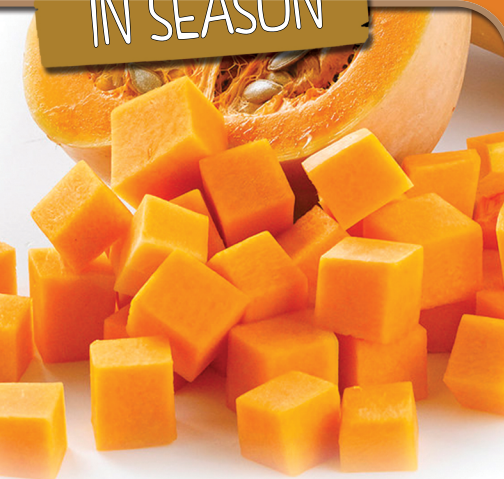


FRESH  
IN SEASON

# BUTTERNUT SQUASH



Butternut Squash has a creamy orange flesh and is sweeter than other hard squash varieties. Although it is classified as a fruit, it is commonly prepared as a vegetable and can be used in a wide variety of culinary applications.

## HIGHLIGHTS

Roast or mash butternut squash for a hearty side or as an addition to a rich casserole.

Get more out of your squash; roast the seeds like you would pumpkin seeds for a satisfying snack.

Contains vitamins A, C, and E, manganese, potassium, iron, soluble fiber, and magnesium. Deep orange colored squashes such as the Butternut are also rich in beta-carotene.



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