

Harvest of the Month

FEBRUARY



Squash is a member of the gourd family. Winter squash, such as Butternut and Acorn have hard shells, inedible skins, and large seeds. Squash varieties with darker yellow/orange flesh are more nutritious than lighter colors.



BUTTERNUT SQUASH in Massachusetts

Butternut squash is harvested between the months of September and December. They can be stored for up to three months in cool dry conditions.

Squash Pointers

- Choose squash without bruises or mold and feels heavy in the hand.
- Pick squash with a matte color – a shiny skin indicates that the squash was picked too early.
- Refrigerate peeled or cut squash in a covered container for up to five days.

Nutritional Benefits

Butternut squash is an excellent source of vitamin A and potassium. The bright orange color indicates that it has beta-carotene, which may protect against some cancers and heart disease.

Enjoying Squash

Roast butternut squash with other winter vegetables to make a delicious side dish. Try adding roasted butternut squash to pasta dishes, rice, casseroles, or on top of a salad. Butternut squash can also be mashed or cooked into a creamy soup.

Butternut Squash Soup

Serves 6

Fruits & Vegetables: 1 cup per serving

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| 1 tablespoon vegetable or olive oil | 1. Wash and prepare vegetables. |
| 1 medium onion, chopped | 2. Heat oil in a large sauce pan over medium heat. Stir in onions, carrots, and garlic. |
| 1 carrot, chopped | 3. Cook for 3 minutes. Cover pan, lower heat, and cook 3–4 more minutes, until vegetables are tender. |
| 2 garlic cloves, minced | 4. Stir in tomato puree, chilies, squash, and chicken broth. Simmer for 15 minutes. Add salt and pepper. |
| ½ cup tomato puree, canned | 5. Transfer soft squash cubes to a bowl, mash with potato masher or fork, and return to pan. Soup will be chunky. |
| 1 small, fresh, hot chili pepper, seeded and chopped (use gloves when handling hot pepper) | |
| 1 medium butternut squash, peeled and cubed (about 1 pound) | |
| 2 (14.5 oz) cans chicken broth, low-sodium | |
| Pepper to taste, dash of salt (optional) | |

Nutrition Facts: Serving size: 1 cup; Calories: 90; Carbohydrates: 12 g; Fiber: 2 g; Fat: 3.5 g; Saturated Fat: 0.5 g; Sodium: 125 mg Source: Adapted from NYS office for the Aging and Aging Well Village



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