

# ISLAND GROWN

## HARVEST OF THE MONTH

– December –

## WINTER SQUASH



### FEATURED FARM OF THE MONTH: GHOST ISLAND FARM

Rusty Gordon of Ghost Island Farm grew a wide variety of winter squash this year. Coming in all different shapes and sizes, the varieties include Acorn, Buttercup, Sweet Dumpling, Carnival, Spaghetti, Candy Roaster, Sunshine Kabocha, Red Kuri, Blue Ballet Hubbard, Butternut, Delicata, Honey nut and Butterscotch squash. Pick up Rusty's winter squash varieties at the Ghost Island farm stand on State Road or at the Winter Farmer's Market.

#### 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 preheated 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](http://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

