

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Winter Squash

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Winter Squash includes any of the hard-skinned squash – including pumpkin, spaghetti, butternut, and acorn squash. They are picked in the fall and store well through the winter (store whole winter squash in an area where temperatures range from 45 to 50°F for three to six months. At room temperature reduce storage time to one and a half to three months depending on variety).



While most of you still have plenty of time to think about this – If you want to plant winter squash then remember that squash is a tender vegetable. The seeds do not germinate in cold soil, and the seedlings are injured by frost. Do not plant until all danger of frost is past and soil is thoroughly warmed. Winter squash can be harvested whenever the fruits have turned a deep, solid color and the rind is hard. Harvest the main part of the crop in September or October, before heavy frosts hit your area.

Winter squash is high in fiber and you will find it very filling. They are also nutrient-dense – high in beta-carotene, potassium and Vitamins C and A.

For more information visit:

<http://home.howstuffworks.com/winter-squash4.htm>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=63>

<http://www.urbanext.uiuc.edu/veggies/wsquash1.html>