

# Winter squash is an excellent source of fiber.



Winter squash  
was originally cultivated for  
its seeds

# 10,000

Winter squash was developed  
from wild squash originating  
in the region between Mexico  
and Guatemala.

**YOU CAN EAT THE  
SEEDS OF WINTER  
SQUASH – SIMPLY  
ROAST THEM!**

**Winter squash differs from  
summer squash in that it is  
harvested and eaten in the  
mature fruit stage when the  
seeds have matured and the  
skin has hardened into a tough  
rind. At this stage, it can store  
well during the winter!**

**ONE CUP OF COOKED  
WINTER SQUASH  
IS LOW IN CALORIES  
AND FAT.**



Winter squash belong to the Cucurbitaceae family, also called the gourd family, along with summer squash, cucumbers, and watermelon.

Winter squash is rich with vitamin

**a**

that promotes healthy vision.



Winter squash is an excellent source of vitamin

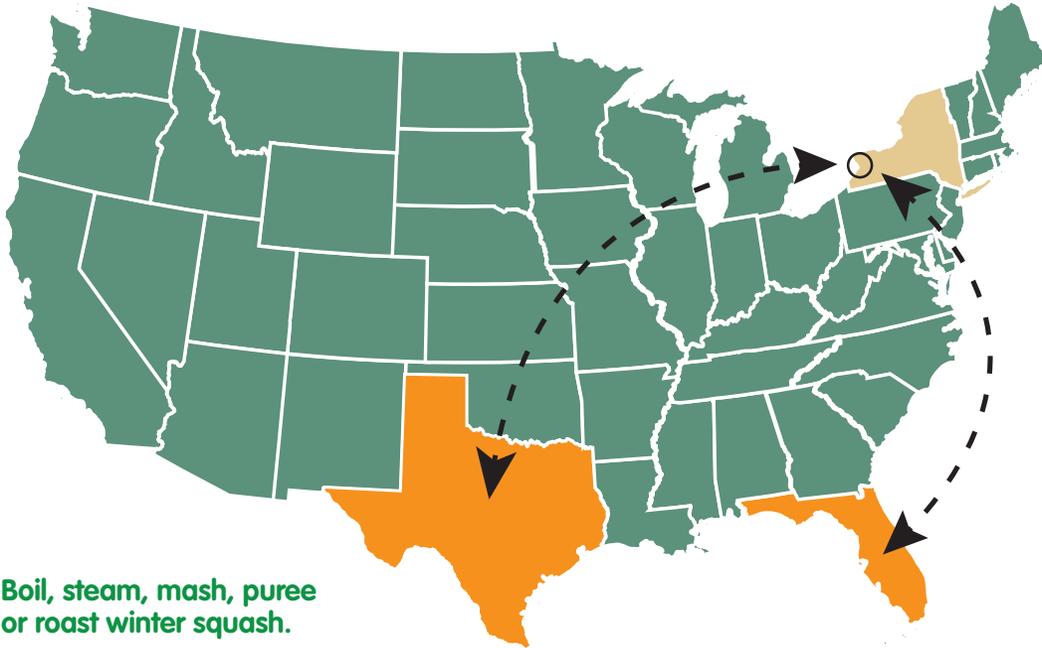
**A**

and vitamin

**C**

which are antioxidants and support the immune system.

FLORIDA AND TEXAS LEAD THE NATION IN PRODUCTION OF WINTER SQUASH. WINTER SQUASH GROWN IN FLORIDA WOULD HAVE TO TRAVEL ABOUT 1,000 MILES TO REACH THE CAFETERIA! OUR NEW YORK STATE WINTER SQUASH ONLY HAS TO TRAVEL [20 MILES FROM EDEN] TO REACH THE CAFETERIA!



Boil, steam, mash, puree or roast winter squash.

Most winter squash is harvested in September and October when the skin is a deep, solid color and hard.

Popular varieties of winter squash: butternut, acorn, hubbard, turban, spaghetti, and pumpkin.