

# HARVEST of the MONTH BUTTERNUT SQUASH



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state.

To learn more, visit:  
[massfarmtoschool.org/hotm](http://massfarmtoschool.org/hotm)

Butternut squash is an excellent source of vitamin A and potassium. The bright orange color indicates that it is loaded with beta-carotene, which may lower the risk of certain types of cancer and may offer protection against heart disease. It is low in salt, fat, and has few calories.

## Healthy Serving Ideas

- Spread a layer of butternut squash puree on your favorite pre-made pizza crust. Add toppings (suggestions: turkey pepperoni, red bell peppers, goat cheese) and bake at 450°F on the middle oven rack for 15 to 20 minutes or until cheese is melted.
- Try butternut hummus: Combine 1 cup butternut squash puree, ½ cup tahini, 1 teaspoon cinnamon, 1/2 teaspoon salt, and a pinch of pepper in a bowl and stir until smooth. Use as a spread for sandwiches or serve as a dip.

## Where to Find Local Butternut Squash

MassGrown Map (MDAR)

<https://massnrc.org/farmlocator>

## Harvest of the Month Book Club

Gr. K-5 : Carlos & the Squash Plant by Jan Romero Stevens

Gr. 6-8: Farmer Will Allen by Jacqueline Briggs Martin

Gr. 9-12: The Food Activists Handbook by Ali Berlow

## Fun Facts

Squash were one of the Three Sisters planted by the Iroquois. According to Iroquois legend, corn, beans, and squash are three inseparable sisters who only grow and thrive together.

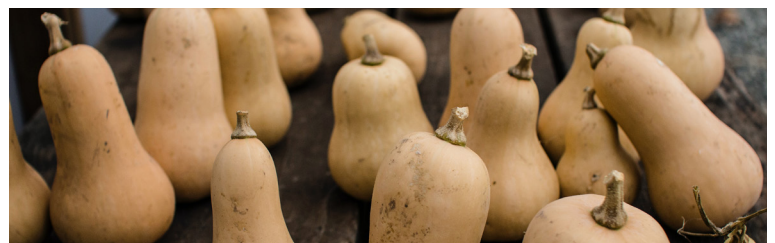
Nearly every part of the squash plant is edible - leaves, flowers, seeds, and fruit!

## At-Home Activity

### Mapping Squash: Coloring & Geography

Map the geographic history of the winter squash. With origins in Central America and varieties developed right here in Massachusetts, butternut squash provides a great opportunity to learn world geography. Use this lesson and map from Vermont Harvest of the Month as your guide for tracing the history of this vegetable around the globe.

<https://bit.ly/HOTM-MappingSquash>



## Butternut Squash Purchasing Pointers

Pick a squash that feels heavy in hand. Its stem should be stout and firmly attached to the fruit.

Pick a squash with a matte color to the skin rather than glossy, if it's glossy it's been picked too early!

Avoid those with wrinkled surface, abnormal spots, cuts, and bruises.



MASSACHUSETTS



Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.

March Preview: Dairy!