



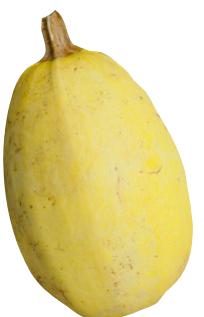
# Winter Squash

## 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.
- To some Native American tribes, corn, beans, and squash are known as the "Three Sisters." These plants were grown together and were staples of many tribes in North America.



Acorn Squash



Spaghetti Squash



Butternut Squash



Carnival Squash

## Selection

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.

## 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.

## Cooking

**Bake.** Peel and cube or slice squash in half and scoop out seeds. On a foil-lined baking dish, place halved squash cut-side down or evenly arrange cubed squash. Cover and bake whole squash at 350°F for 45 minutes or until tender. Bake cubed squash at 350°F for 20-25 minutes.

**Boil or Steam.** Keep whole or cut squash into quarters or cubes and remove the skin and seeds. To boil squash whole, pierce skin with fork, cover, and boil for 1 hour. To steam or boil cubed squash, place slices into pan of boiling water or steam basket for 10-15 minutes or until tender.

**Microwave.** Peel and cube squash or slice squash in half and remove seeds. Place cubes or halves in a microwave-safe dish with 2-3 tablespoons water. Microwave on high for 5-8 minutes for cubes or 8-12 minutes for halves. 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.

**Preserve.** For more information on preserving winter squash, read MontGuides Home-canning Pressures and Processing Times and Freezing Vegetables. Visit <https://nutrition.msuextension.org/> and click on the food preservation link or contact your Extension office to find the guide.

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## Squish Squash Lasagna

HACCP Process:  1 – No Cook  2 – Cook & Same Day Serve  3 – Cook, Cool, Reheat, Serve  4 – SOP Controlled

Ingredients	6 Servings	25 Servings	Directions
Onions, diced	1/2 cup	2 1/3 cups	
Garlic, minced	1 1/2 tsp	2 Tbsp	
Canola oil	1 tsp	1 tsp	
Canned low-sodium diced tomatoes	1 1/2 cups	6 cups	
Dried oregano	Pinch	3/4 tsp	
Dried thyme	Pinch	3/4 tsp	
Dried basil	Pinch	3/4 tsp	
Whole wheat lasagna sheets, no boil, 3 1/2 in x 7 in sheets	2 oz (8 sheets)	11 oz (32 sheets)	
Butternut squash, peeled, sliced 1/4 in	3 1/2 cups	4 1/2 lbs	
Spinach, fresh, sliced 1/8 in	2 cups	1/2 lb	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	3/4 cup	3 cups	
			<ol style="list-style-type: none"> <li>To make tomato sauce, sauté onions and garlic in oil for 2-3 minutes. Add tomatoes, oregano, thyme, and basil. Simmer over low heat, uncovered, for 30 minutes, stirring occasionally.</li> <li>Place pasta sheets in hot water for 7-10 minutes. Remove sheets when dish is ready to be assembled.</li> <li>Assembly: Lightly coat baking dish or pan with pan release spray. Spread ingredients evenly across each pan. First layer: a. Lasagna sheets, slightly overlapping approximately 1 in, b. 1/3 of tomato sauce, c. 1/2 of spinach, d. 1/2 of squash slices slightly overlapping. Second layer: Repeat first layer. Third layer: rest of tomato sauce (about 1/3).</li> <li>Cover with foil and bake until squash is fork tender. Conventional oven: 350°F for 60-75 minutes. Convection oven: 350°F for 40-55 minutes.</li> <li>Remove from oven. Sprinkle cheese evenly over each pan of lasagna.</li> <li>Bake uncovered until cheese starts to brown slightly. Conventional oven: 350°F for 15 minutes. Convection oven: 350°F for 10 minutes. Critical Control Point: Heat to 140°F or higher for at least 15 seconds.</li> <li>Remove from oven and allow to set for 15 minutes before serving. Critical Control Point: Hold for hot service at 135°F or higher.</li> <li>Cut lasagna and serve.</li> </ol>

Serving Size 1 piece

Pan Size Steam table pan  
(12 in x 20 in x 2 1/2 in)

Yield 6, 25 servings

Oven Temperature &

Temperature

Minutes

Baking Time:

Conventional

350°F

60-75 plus 15

Temperature

350°F

Minutes

40-55 plus 10

### Meal Component Fulfillment (Based on Serving Size)

1 Serving Provides: .5 oz meat alternate      5/8 cup red/orange vegetable      1/8 cup other vegetable      .75 oz grains

### Nutrition Analysis : Serving Size: 1 piece

137      Calories (kcal)

2.05      Saturated Fat (g)

1.65      Iron (mg)

6.69      Protein (g)

23.36%      Calories from Total Fat (%)

169.23      Calcium (mg)

21.32      Carbohydrate (g)

2433.48      Vitamin A (IU)

159.52      Sodium (mg)

3.55      Total Fat (g)

20      Vitamin C (mg)

3.79      Dietary Fiber (g)

### Notes:

Source: Recipes for Healthy Kids Cookbook for Schools, USDA

## Roasted Butternut Squash with Cinnamon and Brown Sugar

HACCP Process:  1 – No Cook  2 – Cook & Same Day Serve  3 – Cook, Cool, Reheat, Serve  4 – SOP Controlled

