

# HARVEST OF THE MONTH

## HEALTH FACTS

Its Vitamin A makes it an A+ for your eyes!



Magnesium works synergistically with Calcium to keep your bones strong.



Potassium helps regulate your heart beat.

Fiber keeps your digestive system healthy.

## recipe Baked Butternut Squash

### you will need:

2 tablespoons olive oil



1 medium butternut squash, peeled, seeded, sliced 1/4" thick



1 tablespoon chili pepper flakes

2 tablespoons sesame seeds



2 teaspoons soy sauce



## directions

1. Preheat to 425.
2. Whisk sesame seeds, oil, chili pepper flakes, and soy sauce in a large bowl.
3. Add squash and toss to coat.
4. Arrange squash on baking sheet in a single layer. Roast 25 to 30 minutes until tender and brown on edges.

## growing it

Plant Me:

I like sunny days. Plant me during the warm months and water my soil every day.

Harvest Me:

When I am ready, I should feel heavy and my stem should be firmly attached.

## butternut squash

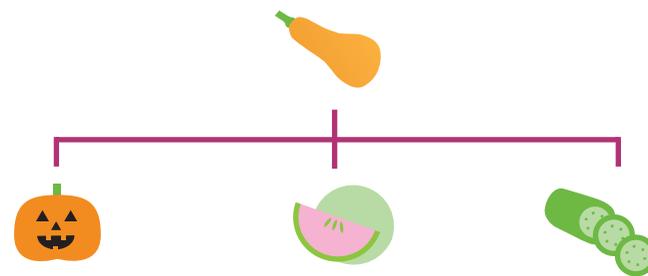
### taste chart

How does butternut squash taste?! Circle the flavors below:



## DID YOU KNOW?!

Squash has many relatives such as pumpkin, cucumber, and melon.



Squash also has some very close friends, like corn and beans. When grown together, squash, beans, and corn are called "Three Sisters."



These three vegetables provide each other essential nutrients for a balanced meal, protection from the sun, and a stalk for the beans to climb. These three together also build healthy soil.

## food origins

The squash originates from Oaxaca Valley, Mexico. From there, it traveled north to Missouri and south to Peru.



After crossing the Atlantic, squash made its way to Northern and Central Europe. From there, it traveled east to Japan and then into China.



This material is based upon work that is supported by the Food and Nutrition Service, U.S. Department of Agriculture.



For enrichment activities go to [mollenfoundation.org/harvest](http://mollenfoundation.org/harvest)