



## NY Thursday Harvest of the Month

# Butternut Squash

School Garden Grown  
by some of your fellow students

### Popular Foods

- Roasted Butternut and Brussels Sprout Salad
- Creamy Butternut Soup
- Mashed Butternut
- Base for sauces

### Nutrition Content

- Vitamin A for healthy eyes, skin, and bones
- Vitamin C for healthy immune system
- Dietary fiber for healthy digestion
- Potassium for essential body functions

### Fun Facts

- Butternut sweetens in storage as starches change to sugars
- Can store up to 3 months
- Gets its orange color from Beta-carotene
- Seeds are rich in oil and protein
- Used in soups, sauces, and chili

