



Photos courtesy of pixabay.com

Eat Well, Age Well Growing Winter Squash

The arrival of fall brings a beautiful variety of winter squash. Though they all are prepared similarly, they are all unique. Growing winter squash requires some patience, but this vibrant garden vegetable is worth the wait.

Since winter squash requires a long growing season (about 75 to 100 frost-free days), the seeds are typically planted by late May in the Midwest. Winter squash is harvested in the fall after its fruits reach full maturity. Squash has a long shelf life, and some of them will last through winter, thus the name winter squash. Varieties of squash include acorn, butternut, Hubbard, pumpkin, and spaghetti.

This crop is not planted in the ground until the frost has passed, and the air and soil are at least 60 degrees Fahrenheit. Squash is very sensitive to the cold. When planting, pick a site with full sun and lots of space for spreading vines. Most full-size winter squash varieties need 50 to 100 square feet to spread. If you plan to grow a few plants, use 2 – 3 tablespoons of fertilizer for each hill. Scatter the fertilizer evenly over a 2- foot by 2 – foot area. Plant the seeds in level ground about 1 inch deep with seeds 2 – 3 feet apart. Otherwise, plant 3 – 4 seeds close together in small mounds in rows 3 – 6 feet apart.

Source adapted from: <https://www.almanac.com/plant/winter-squash>

Weekly Challenges

Incorporate a winter squash into a dish this week!

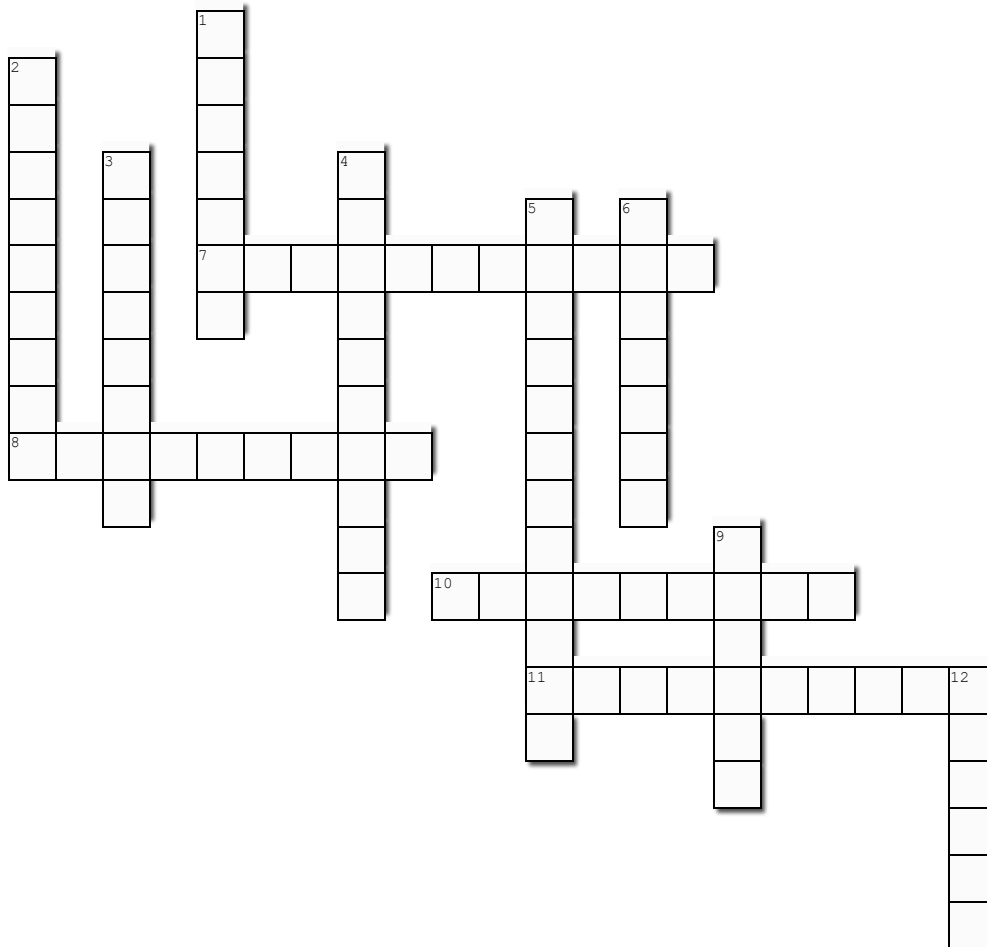
Try a new way to prepare winter squash

Use canned pumpkin instead of butter or oil when cooking or baking

Increase familiarity with various winter squash.

Winter Squash

Use the clues to find the missing words from the sentences in the crossword puzzle. Have fun and good luck!



Created using the Crossword Maker on TheTeachersCorner.net

Across

7. During the late fall and winter season _____ squash into your meals, to do so use the recipes from the handouts.
8. Because of squashes _____ you can store them for up to 2-3 months.
10. Along with a lot of vitamins, squash is a great source of _____.
11. Along with fruits, _____ are always a recommended part of a healthy diet.

Down

1. Using _____ puree is a great alternative to using oil and butter when baking.
2. Squash not only provides great color to your food, is it extremely _____.
3. There are so many _____ in squash that help keep your bones strong and eyesight good.
4. Eating squash can provide _____ from certain cancers.
5. Along with the protection squash provides against some cancers, squash is a _____ against macular degeneration.
6. After 1-2 weeks of _____ squash, you get the best flavor out of them!
9. It is during this season that squashes are harvested.
12. This vegetable is the topic for the month. It is rich with many essential vitamins and nutrients that keep you healthy.