



WA Local Foods

Winter Squash

Promotional Resources

Fun facts

- ♦ Winter Squash has vitamin A, vitamin C, vitamin B6, Fiber, Magnesium, and Potassium.
- ♦ Winter Squash is native to Central America.
- ♦ The name “winter squash” comes from the fact that these squash form a tough rind that helps them be stored longer, like throughout the winter.
- ♦ All parts of the squash are edible, though the skin is more commonly used to make vegetable stock.
- ♦ Did you know?
 - Winter squash is technically classified as a fruit!

Know your distributor/farmer

Puget Sound Food Hub

Mt. Vernon, WA

The Puget Sound Food Hub is a farmer-owned cooperative that markets, aggregates, and distributes locally produced food from their partner farms to wholesale buyers. The cooperative shares a vision of providing our region with direct access to locally produced foods while supporting sustainability of our local farms.



Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school spread information about local foods and healthy eating to increase students' knowledge of healthy eating and where food comes from.

- ♦ [Squish Squash Lasagna – ICN Recipe Box](#)
- ♦ [Curried Vegetable Soup – ICN Recipe Box](#)
- ♦ [Butternut Squash Casserole – ICN Recipe Box](#)
- ♦ [Storing Winter Squash - National Agriculture in the Classroom](#)
- ♦ [Sweet Slow Cooker Squash \(Taste Testing in the Classroom\) - Massachusetts Agriculture in the Classroom](#)
- ♦ [Pre-K Sensory Squash Session - Kansas Foundation for Agriculture in the Classroom](#)



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