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NUTRITION FOCUS

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Winter Squash Special

SPICE & DICE

On chilly days, the comfort from a warm bowl of savory soup is an autumn delight. Try out the spices below to bring out the succulent flavors of winter squash:

- ◇ Cumin
- ◇ Turmeric
- ◇ Sage
- ◇ Garlic
- ◇ Cayenne Pepper

Foods commonly paired with squash are:

- ◇ Onions
- ◇ Carrots
- ◇ Tomatoes
- ◇ Red Peppers

Scan the QR Code below for a simple, delicious soup recipe.



Make the most out of the autumn harvest!

Winter Squash are nutrient rich foods that strengthen the immune system, and support optimal blood pressure. Alpha-linolenic acid (ALA), which is

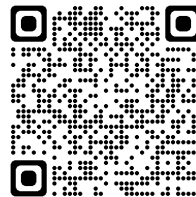


associated with improving heart health, is found in winter squash. Essential Vitamins A and E give orange/yellow foods rich color like what is seen in Hubbard

squash. Olive oil can assist the digestion of Vitamins A and E, so it is recommended to cook winter squash with it. Consider avocado oil as an alternative that can provide similar benefits and healthy fats.

Check out our page for more from MCFI Nutrition Services.

<https://www.cfihope.org/food-and-nutrition-services/>



SOURCE LOCAL

Most winter squash is harvested between September and November for market sale.

Farmers markets and co-ops have a variety of squash on display. Popular Wisconsin varieties are Acorn, Butternut, Buttercup, Hubbard, and Spaghetti.

Purchasing Tip:
Look for firm, unblemished skin that is not spongy or overly wrinkled.

Gardening Tip:
Gold Nugget squash is great for gardeners who have room for roaming plants or have extra support beams. The gold nugget plant has more compact growth and can be led up support beams.

Scan the QR Code for produce purchasing tips:

