



The Vegetable of the Month is SQUASH!

There are two main categories of squash: Winter Squash and Summer Squash. Winter squashes have a hard outer skin, and summer squashes have a soft skin that is easily cut with your fingernail. Types of Winter Squash include Pumpkin, Acorn, Butternut and Spaghetti. Types of Summer Squash include Zucchini, Crookneck, & Pattypan.

Squash originated in Mexico and Central America, and has been grown by Native Americans in the US for over 500 years. The Spanish discovered winter squash growing in the Americas in the 1500's, and they carried some back to Europe with them. By the 18th century, the Italians worked to develop and cultivate the green-skinned summer squash, which became known as the 'zucchini'.

The largest Pumpkin ever grown weighed over 1,000 pounds—about the size of a full grown grizzly bear.

Winter squash is a **great source of fiber, vitamin A, and minerals such as potassium and iron**. Eating winter squash is good for healthy skin, vision, bone strength. The flesh is the most nutritious part of Winter Squash—but the skin is the most nutritious part of Summer Squash—so never peel Summer Squash.



Look for SQUASH on
the lunch line this month.
Try **butternut squash and
roasted zucchini, corn,
and tomato salad!**

