

Butternut Squash





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SHOPPER'S TIPS

- Look for heavy squash with a thick neck and a small round base.
- Avoid squash that looks shriveled, bruised, or dented.

FUN FACTS!

- Butternut squash is a type of “winter squash.” The term dates back to a time before refrigerators when varieties of squash harvested in the fall were known as winter vegetables because they could last until December.
- Butternut squash is also known as the African Bell.

WHAT IS IN IT FOR YOU?

One cup of butternut squash cubes is:

- An excellent source of vitamin A and vitamin C.
- A source of potassium, magnesium, fiber, vitamin B6, and vitamin E.

SERVING IDEAS

- Roast butternut squash chunks that have been seasoned with nutmeg and sage.
- Bake butternut squash halves and mash for a filling side dish.

PEAK SEASON

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

STORAGE

Store whole squash in a cool, dry place for up to three months.