

# HARVEST OF THE MONTH: WINTER SQUASH



## NUTRITION FUN FACTS:

- Winter squash contain lots of alpha-carotene and beta-carotene which helps keep our eyes, skin, and body healthy.
- Winter squash are an excellent source of vitamin C.
- Winter squash are a great source of fiber which keeps our gut happy and healthy.

## Fun snack ideas!

### HOW TO EAT WINTER SQUASH:

1. Slice butternut squash into thin, even slices and roast to enjoy as chips.
2. Roast or mash acorn squash and enjoy as a side dish.
3. Roast winter squash seeds to enjoy as a crunchy snack!

## Pick the yummiest!

### THINGS TO LOOK FOR:

1. Choose winter squash that have a hard rind with smooth skin, and feel heavy for their size.
2. Avoid winter squash with deep cuts, soft spots, and bruises.

## BEST TIME TO EAT:

JAN  
SEPT-DEC



UNC Center for Health Promotion and Disease Prevention

# RECIPE: WINTER SQUASH SOUP

## DIRECTIONS

1. In a large saucepan, warm oil over medium heat.
2. Stir in onions, carrots and garlic.
3. Cook for about 5 minutes, covered.
4. Stir in the tomato puree, chicken broth, cooked squash, and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/squash-soup>

## INGREDIENTS

Makes 6 servings

- 1 tablespoon olive oil
- 2 medium onions
- 2 carrots
- 2 garlic cloves
- 1 cup tomato puree
- 5 cups chicken or vegetable broth, low-sodium
- 4 cups of cooked winter squash
- 1 1/2 tablespoons oregano
- 1 1/2 tablespoons basil

# ACTIVITY: WINTER SQUASH WONDERS

Did you know the word squash comes from the Native American word "askutasquash" which means "eaten raw or uncooked"?

There are more than ten types of winter squash, each with its own unique color and shape. Try to find the hidden winter squash and learn their cool names!

F S X P T N C T L Q B K B C P  
P W H J A H P V Q Q A A G G B  
W E S E J A L A A I F U Q L T  
I E C S U G A R P U M P K I N  
K T A A P M B U T T E R N U T  
A D R C D E L I C A T A S S N  
B U N O X R Q P Y N P X P R Q  
O M I R W U H M E Q W T A W X  
C P V N H U B B A R D U G E B  
H L A K Z H A S S R M R H R J  
A I L K K S A D V W C B E D Y  
G N G Q N S T E R N K A T R L  
X G F O P O L U F L A N T R Z  
B U T T E R C U P F Q Y I I T  
W J J F X Y L J O D W V K N E

Sweet Dumpling  
Butternut  
Kabocha

Sugar Pumpkin  
Delicata  
Turban

Spaghetti  
Hubbard  
Acorn

Buttercup  
Carnival

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