

CHEQUAMEGON BAY



October



Did you know...?

## Okosimaan/ Winter Squash

- ✓ Acorn, Spaghetti, Hubbard, and Pumpkin are just some of the many varieties of winter squash.
- ✓ You can roast and eat the seeds from winter squash as a tasty snack.
- ✓ Winter squash has been cultivated and consumed for more than 10,000 years.
- ✓ Winter squash along with corn and beans make up the traditional “three sisters” garden that was grown by Native Americans all across North and South America.

### How to Select Winter Squash

Choose squash that are firm, heavy for their size, and have dull skins (not shiny). Winter squash should be hard without cracks or soft spots.

### How to Store Winter Squash

Store uncut winter squash in a dark, cool, dry place. They can keep up to three months. Once cut, squash can keep about one week when wrapped and refrigerated.

### How to Eat Winter Squash

You can bake, boil, roast, sauté, or microwave winter squash. Serve it plain as a side dish or use it in stews, soups, salads, dips, breads, and even pies.

### Nutrition Benefits of Winter Squash

Winter squash is a good source of complex carbohydrates, fiber and carotene. It is also fat free, saturated fat free, cholesterol free, sodium free and a good source of Vitamin A and Vitamin C. Varieties with darker yellow/orange flesh are more nutritious than lighter colors. (Hint: Butternut is more nutritious than spaghetti squash.)



## \*\*BUY LOCAL\*\*

Winter squash is easy to grow and find at local farms. Stock up on winter squash during October (as well as apples, pears, potatoes, and onions) and enjoy these local foods throughout the fall and into the winter!

Look for winter squash at these local farms:

**Mino Bimaadiziwin Farm** in Red Cliff; **Northwind Farm**, **Sunset Valley Orchard**, and **Erickson's Orchards** in Bayfield, **Homestead Gardens** in Washburn, and **Saxon Harbor Berry Farm** in Saxon (20 miles east of Ashland off Hwy 2).



## Play with your food

Draw a line to connect the name of each variety of squash to its picture.

Answers: 1) Butternut 2) Acorn 3) Buttercup 4) Delicata



Butternut



Delicata

Acorn



Buttercup



## Cooking Corner



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## Roasted Squash & Craisin Salad

### Ingredients

- 2 cups winter squash, peeled, seeded and cubed
- 2 Tbsp balsamic vinegar
- 1 Tbsp honey
- 1 Tbsp maple syrup
- 1 clove minced Garlic
- 1 tsp Dijon-style mustard
- 4 oz. fresh spinach
- 1/4 cup dried cranberries
- 2 Tbsp roasted winter squash seeds, toasted
- olive oil, salt, and pepper

- 1 **Spread** squash evenly on baking sheet and drizzle with olive oil; season with salt and pepper. Bake at 400°F 15–20 minutes or until tender. Add cranberries to pan for last 5 minutes.
- 2 **Mix** balsamic vinegar, honey, maple syrup, garlic, mustard and in small bowl. Whisk in 1 Tbsp olive oil; season with salt and pepper, to taste. Set aside.
- 3 **Combine** spinach, squash, cranberries and squash seeds in large bowl. Drizzle with vinaigrette; toss to coat.