BUTTERNUT SQUASH & SWEET POTATO MIX

DID YOU KNOW?

- Butternut squash is a winter squash that grows on a trailing vine and is a member of the Cucurbitaceae family along with gourds and pumpkins.
- Sweet potatoes can be used in both savory and sweet applications. They are served as a cooked vegetable in whole or mashed form, and can be baked, roasted, steamed, boiled, simmered, or fried.

FUN FACT!

Today the farmland where the original Butternut squash was developed is now a golf course aptly named, Butternut Farm Golf Club. Sweet potato may have originated in Asia, most claim that that it is native to tropical Central and South America,



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