

BUY FRESH - BUY LOCAL

Food of the Week: Butternut squash

Squash has an ancient history originating back to 3000 BCE, where the Ancient American Indians commonly consumed what they called “the apple of God”. The seeds of squash were believed to increase fertility, thus were commonly planted close to many homes.

Although, some historians disagree, squash originates from the American continent. The vegetable was not introduced to Europe before the Columbus era in the 16th century. However, it was not commonly consumed until the 19th century.

Today the major squash producing states include Florida, California, Georgia, New Jersey, and Texas.

Butternut squash facts:

- All squashes belong to the Curcubita family. Butternut squash, along with ponca, Waltham, pumpkin, and calabaza, belong to the Curcubita moschata category.
- Butternut squash is a popular variety commonly consumed during the fall season. It is planted in the middle of the summer and harvested once reaching its desired color.
- With its sweet and orange flesh the butternut squash is often used in soups and baked goods and frequently combined with pumpkin or sweet potato dishes. The peel is beige and thick and the shape is elongated with a bulb at one end. The variety contains high amounts of beta-carotene and trace amounts of the B vitamins, but also contains iron, calcium, magnesium, and potassium.
- When selecting a butternut squash, avoid ones with green colorings since this indicates harvest before maturity.
- The squash can be stored for months in 50°F to 55°F. If refrigerating the squash it becomes more prone to rotting once taken out of storage. However, if the squash is cut, it can be stored in the refrigerator for up to a week

Nutrition information (1/2 cup baked): calories: 41, protein: 1 g, carbohydrates: 11 g, fat: 0 g, cholesterol: 0 mg, sodium: 4 mg, potassium: 290 mg, vitamin A: 714 RE, vitamin C: 15 mg

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Recipe of the Week

Potato And Butternut Squash Soup

Makes 6 servings

2 T Olive oil
1 c Onion, finely chopped
3 c Potatoes, peeled and diced
3 c Zucchini, diced (or butternut squash)
5 c Chicken stock
1/4 c Green onion, sliced
Salt and pepper to taste

In large saucepan, heat oil; add onions and cook until softened. Stir in potatoes and squash. Add chicken stock, bring to a boil. Reduce heat and simmer 20-30 minutes or until vegetables are tender. Stir in green onions and season to taste.

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