



# Winter Squash

Harvest of the Month  
October



Squash are fruits.  
Some types of winter squash are:

Acorn



Butternut



Pumpkin



Spaghetti squash



- They have hard, thick skins.
- You can wash, dry, and roast the seeds for a healthy snack.
- Did you know you can eat the flower blossoms?



They are delicious!

Get your vitamins A and C from winter squash to help you stay healthy.

**Tulare County Office of Education**

*Jim Vidak, County Superintendent of Schools*

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program in Tulare County, call 1-800-834-7121. This material was created and approved as an extension to the Harvest of the Month tool kit developed by the *Network for a Healthy California*.

## Roasted Butternut Squash

Makes 4 servings at  $\frac{3}{4}$  cup each

2 pounds butternut squash  
1 tablespoon vegetable oil  
1 teaspoon thyme  
1 teaspoon sage  
1 teaspoon salt  
Non stick cooking spray



Pre-heat oven to 425 F. Peel squash with vegetable peeler and cut in half lengthwise. Remove seeds and cut squash in cubes. In a bowl toss squash with oil and seasonings until well coated. Spray a cookie sheet or roasting pan with non stick cooking spray and spread squash cubes in a single layer. Bake for 45 minutes or until tender.

Serve warm.

Source: *Network for a Healthy California*, 2008.

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program in Tulare County, call 1-800-834-7121.



Tulare County  
Office of Education

Jim Vidak, County Superintendent of Schools

## Calabaza Butternut Rostizada

Para 4 porciones de  $\frac{3}{4}$  taza cada una

2 libras de calabaza butternut  
1 cda. aceite vegetal  
1 cda. de tomillo (thyme)  
1 cda. de salvia (sage)  
1 cda. de sal  
Aceite en aerosol para cocinar



Precalente el horno a 425 F. Pele la calabaza con un pelador de vegetales y córtela por la mitad longitudinalmente. Remueva las semillas y corte la calabaza en cubitos.

En un tazón, revuelva la calabaza con el aceite y el aderezo hasta que esté bien cubierta. Ponga el aceite en aerosol para cocinar en una charola para galletas y distribuya los cubitos de calabaza en una sola capa.

Hornee la calabaza por 45 minutos o hasta que esté blanda. Sirva caliente.

Fuente: *Red para una California Saludable*, 2008

Instituto de Salud Pública, 2002. Este material fue financiado por el Programa de Cupones para Alimentos del Departamento de Agricultura de los Estados Unidos, a través de la *Red para una California Saludable* del Departamento de Salud Pública de California. Estas instituciones son proveedores y empleadores que ofrecen oportunidades equitativas. El Programa de Cupones para Alimentos ofrece asistencia nutricional para gente con bajos ingresos. Le puede ayudar a comprar comida nutricional para una mayor alimentación. Para obtener más información, llame al 1-800-834-7121.



Tulare County  
Office of Education

Jim Vidak, County Superintendent of Schools