Gardening

- Winter squash tends to include darker varieties such as pumpkin, spaghetti squash, acorn squash, and butternut squash. Each type exhibits differences in shape, color, size, and flavor but all have shells that are hard and more challenging to cut and/or peel. This hard skin allows winter squash to have a longer storage life.

- Winter squash is an excellent vegetable for the cold weather months in Louisiana. It is grown during the summer and harvested in the fall. Due to their hard rind, squash are able to be stored well into winter—hence the name winter squash.

Make It

Roasted Butternut Squash with Cinnamon and Brown Sugar

**Ingredients:**
- 7 3/4 cups butternut squash, peeled and cut into 2-inch cubes
- 1/4 cup butter, melted
- 1/4 cup brown sugar
- 1/2 tsp salt
- 1/2 tsp cinnamon
- Pinch of black pepper

**Directions:**
1. Preheat convection oven to 350°F or conventional to 375°F.
2. Add squash to a parchment-covered or oil sprayed sheet pan.
3. Cut any extra-large pieces, so size of squash pieces are similar.
4. Melt the butter in a small pot, then add the brown sugar, salt, cinnamon, and pepper. Mix to combine thoroughly.
5. Equally divide the butter mixture among pans, then stir until squash is well coated.
6. Roast, uncovered, until cooked through and lightly browned, about 20-30 minutes in a convection oven or 30-35 in a conventional oven.

**Recipe developed by Montana Harvest of the Month**

Squash Goals

- Squash varieties harvested in the fall are known as winter squash.
- Squash are great winter nutrition boosters to include in meals.
- Winter squash are loaded with vitamins A and C and provide approximately the same amount of potassium as bananas. Vitamin A helps maintain good vision and keeps skin healthy.
- Winter squash is delicious on its own or roasted with seasonings. Add cubed winter squash to chili or to pizza for a delicious and vitamin packed meal.

Helpful Hint

Save the seeds that you scoop out of your winter squash for roasting. Squash seeds need to be separated from the pulp before baking. Lay them in a single layer on a cookie sheet and bake at 160 to 170 degrees for about 15 to 20 minutes or until tender.