

Enjoying winter squash

In the cooler months, winter squash is ripe and begins to appear at farmers' markets and stores everywhere. These delicious vegetables come in a wide variety of colors, flavors, and textures. They provide a wealth of nutrients.

TYPES OF WINTER SQUASH

Compared to thin-skinned, tender summer squash, winter squash take longer to mature and develop thick skins that allow for longer storage. Each variety has a unique flavor. Try:

- Acorn
- Butternut
- Spaghetti
- Delicata
- Hubbard
- Pumpkin



HEALTH BENEFITS

- High in fiber
- Excellent source of vitamins A and C
- Full of antioxidants and anti-inflammatory nutrients
- It may reduce the risk of heart disease, cancer, diabetes, and other chronic diseases.

PREPARING & COOKING

To bake: Cut squash in half and place both halves face down (or face up for some recipes) on a baking tray. Add a small amount of water to the tray and bake at 350° for 35-60 minutes.

To boil or steam: Use a knife to carefully peel the outer skin. Cut squash in half and remove seeds. Cut into even cubes. Boil or steam for 7 to 10 minutes until desired softness is reached.

