

Nutrition Facts	
Serving Size 205 g	
Amount Per Serving	
Calories 82	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber	0%
Sugars 4g	
Protein 2g	
Vitamin A 457%	Vitamin C 52%
Calcium 8%	Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Fun Facts:

- * Squash are actually fruit, and are in the gourd family.
- * Squash are related to melons!
- * Pumpkins, one of the most popular of winter squash varieties here in the US, are actually native to North America.
- * Native Americans grew and utilized a lot of squash, and squash was used for more than just a food item.
- * The United States is one of the largest consumers of winter squash.
- * Winter squash is named what it is due to the fact that they grow in, and are rugged enough to last through, most of the winter, if stored well.



Varieties:

There are hundreds of varieties of winter squash, all with their own unique shapes, color patterns, flavors, levels of sweetness and texture, which begs squash lovers to taste their way through the myriad of varieties, from the tiny *Jack-be-little* pumpkins to the often massive *Blue Hubbard* squash.

Selection:

Whichever variety of winter squash you choose, look for specimens that are heavy for their size, are free of dents, bruises or soft spots, and those that have smooth yet dull rinds vs. very shiny. Look for the stem to be solid and stout vs. shriveled and dried up.

Storage and Handling:

Winter squash will last in a cool, dry, dark place for months without refrigeration. The key is to keep them dry so as to prevent the growth of bacteria on their skin.

Nutritional Benefits:

All winter squash varieties are generally very high in Vitamin A and contain a decent amount of Vitamin C, depending on the concentration of the yellow-orange pigments found in the specific varieties.

Easy Ways To Enjoy Winter Squash

- * Winter Squash are excellent roasted, which helps to concentrate the flavor and sweetness of the squash without washing it out or making it watery. Generally, a hot oven is best, say 400 to 450 degrees F, where the flesh gets a chance to caramelize before it overcooks. Toss chunks with some oil and season as desired.
- * Squash responds well to sweet and savory dishes, and are just as nice with olive oil, garlic and herbs as they are with cinnamon, butter and brown sugar. If you like curries, whether Indian or Thai, squash adapts well to many fragrant and exotic combinations.
- * Making squash soup is a snap. Sweat some onions in butter until tender, add diced squash, cover with your broth of choice, simmer until tender and puree. Season to taste.
- * Try squash puree instead of mashed potatoes.

