

Fun FACTS



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 its own unique flavor and texture!



Fun FACTS



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



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

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



Pumpkins originated in Central America!

There are many varieties of pumpkins, some are grown for decoration and carving. But others are meant for eating, sometimes they're called sugar pumpkins!

Squash are fruits!



LOCAL FOODS
HEALTHY SCHOOLS
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Cornell Cooperative Extension
Schoharie and Otsego Counties



World's BIGGEST



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!





Need To KNOW



Growing



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

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!

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.





Need To KNOW



Cooking

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 seeds with a drizzle of oil 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!

