

Eat Well, Play Hard Wayne County & New York Harvest for New York Kids Week

Enjoy the bounty from Wayne County!

Winter Squash

-There are many varieties of winter squash available to suit your taste. Some common types include acorn, butternut, buttercup, delicata, hubbard, and spaghetti squash. They are a delicious vegetable and packed with good nutrition. Look for different types to try at your favorite Farm Market!

-Choose winter squash that are heavy and have smooth skins. Avoid those with sunken or moldy spots.

-Winter squash have a tough, inedible skin which makes prepping them seem scary. The key to peeling and cutting winter squash is using a microwave to soften them! Microwave for 2 minutes to make peeling the skin a piece of cake. Cutting the squash is much more manageable after microwaving on high for 4 minutes.

-Winter squash can be stored easily for months in a cool, dark place to be enjoyed all winter long.

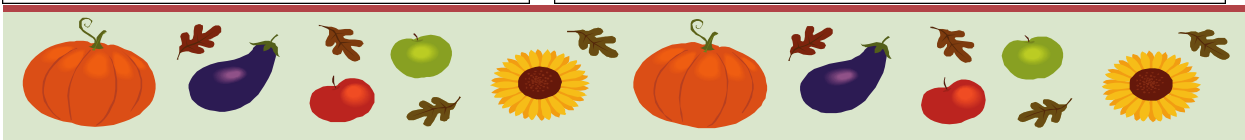
-Key nutrients include Vitamin A for healthy skin, good vision, and resistance to infection; fiber to help keep you regular, control blood sugar and lower blood cholesterol; Vitamin C for healthy gums, skin and blood; and potassium to help maintain normal blood pressure.

-Serve squash as a hearty side dish or add it to soup or casseroles.

-Stuff squash with rice or apples and walnuts and bake.

**New York squash are
delicious and nutritious!**

**Cool Family Activity!
Winter squash are easy to grow-just
scoop out seeds before cooking, dry
them and save to plant in the Spring**





Butternut squash

Butternut Squash Soup

(Serves 5)

Ingredients:

- 3 cups cubed butternut squash (can substitute any other type of winter squash)
- 1 carrot, diced
- 1 large stalk celery, diced
- 1 small onion, diced (about 1/2 cup)
- 1 tablespoon canola oil
- 2 cups low fat, low sodium chicken broth
- 1 tablespoon fresh chopped parsley for garnish (optional)

Directions:

1. Microwave whole squash on high for 3 mins, remove from microwave and cut in half. Add tablespoon of water to each half (in cavity), then return to microwave for 8-10 mins or until tender. Allow to cool slightly and cut into cubes. Set aside.
2. Saute' onions, carrot and celery in oil until soft and translucent
3. Add broth and cook about 10 minutes more
4. Cool for several minutes and add cooked squash back to pot and stir
5. Puree with a food processor, blender or immersion blender
6. Reheat before serving and season with salt and pepper as desired. Thin with more chicken broth if needed.

Recipe courtesy of Cornell Cooperative Extension Broome County

Nutrition Facts:

Serving size = 1 cup soup

90 calories, 3.5 g fat, 4 g fiber, 14 g carbohydrate, 65 mg sodium

**Eating more fruits
and
vegetables helps
families' live
healthier lifestyles!**



Buttercup Squash

Winter Squash in 10 minutes!

Microwave a whole squash for 2-3 mins on high. Cut in half, add a splash of water to the cavity in each half, and microwave about 7-8 minutes or until tender. Scoop out the seeds. Scoop the flesh out into a bowl and mix with salt and pepper and any of the following seasonings to taste: cinnamon, nutmeg, or ginger.

Acorn Squash

