

Louisiana HARVEST *of the* MONTH



Winter Squash

Fun Facts About Winter Squash!

- Winter squash is grown during the summer and harvested in the fall. The term “winter squash” refers to the fact that they store well throughout the winter.
- Roasted winter squash seeds are a crunchy snack.
- Squash blossoms can be stuffed, sautéed or fried.

Winter Squash Is Nutritious and Good for You!

- Good source of potassium.
- Excellent source of vitamin A.
- Excellent source of vitamin C.
- Excellent source of dietary fiber.



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