

Fresh Fruit and Vegetable Program

PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services

Butternut Squash

Butternut Squash is good for you because: they are a good source of Vitamin C, Vitamin A (healthy eyesight!), potassium, and dietary fiber.



Farm to School ~

Also known as Butternut Pumpkin, the Butternut Squash is a winter squash. It is in season from August to December.

Word Search

T	U	N	R	E	T	T	U	B	N
E	S	S	G	U	G	N	W	E	M
Y	L	Q	H	O	I	T	I	L	U
Z	U	B	U	M	M	U	N	V	I
W	P	R	A	A	S	E	T	O	S
Q	D	T	K	T	S	X	E	E	S
Q	I	G	E	J	E	H	R	G	A
V	R	E	B	I	F	G	W	J	T
P	U	M	P	K	I	N	E	Z	O
Y	H	R	R	Q	M	N	Y	V	P

Selection and Storage ~

Select a butternut squash that has no crack or soft spots and is heavy for its size.

You can store butternut squashes for up to 3 months in a cool, dry place—not in the refrigerator.

Origin ~ Where did it come from?

Butternut Squashes were originally from South American and were eaten by the inhabitants of Mexico for more than 5000 years! Modern day squash developed from the wild squash that originated in an area between Guatemala and Mexico.

Fun Facts



Butternut squash is a member of the gourd family, the same as pumpkin.

Christopher Columbus brought squash back to Europe from the New World.

BUTTERNUT	FIBER	GOURD
POTASSIUM	PUMPKIN	SQUASH
VEGETABLE	VITAMIN	WINTER



**Fresh Fruit and
Vegetable Program**
**BUTTERNUT SQUASH
COLORING**



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services

