



Acorn Squash

Acorn squash are typically small, and if winter squash is new to you, they are a great one to try first. Plus they are packed with a variety of nutrients.



Nutrition

- One cup of boiled and mashed acorn squash contains around 80 calories, 22g carbohydrate, 6g fiber, and is a source of vitamins and minerals, including vitamin C, folate, and potassium.
- Like other veggies, acorn squash is not a significant source of fat, protein, or sodium.



Shopping

- Choose whole acorn squashes that are firm and heavy for their size.
- Soft spots and bruising are signs that the squash may be starting to decay.



Price

- A fresh acorn squash averages \$1.12 per pound.

Source: U.S. Department of Agriculture, Fruit and Vegetable Prices



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Storage

- Store uncut squash at room temperature.
- Once cut and cooked, any leftover squash will need to be refrigerated or frozen.



Eat

- Acorn squash is mild tasting, and adding sweet spices like cinnamon or roasting the squash to caramelize some of its sugars can add flavor.
- Acorn squash can be stuffed, roasted, made into soup, mashed like potatoes, and used in baking goods.



Preparation

- There are many options for cooking squash, from microwaving to baking to pressure cooking and more.
- As most winter squashes - including acorn squash - have hard outer rinds, be careful when cutting with your knife.
- **Preserve at Home**
 - The National Center for Home Food Preservation has instructions on freezing and canning winter squash.



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