Fun FACIS

All squash are part of the gourd family!

Winter squash is a term that includes many varieties of squash like acorn, butternut, calabaza, delicata, hubbard, kabocha, spaghetti, pumpkin and more!

Pumpkins are the state fruit of New Hampshire!

The flesh of winter squash is usually yellow or orange!





Morton, Illinois is known as the 'Pumpkin Capital of the World'! They process 85% of the world's canned pumpkin at the Libby plant!

Since winter squash includes so many types of squash, the color, size, and shape vary a lot. Each squash also has it's own unique flavor and texture!







Butternut squash originated in Africa, believed to have existed over 10,000 years ago!

The tradition of carving jack-o'lanterns started in Ireland, it came
to America with Irish immigrants!



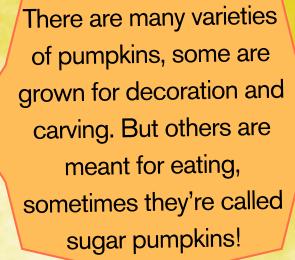


Acorn squash is native to North America, originated in the regions of modern-day Southeast and central of the US and Northeast Mexico!



Pumpkins originated in Central America!

Squash are fruits!











Butternut Squash: Grown in Germany in 2024, weighed over 137 pounds!





Squash: The world's largest squash was grown in the United States and weighed **2,164 pounds!**

Pumpkin: The world's heaviest pumpkin was grown in the United States in 2023, it weighed **2,749**pounds! Not only was it the heaviest pumpkin, but it also holds the record for biggest circumference. It measured **21 feet and 1 inch** around!







Veed To ENOW



Growing

Winter Squash plants like to be in well-drained soil and have lots of direct sunlight!



Squash plants require dirt that is rich with nutrients. Planting them in soil that is contains compost or adding fertilizer will help them grow!

Winter squash plants have a long growing season, taking 75-100 days to grow and ripen from the day they were planted!

You can tell when they are ready to be harvested if the rind is hard and the stem of the squash has begun to dry out!

Storage



The name "winter squash" comes from the fact that if you keep this food in a cool dry place, they can last a long time, often through the winter months.







Veed To KNOW





You can roast, steam, sauté, grill or bake all types of winter squash



Roasting helps to bring out the natural sweetness of winter squash



If you puree winter squash, it can make a creamy textured soup even without adding dairy!

Spaghetti squash can be used as an alternative to pasta when shredded into strands!

Have you ever eaten the seeds of a winter squash? Roasting the squash? Roasting the seeds with a drizzle of oil seeds with a drizzle of and seasoning makes a great snack!

You can even eat
the flowers of
squash plants, fry
them up or stuff
them for a tasty dish!



