



SQUASH

Developed by Healthy Start for Mom & Me and supported by the Manitoba Government, 2020.



**WHY IS
SQUASH
GOOD
FOR
YOU?**

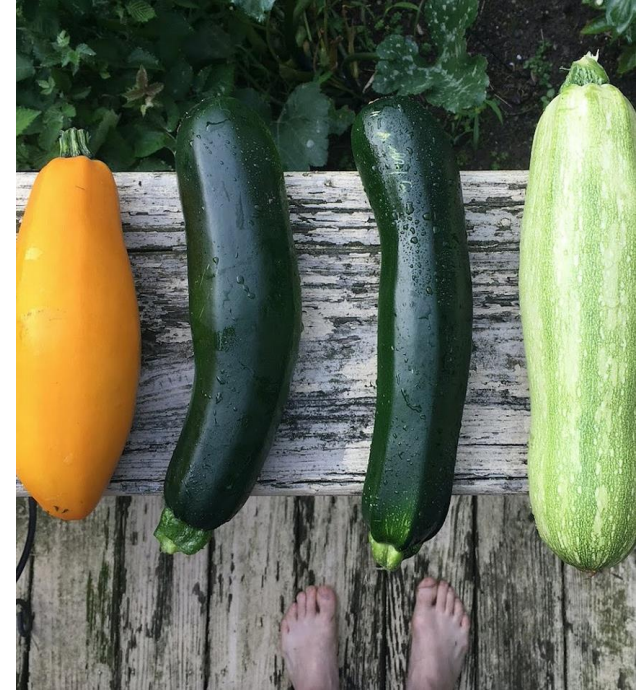
Question

Why is squash good for you?

Answer

Squashes are great sources of **dietary fibre** and are loaded with **antioxidants**, **Folate**, **Vitamins A and C**, and **Carotenes**





**HOW MANY CATEGORIES OF SQUASH
CAN YOU BUY OR GROW?**

Question

How many categories of squash can you buy or grow?

Answer

There are 2 main categories of squash: **Winter squash** and summer squash...

Summer squash

cucumber, zucchini, and yellow squash



Winter squash

pumpkin, acorn, spaghetti and butternut squash





HOW DO
YOU PICK
SQUASH?

Question

How do you pick squash?

Answer

- A good squash should have a **deep, rich color on the skin**. It should look **dull** and not shiny, and have **no bruises or soft spots**.
- It should feel **firm and heavy**, and if the stem is still attached, it should be **dry and rounded**



Preparing squash

1

Wash your hands and the squash



Preparing squash

2 Lie the squash down on a secure cutting board. Then use a heavy knife to slowly and carefully **slice the top and the bottom off** of the squash.

At this point the squash should also be **cut in half**.



Preparing squash

3

Remove the seeds and interior with a spoon



Preparing squash

4

Remove the tough skin of the squash

Peeling most squash skins can be tough. **To make this easier**, try pouring boiling water over the squash, or try steaming or boiling the squash whole before peeling.





**HOW CAN WINTER
SQUASH BE PREPARED?**

Question

How can winter squash be prepared?

Answer

Winter squashes can be eaten in sweet or savory dishes. **They can be:**

Roasted



**Pureed for soups and
baby food**



**Mashed and used in
casseroles or baked goods**



Spices such as cinnamon, cumin, pepper, and paprika go well with squashes.



HOW CAN SUMMER SQUASH BE PREPARED?

Question

How can summer squash be prepared?

