



# Winter Squash

Winter squash can be intimidating to cut up and cook. But it's worth it for the variety of tasty recipes you can make!



## Nutrition

- Nutritionally, one cup of cubed butternut squash contains around 82 calories, 22g carbohydrates, and 7g fiber, and contains vitamins and minerals, including vitamins A and K, multiple B vitamins, and magnesium.
- Butternut squash is not a significant source of fat, protein, or sodium.

*This nutrient profile is similar in most winter squash.*



## Price

- Winter squash averages \$1.20 per pound.

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



## Shopping

- Common winter squash in stores are butternut, acorn, and spaghetti. Local farms might sell other varieties, such as delicata, buttercup, and kabocha squash. And, of course, classic orange pumpkins.
- Look for winter squash that are firm and heavy with a deep-colored skin.
- The exterior should be hard, without soft spots, mold, or broken areas.

*Be aware that not all winter squash are tasty once cooked. Check with your local Extension office or an area pumpkin farmer to learn about edible varieties.*



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## Storage

- Store: Whole winter squash store for a long time - from weeks to months - in a cool, dry location.



## Eat

- Use winter squash in sweet and savory recipes. Popular recipes include mashed, roasted, and in soups. Or keep the skin intact for stuffing with squash and other ingredients.



## Preparation

- Wash winter squash under cool water.
- Cook whole or cut. If cut, remove rind with a knife or vegetable peeler, scoop out seeds with a spoon, and cut into the size pieces called for in the recipe.
- **Preserve:** Visit the National Center for Home Food Preservation - [nchfp.uga.edu](http://nchfp.uga.edu) - for directions for canning cubed squash (not puree), freezing winter squash, drying pumpkin seeds and drying the squash flesh.



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