

Most winter squash are not grown through the winter in Washington! Rather, their thick skin allows them to be harvested in fall and stored for up to 2 to 3 months through the winter.

TASTE TIPS

- Eating lots of orange food like squash and carrots provides vitamin A, which keeps eyes and skin healthy and helps protect our bodies from infection.
- Squash is also a great source of Vitamin C, which keeps our immune system strong and helps our bodies heal quickly.
- Choose a squash that is firm and heavy for its size. Avoid squashes that have soft spots, dull and wrinkled skin or that are extremely light for their size.
- Store whole squashes in a cool dry place. The ideal temperature for storing winter squash is between 50-60°F.
- Once cut, wrap and refrigerate unused portion for use while fresh.



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WASHINGTON

A Handy Guide

for Choosing

and Preparing

Winter Squash

Winter Squash





BUTTERNUT SQUASH

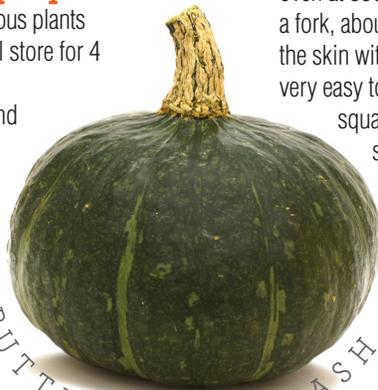
Butternut Squash are highly productive plants and produce large tubular squash with ivory skin and orange flesh. They are creamy and buttery in flavor and delicious in soups, or cubed and roasted on their own!

Cooking Tips Blend cooked butternut squash with sautéed garlic and onions, fresh herbs, and vegetable or chicken stock for an appetizing and warming soup. Blend in yellow-eyed beans or white beans for added protein and creaminess.

Buttercup Squash

rival butternuts in flavor and productivity. The vigorous plants produce heavy crops of squat, green fruits that will store for 4 to 6 months.

Cooking Tips Eat blended into soup, or cubed and added to chicken or vegetable stock with chopped kale, a can of tomatoes, and cooked chickpeas for a winter minestrone. Add salt, pepper, and Italian seasoning for extra flavor!



BUTTERCUP SQUASH

Hubbard Squash and Kabocha Squash

These squash range from medium-sized to huge and have drier flesh than other winter squash. Rind color varies with variety, and all varieties will store for 4 to 6 months.

Cooking Tips Hubbard and Kabocha squash are an excellent variety to use in pumpkin pie for a new twist on a classic Thanksgiving dessert!



HUBBARD SQUASH

Delicata Squash are a winter squash that can easily be eaten with the skin on! This makes it a unique favorite and easy to prepare, with a rich flavor. These oblong squashes range from 1-2 pounds and can be stored up to 3 months.

Cooking Tips Cut in half, scoop out the seeds, and chop to use in stir fry. Roast in the oven with herbs and potatoes, or with sweet potatoes, cinnamon or nutmeg and a little honey for a nice fall treat.



DELICATA SQUASH

Carnival Squash grows to a small single-serving size. They are yellow-ivory fruits with green stripes that may turn orange in storage. These squash will store for 3 to 5 months.

Cooking Tips Carnival squash can be halved and roasted whole with the skin on. Place squash, cut sides down, in a baking dish. Pour water into dish around squash halves. Bake in a preheated oven at 350°F until tender and easily pierced with a fork, about 1½ hours. Carefully remove the skin with a fork; it should be very easy to remove. Or eat the

squash directly out of the skin, stuffed with beans, greens, and a whole grain like brown rice or farro for a complete meal!



CARNIVAL SQUASH

Acorn Squash

are green, ribbed round fruits with a pointed bottom, they can be cooked and served much like carnival squash!



ACORN SQUASH

Spaghetti Squash

Like their name suggests, spaghetti squash are full of stringy fibers that can be eaten like pasta! The oblong fruits have smooth rinds that range from tan to orange, and they will store for 3 to 6 months.

Cooking Tips Halve and bake spaghetti squash in a baking dish. Pour water into the dish until it is less than

a quarter full and bake in a preheated oven at 350°F until the squash is tender enough to be pierced with a fork. Let cool, then scrape out the stringy innards with a fork until you have a bowl of squash pasta. Add cooked green lentils, tomato sauce, and arugula or spinach for a Mediterranean meal!



SPAGHETTI SQUASH