



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.
- Credits as the red/orange vegetable subgroup.

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

- [Pumpkin Nut Bread– Food Hero](#)
- [Curried Vegetable Soup – ICN Recipe Box](#)
- [Creamy Chicken Pasta with Roasted Squash and Broccoli – ICN Recipe Box](#)
- [Squish Squash Lasagna – ICN Recipe Box](#)
- [Honey Garlic Chicken Stir Fry – ICN Recipe Box](#)



Educational Resources

- [Storing winter squash – Washington Ag in the Classroom Squash \(K-2\)](#)
- [Squash Lesson Plan for Schools and Adults – South Dakota University Extension](#)
- [WSU Fresh From the Farm \(Spanish\)](#)
- [Montana Harvest of the Month – Winter Squash: Harvest at Home, Classroom Bites, and Cafeteria 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](#).