Fun Facts About Winter Squash!

• Winter squash is grown during the summer and harvested in the fall. The term “winter squash” refers to the fact that they store well throughout the winter.
• Roasted winter squash seeds are a crunchy snack.
• Squash blossoms can be stuffed, sautéed or fried.

Winter Squash Is Nutritious and Good for You!

• Good source of potassium.
• Excellent source of vitamin A.
• Excellent source of vitamin C.
• Excellent source of dietary fiber.