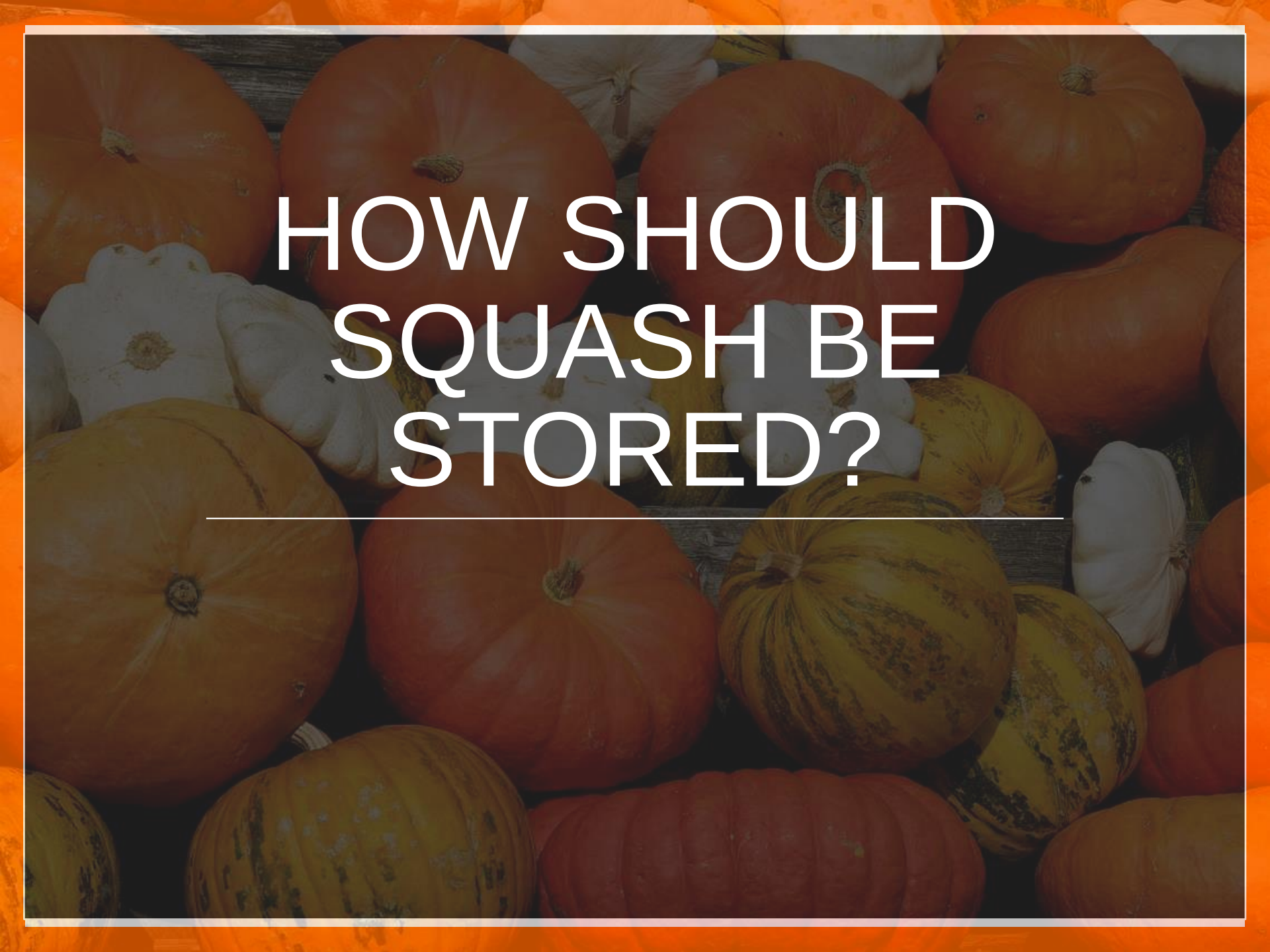
Answer

Summer squashes such as cucumber can be enjoyed **raw** or in **salads**



Summer squashes like zucchini can be **boiled, steamed, roasted, grilled, or baked** into **casseroles, breads, and cakes**





HOW SHOULD SQUASH BE STORED?

Question

How should squash be stored?

Answer

Winter squashes: best stored in a **cool dry place** and will keep for **one to three months**.

Summer squashes: best stored in a **plastic bag in the fridge** and will keep for **about a week**.

Butternut squash recipe

- Lightly brush cut squash with cooking oil, and place on a baking sheet.
- Bake at 425°F (220°C) for 45 minutes or until it is softened.
- Enjoy mashed, chopped or pureed in soups or lasagna!



Spaghetti squash recipe

Prepare same as
butternut squash, then
use a fork to shred the
squash.

Enjoy as you would
spaghetti!





**CAN YOU EAT THE
SEEDS?**

Question

Can you eat the seeds?

Answer

The seeds make excellent healthy snacks!

- Simply scrape and **rinse them clean**.
- **Dry** the seeds and spread them on a baking sheet/pan. **Spray or drizzle them with oil** and **roast** in a 300°F (150°C) oven for **10-20 minutes** or until golden brown.
- You can also sprinkle them with salt or any spice of your choice for added taste.

