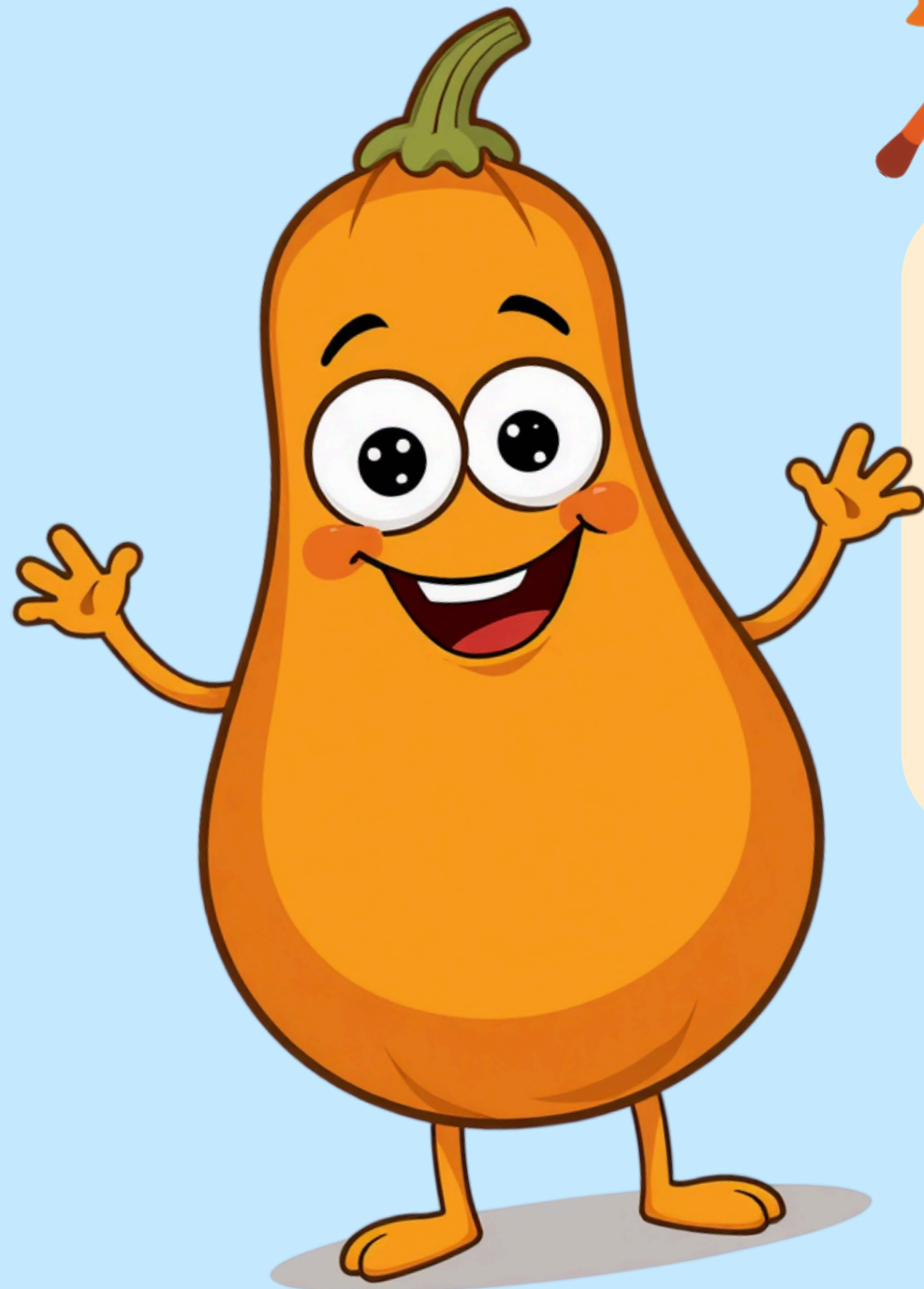




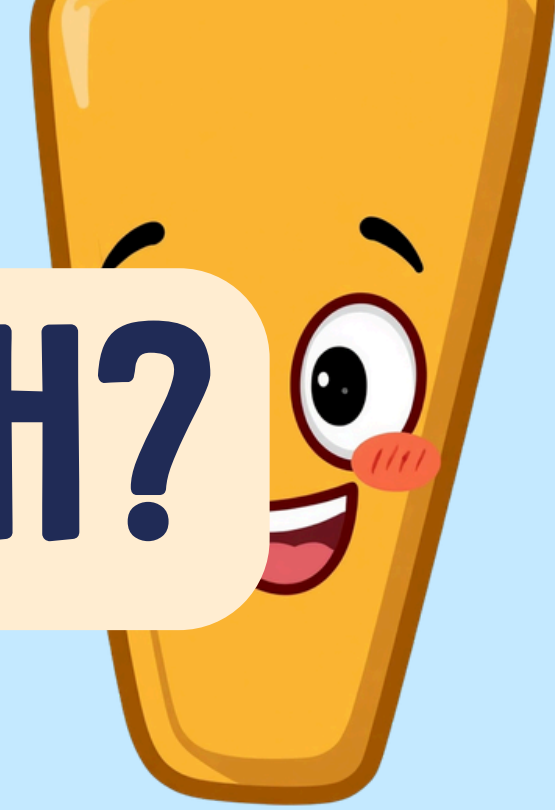
HARVEST OF THE MONTH: BUTTERNUT SQUASH!

