



Acorn  
Squash



# Acorn Squash

## SHOPPER'S TIPS

- Look for firm squash that have dull-colored skin and feel heavy for their size.
- Avoid squash that feel soft or have cracks in the skin.

## FUN FACTS!

- Acorn squash is named for its acorn-like shape and comes in a variety of colors – dark green, tan, yellow, and orange.
- Acorn squash is a type of “winter squash.” The term dates back to a time before refrigerators when squash harvested in the fall were known as winter vegetables because they could last until December.

## WHAT IS IN IT FOR YOU?

One cup of cubed acorn squash is:

- An excellent source of fiber, vitamin C, vitamin B6, potassium, thiamin, and magnesium.
- A source of vitamin A, iron, and folate.

## SERVING IDEAS

- Remove seeds from two squash halves. Cover with plastic wrap and microwave on high for 5 minutes. Sauté one chopped apple, cinnamon, nutmeg, and a sprinkle of brown sugar. Fill cooked squash halves with the apple mixture and bake for 10 minutes at 400°F.
- Slice an acorn squash across the middle to create four rings and remove the seeds. Bake with a sprinkle of sage and thyme at 400°F.

## PEAK SEASON

California grown varieties, available in early fall through winter, may be fresher and cost less than varieties shipped from other regions.

## STORAGE

Store uncut squash in a cool, dark, dry place for up to three months. Once cut, wrap and refrigerate squash for up to one week.