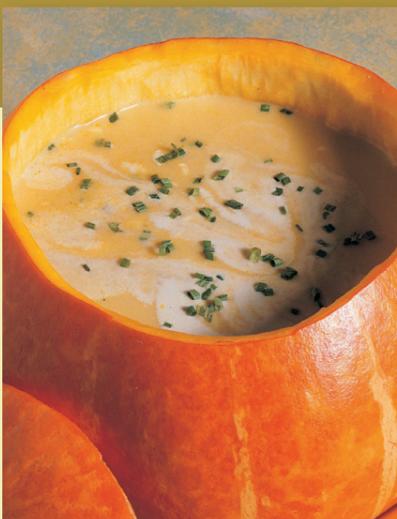




Hey kids, become a
FOOD EXPLORER
and check this out!

Winter Squash



Did you know...?

- The name “squash” comes from the Narragansett Native American word “askutasquash.” It means “eaten raw or uncooked.” Squash is one of the oldest crops dating back thousands of years.
- Native Americans roasted or boiled squash and pumpkins and stored the edible parts like a jam in syrup. They also ate the young shoots, leaves, flowers, and seeds.
- Squash and gourds are in the same plant family. Their hard outer shells can be used as containers and utensils like spoons.
- Because American colonists had so little to eat during the winter, squash is a food that saved many lines.



DELICIOUS AND NUTRITIOUS

Hubbard squash has more than twice as much vitamin A as broccoli. Vitamin A helps build bones and teeth. It also helps us see at night and fight infection.

A SUPER SNACK IDEA

Fill a hollowed-out baked squash with cut-up apples or applesauce with cinnamon. You can even add dried fruits like raisins.

WINTER SQUASH HUMOR

Which veggie plays a sport?

Squash