

Butternut Squash

Did you know?

- Butternut squash is a winter squash that has a tough, thick shell which protects its sweet flesh.
- You can substitute butternut squash in any recipe that calls for pumpkin.
- Butternut squash can be stored in a cool, dark place for up to a month.
- Baking is the most popular way to prepare this squash, but it can also be steamed, mashed, or pureed.
- Butternut squash is an excellent source of vitamin A, a nutrient important for healthy eyes and skin.



Sources

- <https://www.fruitsandveggiesmorematters.org/butternut-squash>
- <https://www.freshfromflorida.com/Consumer-Resources/Health-and-Safety/Living-Healthy-in-Florida/Healthy-Learning/All-About-Florida-Products/Winter-Squash>
- <http://www.goodwholefood.com/wp-content/uploads/2015/12/7-Butternut-Squash-Hacks-To-Conquer-This-Tricky-Gourd-Sept-17-2015.jpg> (photo)