



February 2016

Winter Squash



Acorn



Buttercup



Butternut



Kabocha

Varieties Grown in New York State

- Acorn
- Buttercup
- Butternut*
- Kabocha*

*These are Harvest of the Month varieties we will get to try from local farmers!

Nutrition and Health Benefits

- In addition to being low in calories, Winter Squash is an excellent source of Vitamin A, some B Vitamins, and Vitamin C.
- It is also a good source of fiber, copper, and potassium.
- Winter Squash is rich in nutrients like antioxidants, and also helps support the immune system and healthy vision.

How to Grow It

- Difficulty: Easy, annual plant
- Sun & Soil: Full sun, well-drained, warm soil with fertilizer
- Size: Need some room! Winter Squash goes as a low and climbing vine. You can expect 2+ squashes per plant!
- Planting Time: 2-3 weeks after last frost
- Time to Harvest: 60-110 days after planting
- Expert Tip! Winter Squash has edible flowers! Batter them, or use them as a pretty salad garnish!

Selection

- At its peak, a fully-ripe Winter Squash will have firm, dull-colored skin, and feel heavy for its size.
- If the Squash is too young, it will be shiny and less flavorful, and if it's too old, it will have crinkly skin and a rough inside.

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Storage Tips

- Winter Squash is true to its name; it stores well throughout the winter!
- Store in a cool, dry place (like a basement).
- Refrigerate only if cut or cooked.
- Winter Squash can be kept 1-6 months, depending on variety.
- To freeze: Cook & puree, freeze in a dated freezer bag.

Preparation & Cooking Tips

- Cook Winter Squash in its skin when possible.
- To make peeling easier, cut squash in half or microwave for 3-5 minutes and peel after it's cooled.
- Expert Tip! Save the seeds for a great snack! Toss them with olive oil and salt, and bake them at 375 *F for 20 minutes.

Kid-Friendly Eating Tips

- Make it savory! Cube your Winter Squash and add olive oil, your favorite herb, salt, and pepper...and roast it! Squash is also great in salads, tacos, omelets, or mac and cheese.
- Make it sweet! Slice your Winter Squash and drizzle olive oil, maple syrup and/or cinnamon!
- Mash it up! As an alternative to mashed potatoes, mash cooked Winter Squash and season with cinnamon or nutmeg!

RECIPES

Roasted Butternut Squash

1. Preheat oven to 400 degrees F.
2. Line a sheet pan with parchment paper.
3. Peel and cut squash into small cubes.
4. Arrange squash on pan.
5. Bake squash for 25-30 minutes, until squash is tender and brown. Enjoy!

Roasted Kabocha Squash and Kale Salad with Lemon Vinaigrette

Ingredients

- 1 small bunch of Kale, roughly chopped
- 1 ¼ cups Roasted Squash, cubed (Follow recipe above with Kabocha Squash to make this ingredient!)
- 1/2 cup Feta Cheese
- 1/4 cup Dried Cranberries
- 1/3 cup Lemon Vinaigrette (*See recipe below!)

Directions

1. In a large bowl, toss kale, roasted squash, and lemon vinaigrette together.
2. Sprinkle feta cheese and dried cranberries on top. Enjoy!

Lemon Vinaigrette

Whisk lemon juice, olive oil, and honey together in a small bowl.



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