

OREGON WINTER SQUASH

‘Squash’ gets its name from the Narragansett Native American word ‘askutasquash,’ which means ‘eaten raw or uncooked.’

Sweet Meat squash is a Northwest heirloom grown by an Oregon family for 100 years. It is said to make the best pumpkin pie on earth!



NUTRIENTS FOUND IN WINTER SQUASH

- ~ Winter squash is a vitamin and mineral powerhouse. It provides vitamin A and C, fiber, potassium, magnesium and lots of other essential vitamins and minerals.
- ~ Pigments called carotenoids give winter squash their deep orange and yellow colors. Carotenoids turn into vitamin A in your body.
- ~ Vitamin A keeps your eyes and skin healthy. It also helps the body fight infection.

The flesh of Spaghetti squash separates into strands when it cooks and so it can be used in place of pasta!



Like pumpkin seeds, all winter squash seeds can be roasted and eaten. They make a great snack!



Winter Squash are not grown or harvested in the winter but their thick shell allows them to be stored throughout the winter months.

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Winter squash comes in a variety of colors. They can be pale green, white, terra-cotta, pale yellow, dark green, even blue.

