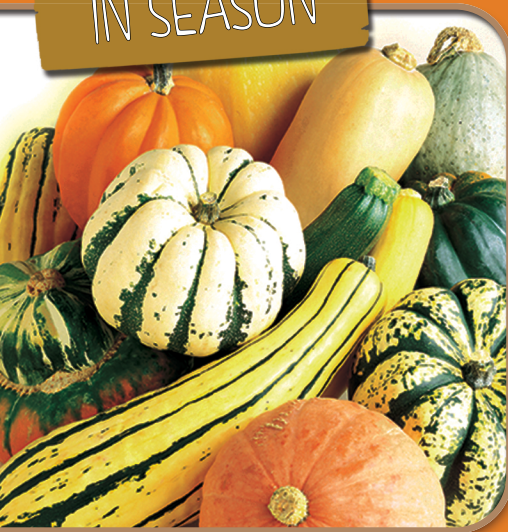


FRESH  
IN SEASON



# WINTER SQUASH

Many winter squashes are a good source of vitamin A, which helps protect eyes and skin. Butternut squash contains potassium, which is important for keeping bones healthy. Fall is perfect for squash. Its shape and color fit in with pumpkins and gourds and gets people thinking about heartier dishes as the weather gets cooler.

## Usage Tips

Yellow squash has a high water content. Before using it in a cooked dish, blanch the whole squash or add salt to shredded, sliced or julienne squash.

Consider using the shell of a hollowed out winter squash as a soup bowl.



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