

Winter Squash for the Win!

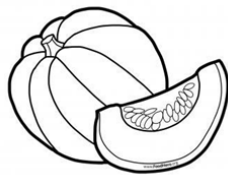
Fun Facts:

Winter squash seeds can be roasted and eaten as a yummy snack!

Squashes grow on plants with large, dark-green leaves.

Their color can be white, yellow, orange, green, or gray, and they can be speckled or striped.

The rind (or skin) can be smooth or covered with bumps.



“Squash” comes from the Native American word *askutasquash*, which means “eaten raw or uncooked.”

Winter squash are not actually grown or picked in the winter. They are called winter squash because their thick shells allow them to be stored all winter!

Winter squashes are usually much larger than summer squashes.

Squashes are used as food for farm animals, too.

Pumpkin Pudding

Adapted from: https://www.foodhero.org/recipes/pumpkin_pudding

Ingredients:

- 1 can pumpkin
- 2 teaspoons pumpkin pie spice
- 1/8 teaspoon salt
- 1 1/2 cups milk (1% low-fat)
- 1 vanilla pudding (instant, 3.5 oz (small box))

Directions:

1. Remember to start by washing your hands. In a large bowl mix pumpkin, salt, and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

Joke of the Month

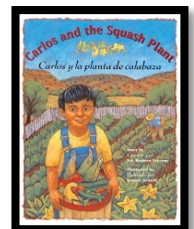


Q: What do you get when you drop a pumpkin?

A: Squash

Book Corner

Carlos and the Squash Plant
by Jan Romero Steven



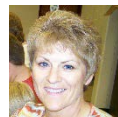
Bridget Rongner

FoodWise Coordinator
Burnett/Sawyer/Washburn Counties
bridget.rongner@wisc.edu



Julie Yezek

FoodWise Nutrition Educator
Burnett/Sawyer/Washburn Counties
julie.yezek@wisc.edu



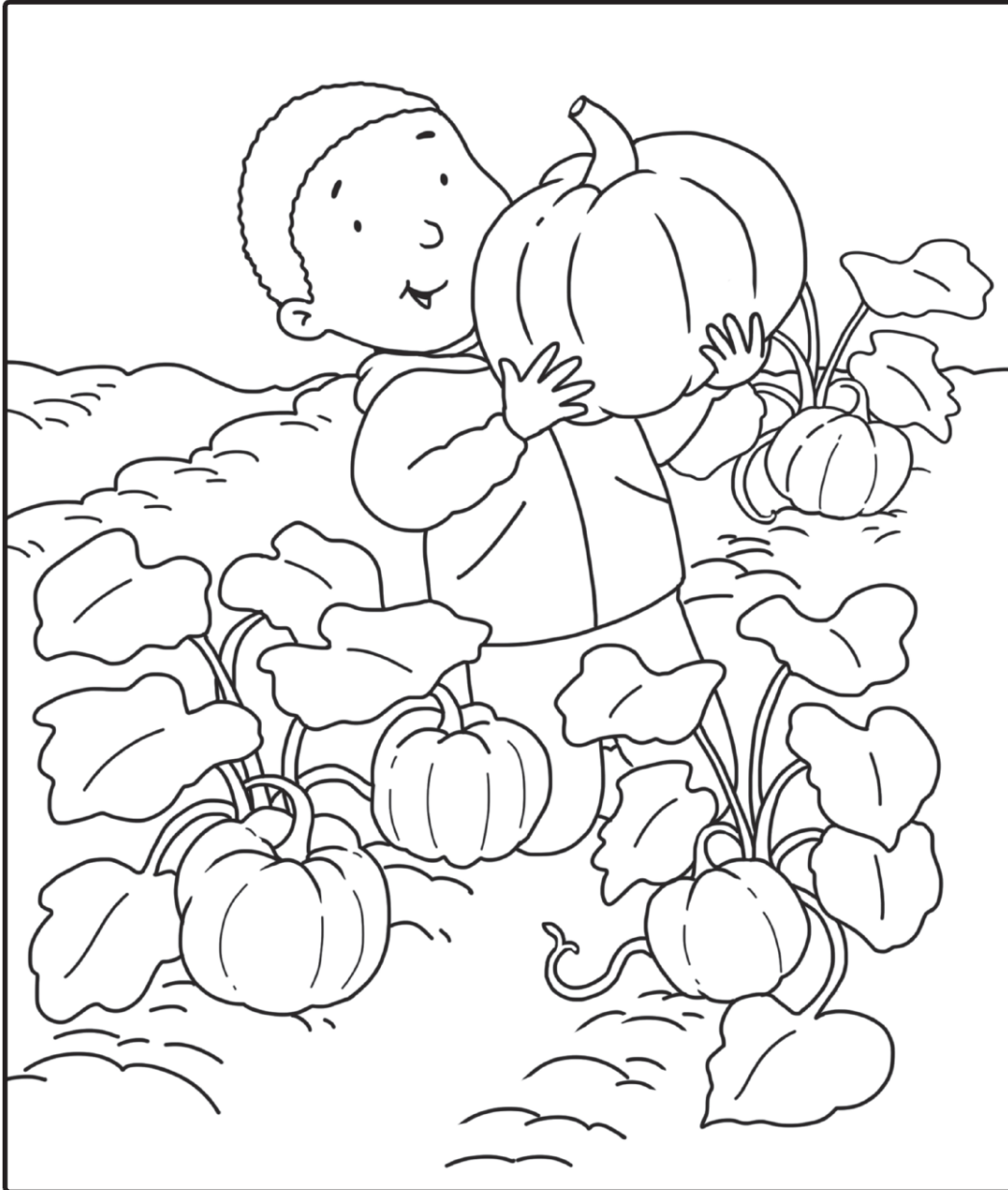
Kimberly Clark

FoodWise Nutrition Educator
Burnett/Sawyer/Washburn Counties
kimberly.clark@wisc.edu



Name _____

..... Winter Squash



I like winter squash because



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.

2017 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.