



Harvest of the Month

KURI SQUASH

Nutrition Information

- Red Kuri Squash is rich in vitamins A and C, fiber, potassium, and magnesium.
- The deep red/orange color comes from pigments called carotenoids, which are high in vitamin A.

Selection and Storage

- Choose squash that have a dry, firm stem. A green or damp stem may indicate the squash was harvested too soon and won't be as flavorful.
- Store Red Kuri Squash in a dry, cool spot at 50–60°F to prevent spoilage; it can last 2–3 months. Once cut, refrigerate it for 1–2 days.
- Choose squash with a vivid, deep orange hue, signaling ripeness. A dull or pale appearance may indicate it isn't fully mature.

Fun Facts

- In Washington, you can pick Red Kuri Squash from late September to late October.
- "Kuri" is the Japanese word for chestnut, and this squash is often used in Japanese cooking. It's known for its sweet, nutty flavor.
- Like other squashes, Red Kuri Squash helps bees and other pollinators by producing big, colorful flowers, which is good for our ecosystems.
- Red Kuri Squash grows well in many climates and can be stored for months, which helps reduce food waste.
- This winter squash takes about 100 days to grow from seed to harvest.



Recipes

- [Glazed squash – Food Hero](#)
- [Curried Vegetable Soup – ICN Recipe Box](#)
- [Great Garden Soup – ICN Recipe Box](#)
- [Stir-fry Fajita Chicken, Squash, and Corn – ICN Recipe Box](#)
- [Squash Casserole – ICN Recipe Box](#)
- [Chinese-Style Vegetables – ICN Recipe Box](#)



Educational Resources

- [Healthy Harvest for Kids: Viva Farms and WSU Skagit C Healthy Kids – Winter Squash: A printable recipe and early learner activity.](#) Available in English and Spanish.
- [Winter Squash – Harvest of the Month Nebraska](#)
- [Harvest For Healthy Kids](#) has fantastic activity kits for a variety of produce items including Winter Squash. Activity kits include activity plans, picture cards in, teacher & family newsletters in English, Spanish and Russian, as well as recipes.
- [Virtual classroom-pumpkin harvest – Food Hero](#)
- [Seeds Lesson Plan – Seattle Farm to Preschool Program](#)
- [Montana Harvest of the Month – Winter Squash: Harvest at Home, ECE Classroom Bites, and ECE Kitchen Bites](#)

• **For more ideas about what items you could feature as a Harvest of the Month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).**