Nutrients Found in Winter Squash

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

Recipe Pumpkin Nut Bread

Makes 2 loaves, 16 servings per loaf

**INGREDIENTS**
- 2 cups cooked, mashed pumpkin or one 16-ounce can pumpkin
- 4 medium or large eggs
- 2 cups sugar
- 2/3 cup vegetable oil
- 2/3 cup water
- 3 1/3 cup flour
- 2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 1 tablespoon cinnamon
- 1 cup raisins (or other dried fruit) and 1 cup chopped nuts

**DIRECTIONS**
1. Preheat oven to 350 degrees F.
2. Oil and flour two 9 x 5 loaf pans.
3. Mix pumpkin, eggs, sugar, oil, and water in medium bowl.
4. Mix dry ingredients in a separate bowl. Add raisins and nuts to flour mixture. Add pumpkin mixture to flour mixture. Stir just until mixed.
5. Add half the mixture to each loaf pan. Bake for about 1 hour, or until a knife inserted in center comes out clean.
6. After the bread has cooled for about 15 minutes, it should come out of the pan easily. When completely cool, wrap bread in plastic.

Bright Idea: When cool, wrap one loaf well and freeze for later.

Nutrition Information per serving:
- Calories: 190
- Carbohydrate: 27 grams
- Fat: 18 grams
- Protein: 3 grams
- Fiber: 2 grams

Source: healthyrecipes.oregonstate.edu/
Depending upon the variety, most winter squash can be stored in a cool, dry place for two or three months, sometimes longer. The ideal temperature for storing winter squash is between 50-60°F.

Storage temperatures below 50ºF (as in a refrigerator) will cause squash to spoil more rapidly. Once squash is cut, cover the pieces and store them in the refrigerator, where they will keep for one or two days.

Sample different varieties of winter squash to find your family’s favorite. Look for varieties like Acorn, Butternut, Carnival, Sweet Meat, Buttercup, Red Kuri and Small Sugar Pumpkin.

Fruit & Veggie Super Hunt
The next time you go to the grocery store, farmers’ market or community garden, ask your child to hunt for one fruit and one vegetable in every color of the rainbow. Not only will you be surprised at all the different fruits and vegetables they find, you may find a new fruit or vegetable to make for a meal or a snack.

Collage
Make a collage of fruit and vegetable pictures from supermarket advertisements (circulars) or magazines. Include fresh, frozen, canned and dried fruit and vegetable pictures. Display the collage on the refrigerator to remind everyone to eat a variety of fruits and vegetables each day.

Living and Eating Green
Foods grown locally are fresher and often taste better than food shipped long distances. Buy local vegetables and fruits that are in season for maximum flavor at a lower cost. When you buy locally grown food, you help ensure that Oregon farms continue to thrive, helping to preserve Oregon’s open spaces and rural landscape.

Read a Book Together
*A Day at the Pumpkin Patch* by Megan Faulkner and Adam Krawesky tells the story of a fall trip to the farm. The book is filled with beautiful farm photos, pumpkin facts, and a recipe for roasted pumpkin seed.

Looking for a book with fun and educational projects for children from four to ten years old? *Kid’s Pumpkin Projects: Planting & Harvesting Fun* by Deanna F. Cook will keep your kids busy with fun projects all year round.

Get Moving!
Getting active outside can help to improve your child’s coordination, balance, and agility. Keep kids healthy mentally and physically by making time for play each day. Find a place to play in your community. Check this website [http://playspacefinder.kaboom.org/](http://playspacefinder.kaboom.org/); call your community recreation department; or ask your local health department for suggestions.

Vegetable Tips for Children
Let your children decide on dinner vegetables or what goes into salad several times a week. Depending on their age, children can help clean, peel, or cut up vegetables. Learn more about healthy eating at [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/)