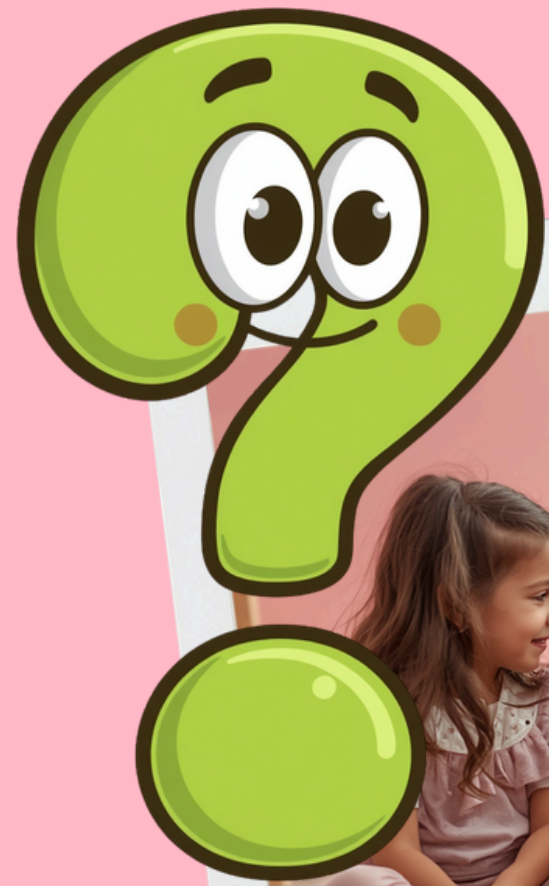
September's Super Veggie



WHAT IS BUTTERNUT SQUASH?

Butternut squash is a sweet, orange veggie that looks like a big peanut! It grows on vines and is ready to pick in fall. Its smooth, golden flesh is perfect for yummy soups, cozy casseroles, and even tasty snacks. Kids love its mild, sweet flavor and fun bell shape.





COOL SQUASH FACTS

1

One squash can weigh as much as a small cat! That's a really big veggie.

2

The orange color means it's full of vitamins for super eyesight.

3

Native Americans grew squash over 5,000 years ago. It's an ancient favorite!

HOW BUTTERNUT SQUASH GROWS

1

Plant seeds in warm spring sunshine after the last frost. Give them rich soil and plenty of space to stretch out.

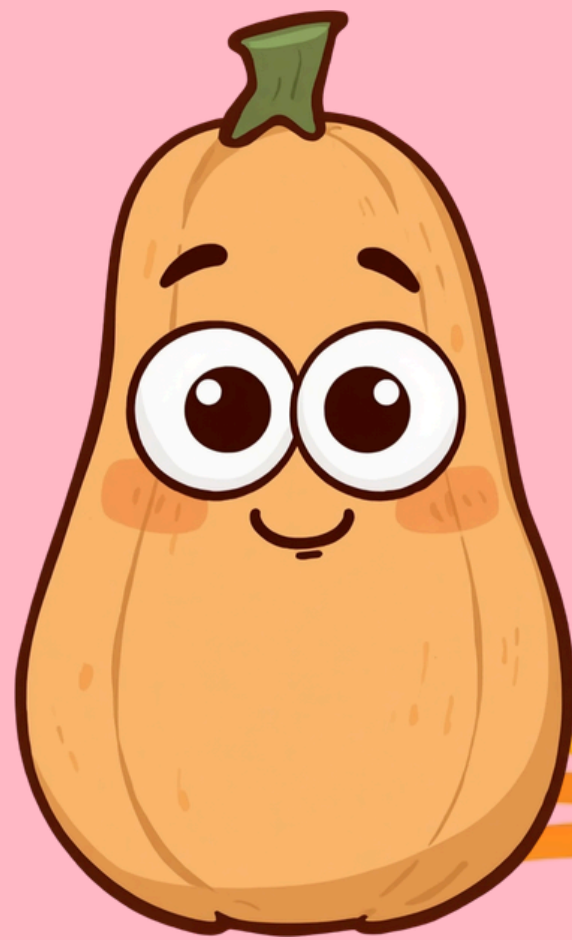
2

Watch the vines grow long and climb across the garden. Soon, big bright yellow flowers bloom to welcome bees.

3

Harvest the squash when the skin turns tan and the stem is dry. September is the perfect time to pick them!





BUTTERNUT SQUASH FRIES

1

Cut the butternut squash into stick shapes with a grown-up's help.

2

Toss the squash sticks with olive oil and a sprinkle of cinnamon.

3

Bake until crispy and golden, then enjoy your tasty fries!

yummy WAYS TO EAT IT



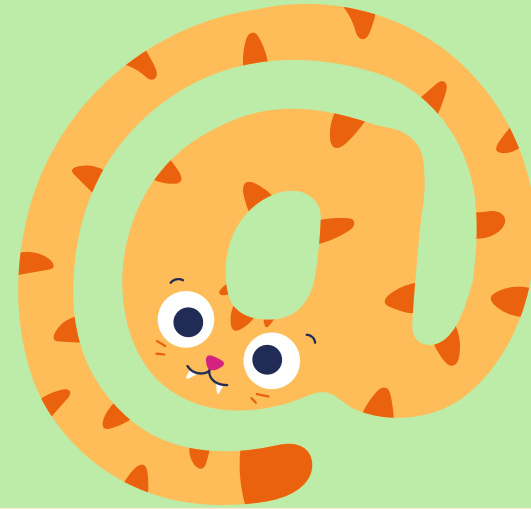
Squash Soup in a
Bread Bowl



Roasted Squash Cubes



Squash Mac and Cheese



**THANKS FOR LEARNING ABOUT
BUTTERNUT SQUASH!
TRY IT THIS MONTH AND BECOME
A VEGGIE EXPLORER! ✨**

