



MO Grown Produce

Kitchen Tips for Winter Squash

In Season in Missouri:	August - December
Quality:	Choose firm squash that feels heavy for its size. They should have a dull sheen and be intact and hard. Avoid squash with soft spots.
Storage:	Winter squash usually keep up to 3 months if stored in a cool, dry place. Never store partially cooked squash.
Food Safety:	Rinse squash under water before using.
Yield:	For 50, ¼ cup servings of cooked squash, you need 6.75 pounds of fresh, whole butternut squash.
Preparation Tips:	Remove the hard stem. If necessary, remove skin, or roast with skin on for easy removal after roasting. Separate top and bottom of squash, then cut the bottom section in half lengthwise and scoop out the seeds with a spoon. Winter squash is never served raw.
Kid-Friendly Serving Ideas:	<ul style="list-style-type: none"> • Puree squash and serve as a soup. • Cube squash, bake it and sprinkle with cinnamon and nutmeg. • Squash and apples blend well in a casserole dish. • Roast squash seeds with vegetable oil for a crunchy snack.
Nutrition:	Winter squash are red/orange vegetables high in vitamin A, which helps maintain your eye health and gives the squash its bright orange color. It is also a good source of vitamin C and fiber.

Fun Fact # 1:

Winter squash first migrated to Europe from Peru by a Spanish Explorer. Many Europeans referred to squash as “melons.”

Fun Fact #2:

Native Americans planted corn, beans and squash together as the “Three Sisters” because the three crops benefit from each other.

