

SQUASH PROFILE



JULY-SEPTEMBER

I PAIR WELL WITH...

- BACON, MAPLE SYRUP, SAGE
- RICOTTA CHEESE, ROSEMARY
- BUTTER, GARLIC, SAGE

PREPERATION TECHNIQUES...

- BAKE
- BLANCH
- BRAISE
- STEAM
- MASH
- STIR FRY

NUTRIENTS AND BENEFITS

- Vitamin B6
 - Vital for brain development and keeping the nervous system healthy
- Vitamin C
 - Manage blood pressure, protect immune system, help wounds heal
- Magnesium
 - Support muscle and nerve function, and energy production

ANTIOXIDANTS AND BENEFITS

- Beta-carotene
 - Eye health, cognitive function (improve memory), skin protection (protect against UV light), cancer prevention
- Vitamin E
 - Protect body from diseases associated with free radicals, reduce oxidative stress

Nutrition Facts

Serving size: 1 cup

Servings: 1

Amount per serving

Calories **63**

% Daily Value*

Total Fat 0.1g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 6mg 0%

Total Carbohydrate 16.4g 6%

Dietary Fiber 2.8g 10%

Total Sugars 3.1g

Protein 1.4g

Vitamin D 0mcg 0%

Calcium 67mg 5%

Iron 1mg 5%

Potassium 493mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

KEEP IN MIND...

- **Notable flavor**
 - Nutty, mildly sweet, buttery when cooked
- **Can you consume it raw?**
 - Yes! Although, squash is more commonly cooked into a medley, spaghetti squash, or stuffed
- **What parts of the plant can you eat?**
 - the meat of the fruit is most commonly eaten, the seeds are edible, and often quite good roasted
- **Short term storage**
 - Low humidity, cool, dark place such as the fresh drawer in the fridge
- **Long term storage**
 - Blanch and shock squash after it is peeled and cut up, keep in freezer for up to 9 months