'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!

## OREGON WINTER SQUASH

## 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 helps keep your eyes healthy.

## 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.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.



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

