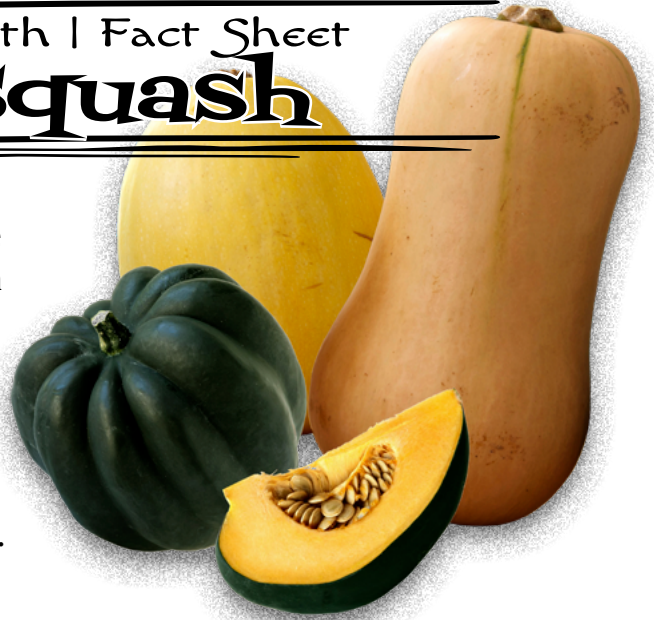








Harvest of the Month | Fact Sheet

Winter Squash

Winter squash includes dozens of varieties of squash that are in the gourd family. The most common varieties are acorn, butternut, delicata, spaghetti, buttercup, carnival and hubbard squashes, and pumpkin. Compared to summer squashes, winter squashes have a denser texture and flavor and thicker skin that allows for a longer storage life.



Did you know?

-  Unlike summer squash which are picked when immature, winter squash are picked when fully ripe with fully developed seeds.
-  All winter squash skin is technically edible but the texture of the thinner-skinned varieties, such as acorn and delicata squash, is more pleasant than thicker-skinned varieties.
-  Squashes are one of the oldest known crops – 10,000 years by some estimates.
-  To make pie, Pilgrims hollowed out a pumpkin, filled it with apples, sugar, spices and milk, then put the stem back on and baked.

Selection

Look for squash that is heavy for its size and firm with no cracks. If you knock on the skin and it sounds hollow, it is ripe. If it sounds dull, the squash may either be unripe or spoiled.

Storage

Store squash in a cool, dry area but do not refrigerate. Although squash may last for several months, for best quality it is recommended that squash be stored no longer than a month.

Handling

Rinse winter squash under cold running water prior to cutting. If you want to remove the skin, you can do so using a vegetable peeler. Microwaving the squash first can make peeling easier. Using a knife, pierce the skin of the squash in several places. Microwave the squash for 3–4 minutes (or longer if a very large squash). This process helps to soften the skin and makes peeling easier.

Nutrition

The nutritional value of winter squash varies by variety. Most are good, if not excellent sources of vitamin C. Vitamin C is important in the body's healing process and may play a role in guarding against heart disease and cancer. Vitamin C also helps the body absorb iron. Many are also great sources of vitamin A including delicata, butternut, hubbard, carnival, and pumpkin. Vitamin A is important in eye health and immune function.

School Meal Connection

Acorn squash, butternut squash, hubbard squash, pumpkins, and spaghetti squash are considered red/orange vegetables.

Harvest Season

According to the PA Preferred Seasonality Calendar, winter squash is in season in Pennsylvania from July through December.

Finding Winter Squash

Child Nutrition Program operators may be able to find local winter squash in a variety of ways. Check with your produce distributor to learn what they have available. You can search for products through the PA Preferred website or connect with local producers through produce auctions or farmer's markets. The Food Trust has also developed a Guide to Local Produce in Keystone Schools which identifies producers who are interested in selling to schools.



Preparation



Roast: Slice squash in half, remove seeds and stringy material, and place cut-side up on baking sheet. Rub with oil and season with herbs and spices as desired. Flip the squash cut-side down and roast in a 400 F oven for 25–45 minutes (depending on the size) or until flesh is fork tender. Remove from oven and cool for 10 minutes before handling.



Microwave: Remove the skin from the squash and cut in half. Remove the seeds. Place on microwave-safe plate cut-side down and heat on high for 5–10 minutes depending on size, or until tender. Let stand for a few minutes before handling.



Boil: Remove the skin from the squash and cut in half. Remove the seeds and stringy material. Cut the squash into 1-inch chunks and place in a large saucepan. Add enough water to cover the squash. Bring to a gentle boil, cover, and simmer until the flesh is desired tenderness, about 10–15 minutes.



Steam: Follow the above directions for boiling but place squash in a steamer basket.



Stew: Remove the skin and seeds from the squash. Slice into uniform small chunks. Mix into soups, stews, or casseroles at the beginning of the cooking time.




Don't forget the seeds! The seeds that you scoop out of your winter squash can be a healthy and delicious snack. Separate Squash seeds from the pulp before baking. Lay them in a single layer on a cookie sheet and bake at 160 to 170 degrees, for about 15 to 20 minutes or until tender.



Recipe | Delicata Smiles

50 servings (½ cup).

Credits: ½ cup provides ½ cup red/orange vegetable.

Ingredients	Weight	Measure	Method
			Preheat convection oven to 350°F or conventional oven to 400°F. Coat 3 half sheet pans or 1 full sheet pan and 1 half sheet pan with cooking spray.
 Delicata squash	14 lb		Cut off ends of squash. Stand each on one flat end and cut in half lengthwise. Remove seeds and stringy flesh with a metal spoon. Place the squash halves cut side down on cutting board and cut into ¼-inch slices (“smiles”).
Vegetable oil		½ cup	Arrange the squash smiles on the prepared baking sheets. Brush with oil. Sprinkle with sugar, distributing as evenly as possible.
Brown sugar		⅔ cup (packed)	Bake until the sugar is just melted and the smiles are just golden, about 12 to 15 minutes in a convection oven or 20 minutes in a conventional oven.

Online: Delicata Smiles – https://healthymeals.fns.usda.gov/hsmrs/Vermont/EDU-New_School_Cuisine_Cook-book.pdf page 68.



Check out the PA Harvest of the Month website (www.paharvestofthemonth.org) for sources, additional resources, and recipes.

Developed by the Pennsylvania Department of Education and Penn State University (Project PA).

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organization imply endorsement by the U.S. Government. USDA is an equal opportunity provider, employer, and lender.