumpkin in any recipe that uses cooked pumpkin.

For best prices, buy squash in bulk at a farm stand or a local farmers' market.



HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS AND GROCERY STORES. THE PROGRAM HELPS CHILDREN, THEIR CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING, WHILE SUPPORTING LOCAL FARMS.

For more information visit

ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH



This material is adapted from Harvest of the Month by 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 866.950.3663

