

BUTTERNUT SQUASH

In the Kitchen

Butternut squash can be cubed and roasted in the oven for a hearty side dish. Serve cooked, mashed butternut squash as an alternative to mashed potatoes. Get creative and top with raisins, pineapples, or even nuts. Warm in the oven until the squash is warmed and toppings are lightly toasted. Pureed butternut squash can be used in place of pureed or canned pumpkin in many baked recipes.

Nutrition

One cup (or 140 grams) of raw, cubed butternut squash has approximately: 63 calories, 16.4 grams of carbohydrates, 2.8 grams of fiber, 3.08 grams of sugar, and 1.4 gram of protein. It also provides these nutrients: 745 micrograms of vitamin A (up to 50% of your daily value or DV), 29 milligrams of vitamin C, 493 milligrams of potassium, 48 milligrams of magnesium, 2 milligrams of vitamin E, and 38 micrograms of folate.

Featured Farmer



Stu Scholl, Scholl Farm

Since 1948 Scholl Farms has been providing produce to the White Lake Area. In addition, our Community Gardens have helped hundreds of local gardeners enjoy abundant success in producing their own food. We're also increasing our role as an educational center about food, gardening, ecology and responsible land use. <http://www.schollfarms.com/>

Gardening Tips



Butternut squash can be grown vertically on trellises to save space, and heavy fruits need support to prevent vines from breaking. The preferred soil pH for butternut squash is between 6.0 and 6.8 and they require less fertilizer and water compared to pumpkins.

"Three Sisters" companion planting: Butternut squash is traditionally planted with corn and beans, as the squash vines spread out and shade the soil to retain moisture and prevent weeds, while the corn provides a trellis for the beans.