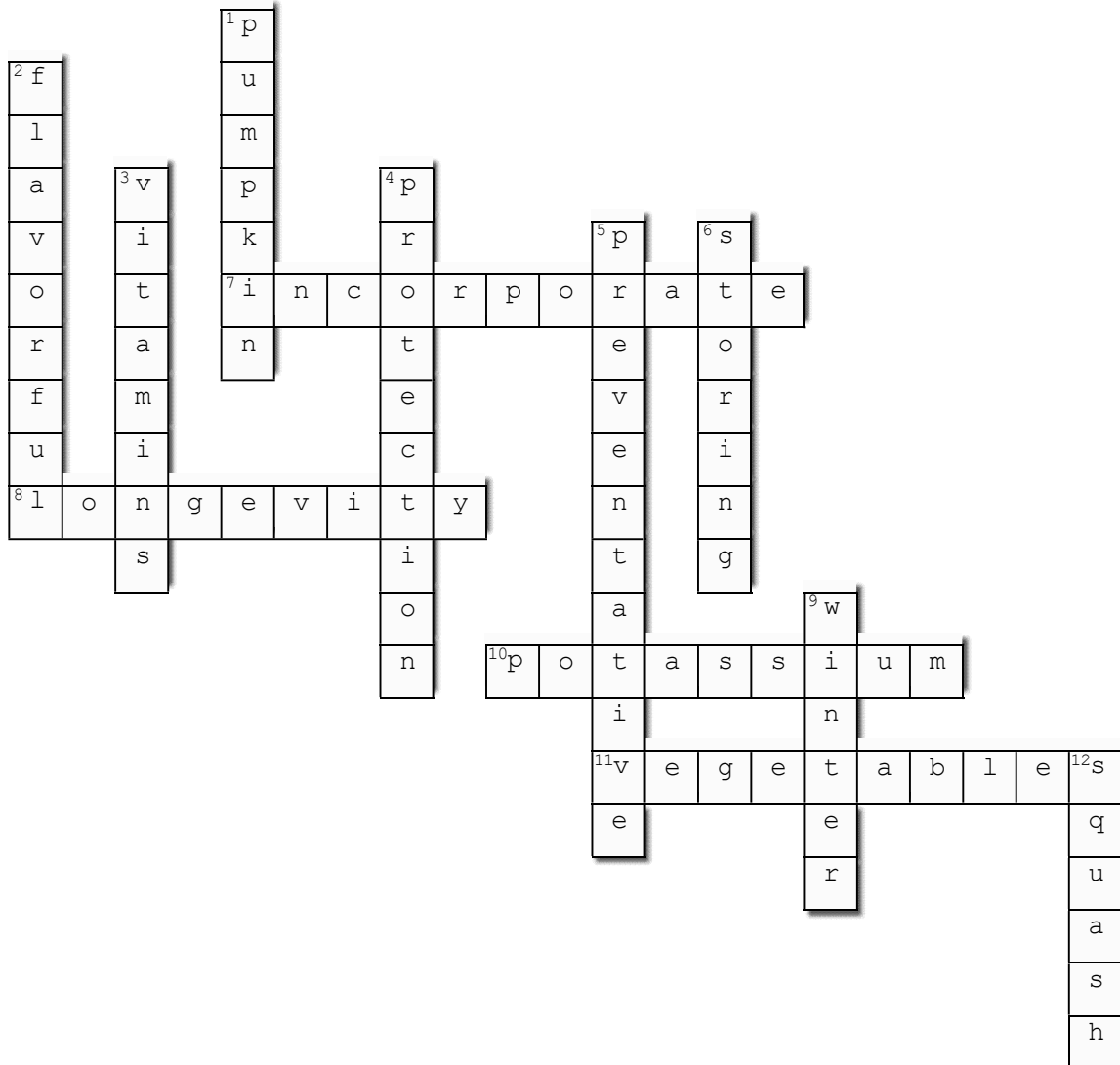


Winter Squash

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. (**incorporate**)
8. Because of squashes _____ you can store them for up to 2-3 months. (**longevity**)
10. Along with a lot of vitamins, squash is a great source of _____. (**potassium**)
11. Along with fruits, _____ are always a recommended part of a healthy diet. (**vegetables**)

Down

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

vegetable is the topic for the month. It is rich with many essential vitamins and nutrients that keep you healthy. (**squash**)