



The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, Montana Department of Agriculture, Montana Organic Association, and FoodCorps Montana. More information and resources are available at [mtharvestofthemonth.org](http://mtharvestofthemonth.org)



To soften thick or hard rinds before cutting or peeling, poke holes in rind with fork, and microwave for 2-5 minutes. Remove from microwave, and allow to rest for 1-2 minutes until cool enough to handle. Roast squash by peeling and cubing squash. Place on baking sheet and drizzle with olive oil and low-sodium seasoning. Bake at 350°F for 45 minutes or until tender. Add cubed roasted squash to pasta, pizza, or salads. Squash is also fantastic in chili!

### Cooking

Select winter squash that are firm, have dull-colored skin, and feel heavy for the size. Squash with cracks or brown or soft spots should be avoided. Part of the stem should be intact for optimal storage. Winter squash can be stored from 1 week to 6 months depending on the variety and storage conditions. Store winter squash in a dark area, with good ventilation, between 50-60°F for ideal storage conditions. Remove soil prior to storage and leave stem on. Once the squash is cut, wrap and store in the refrigerator for 1-2 days.

### Buying Tips

# Winter Squash



The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, Montana Department of Agriculture, Montana Organic Association, and FoodCorps Montana. More information and resources are available at [mtharvestofthemonth.org](http://mtharvestofthemonth.org)



To soften thick or hard rinds before cutting or peeling, poke holes in rind with fork, and microwave for 2-5 minutes. Remove from microwave, and allow to rest for 1-2 minutes until cool enough to handle. Roast squash by peeling and cubing squash. Place on baking sheet and drizzle with olive oil and low-sodium seasoning. Bake at 350°F for 45 minutes or until tender. Add cubed roasted squash to pasta, pizza, or salads. Squash is also fantastic in chili!

### Cooking

Select winter squash that are firm, have dull-colored skin, and feel heavy for the size. Squash with cracks or brown or soft spots should be avoided. Part of the stem should be intact for optimal storage. Winter squash can be stored from 1 week to 6 months depending on the variety and storage conditions. Store winter squash in a dark area, with good ventilation, between 50-60°F for ideal storage conditions. Remove soil prior to storage and leave stem on. Once the squash is cut, wrap and store in the refrigerator for 1-2 days.

### Buying Tips

# Winter Squash



# Winter Squash

## Did You Know

- Winter squash are harvested in the fall and can last into the winter if stored correctly.
- The skins are hard and usually not eaten, quite different from their summer squash cousins, such as zucchini.
- Gourds, cucumbers, and melons are all part of the Cucurbit family, but all have different origins. Squash and pumpkins are native to the Americas, while cucumbers originated in eastern Asia and melons in Africa or Persia.
- Squash is one of the oldest cultivated crops in the Western Hemisphere and was originally grown for its seeds. Seeds found in Mexico have been dated as 10,000 years old.

## Nutrition Information

Winter squash are loaded with vitamins A and C and provide approximately the same amount of potassium as bananas! It is also a source of vitamin B6, magnesium, iron, and calcium. Beta-carotene which is found in many orange-colored vegetables, including winter squash, turns into vitamin A. Vitamin A helps maintain good vision and keeps skin healthy. Potassium helps open up blood vessels, which lowers blood pressure levels. Winter squash also contains fiber which helps regulate the digestive tract and can help maintain blood sugar levels.

## Dig Deeper

For recipes, lessons, quick activities, resources, and guides, visit:

[mtharvestofthemonth.org](http://mtharvestofthemonth.org)



# Winter Squash

## Did You Know

- Winter squash are harvested in the fall and can last into the winter if stored correctly.
- The skins are hard and usually not eaten, quite different from their summer squash cousins, such as zucchini.
- Gourds, cucumbers, and melons are all part of the Cucurbit family, but all have different origins. Squash and pumpkins are native to the Americas, while cucumbers originated in eastern Asia and melons in Africa or Persia.
- Squash is one of the oldest cultivated crops in the Western Hemisphere and was originally grown for its seeds. Seeds found in Mexico have been dated as 10,000 years old.

## Nutrition Information

Winter squash are loaded with vitamins A and C and provide approximately the same amount of potassium as bananas! It is also a source of vitamin B6, magnesium, iron, and calcium. Beta-carotene which is found in many orange-colored vegetables, including winter squash, turns into vitamin A. Vitamin A helps maintain good vision and keeps skin healthy. Potassium helps open up blood vessels, which lowers blood pressure levels. Winter squash also contains fiber which helps regulate the digestive tract and can help maintain blood sugar levels.

## Dig Deeper

For recipes, lessons, quick activities, resources, and guides, visit:

[mtharvestofthemonth.org](http://mtharvestofthemonth.org)