

HARVEST of the MONTH WINTER SQUASH



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state.

To learn more, visit:
massfarmtoschool.org/hotm

Winter squash has lots of water (87%) which helps keep your body hydrated. You are about 60% water!

Healthy Serving Ideas

Butternut Squash Purée: Peel and chop squash. Toss in olive oil and roast at 400°F for 45 minutes or until soft. Blend or mash with a fork until smooth. Add butternut squash purée to macaroni and cheese or use as a pizza sauce.

Butternut Hummus: Combine 1 cup butternut squash purée, ½ cup tahini, 1 teaspoon cinnamon, 1/2 tsp. salt, and 1/4 tsp. pepper in a bowl and stir until smooth. Use as a spread for sandwiches or serve as a dip.

Stuffed Acorn Squash: Cut squash in half, scoop out seeds, place on baking pan. Drizzle with olive oil, bake at 400°F for 30-45 minutes. Remove from oven, add mixture of cooked quinoa or rice, fresh herbs, your favorite spices and shredded cheese. Return to the oven for 15 minutes until cheese melts.

Fun Facts

- “Squash” comes from the Narragansett word askutasquash, which means, “eaten raw or uncooked.”
- Almost every part of the squash plant is edible - leaves, flowers, seeds, and fruit!

At-Home Activity

Mapping Squash: Coloring & Geography

Originally from Central America, squash can help you learn about world geography. Use this lesson and map from Vermont Harvest of the Month to follow the history of this vegetable around the globe.

<https://bit.ly/HOTM-MappingSquash>

Where to Find Local Winter Squash

MassGrown Map (MDAR)

<https://massnrc.org/farmlocator>

Harvest of the Month Book Club

Gr. K-5 : Carlos & the Squash Plant by Jan Romero Stevens

Gr. 6-8: Farmer Will Allen by Jacqueline Briggs Martin

Gr. 9-12: The Food Activists Handbook by Ali Berlow



Winter Squash Purchasing Pointers

- Pick a squash that feels heavy. Its stem should be thick and firmly attached to the squash.
- Pick a squash with a matte feel to the skin rather than shiny. If it's shiny its been picked too early!
- Don't buy a squash with wrinkled skin, strange spots, cuts, and bruises.



Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.

March Preview: Dairy!