

BUTTERNUT SQUASH

YOU BUTTER-NUT SQUASH THIS AWESOME GOURD!

I'm 87% **water**, which makes me a great hydrator.

I have **beta-carotene**, which is what makes me orange, and makes your vision sharp!

I'm packed with **Vitamin A**, which promotes healthy eyes and skin, and makes our immune systems **STRONG**.

I'm a good source of **Vitamin C**! This means I help give your immune system a nice boost!



ABOUT THE BUTTERNUT SQUASH PLANT

- They are a winter squash, they are ready to harvest from late September into the winter months.
- Squash are a gourd, which means they have a hard shell, and seeds on the inside.
- From one squash vine, you can grow 10-20 squash!

MAKE YOUR DREAM BUTTERNUT SQUASH SOUP

What would you put in a butternut squash soup? Draw some of your favorite fruits or vegetables in the soup pot. Don't forget to color them in!