Ingredients	6 Servings	25 Servings	Directions
Butternut squash, peeled and cut into 2-inch cubes	7 3/4 cups	10 lbs	<ol style="list-style-type: none"> <li>1. Add squash to a parchment-covered or oil sprayed sheet pan.</li> <li>2. Cut any extra large pieces, so size of squash pieces are similar.</li> <li>3. Melt the butter in a small pot, then add the brown sugar, salt, cinnamon, and pepper. Mix to combine thoroughly.</li> <li>4. Equally divide the butter mixture among pans, then stir until squash is well coated.</li> <li>5. Roast, uncovered, until cooked through and lightly browned. Convection oven: 350°F about 20-30 minutes Conventional oven: 375°F about 30-35 minutes CCP: Heat to 140°F or higher. CCP: Hold for hot service at 140°F or higher.</li> </ol>
Butter, melted	1/4 cup	1 cup	
Brown sugar	1/4 cup	1 1/8 cups	
Salt	1/2 tsp	2 tsp	
Cinnamon	1/2 tsp	2 1/4 tsp	
Black pepper	Pinch	1/2 tsp	

Serving Size 1/2 cup Pan Size Sheet pan Yield 6, 25 servings

Oven Temperature & Baking Time:	Conventional	Temperature <u>375°F</u>	Minutes <u>30-35</u>	Convection	Temperature <u>350°F</u>	Minutes <u>20-30</u>
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**Meal Component Fulfillment** (Based on Serving Size) 1 Serving Provides: 1/2 cup red/orange vegetable

### Nutrition Analysis : Serving Size: 1/2 cup

<u>131</u>	Calories (kcal)	<u>4.67</u>	Saturated Fat (g)	<u>.69</u>	Iron (mg)
<u>1.02</u>	Protein (g)	<u>17.33%</u>	Calories from Total Fat (%)	<u>52.24</u>	Calcium (mg)
<u>17.33</u>	Carbohydrate (g)	<u>11661.52</u>	Vitamin A (IU)	<u>192.98</u>	Sodium (mg)
<u>7.45</u>	Total Fat (g)	<u>15.49</u>	Vitamin C (mg)	<u>3.42</u>	Dietary Fiber (g)

### Notes:

Source: Fresh From the Farm: Massachusetts Farm to School Cookbook

**Puree.** Roast or bake squash. Scoop squash from skin and puree squash to a smooth consistency. It can be added to soup, breads, muffins, or custards.

**Roast.** Peel and cube squash. Place on baking sheet and drizzle with olive oil and low-sodium seasoning. Bake at 350°F for 45 minutes or until tender.

**Roast Seeds.** Remove seeds and rinse thoroughly to remove strings or parts of the squash. Drizzle with olive oil and low-sodium seasoning before placing evenly on a baking sheet. Cook at 300°F for 10-15 minutes. Stir periodically for even roasting.

**Sauté.** Peel and grate or cube squash. Heat pan to high, add butter or oil to coat bottom of pan and add squash. Sauté 15-25 minutes, or until tender.

**Season.** To enhance flavor, season with allspice, basil, cinnamon, cloves, ginger, marjoram, or nutmeg.

Adapted from the Winter Squash Food Fact Sheet developed by Montana State University Extension. For the full fact sheet and other resources, visit: <https://nutrition.msuextension.org/>.

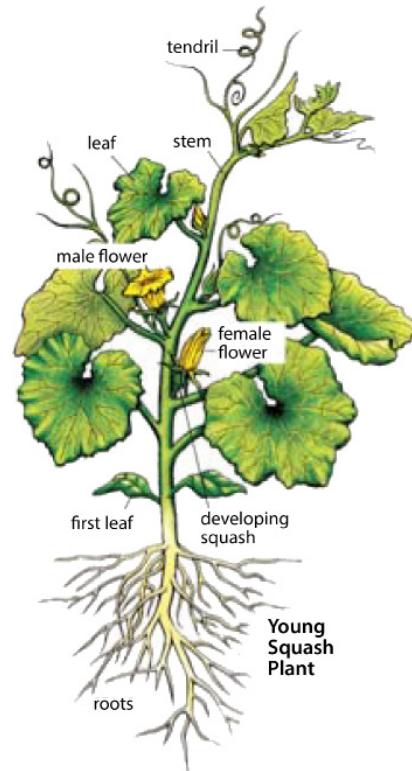
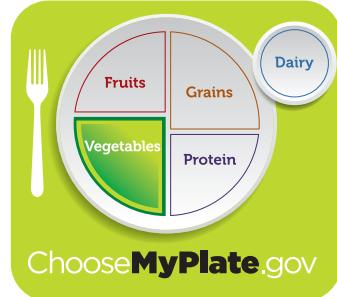
## Nutrition Information

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 B<sub>6</sub>, 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.

## Dig Deeper

For sources and photo credits along with more recipes, lessons, quick activities, resources, and guides, visit:

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



## 4 Montana Harvest of the Month: Winter Squash



The Montana Harvest of the Month program showcases Montana grown foods in Montana 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, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: [mtharvestofthemonth.org](http://mtharvestofthemonth.org).

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