

Harvest of the Month



November Winter Squash

The United States imports more squash than any other country in the world! On top of that, within the U.S., about 400 million pounds of squash are produced each year. Winter squash originated in Central and South America, and people have been consuming it for over 10,000 years. China and India are now the top producers of this vegetable.

Fun Facts About Winter Squash

- Winter squash comes in many of shapes and sizes and includes varieties such as butternut, pumpkin, spaghetti, and acorn squash
- One cup of winter squash contains only 80 calories, and it has very low amounts of fat and sodium.
- Winter squash takes 90-120 days to be harvested, while summer squash only take 50-70 days
- The rich colors of winter squash come from its carotenoid content, which may help improve eyesight .
- Squash Cookery: Winter squash is versatile and can be made into a sweet dish with maple syrup and cinnamon, or a savory dish when used in a soup or as pasta .



Roasted Squash Apple Bake with Sage

Per 2/3 c. Serving
(Makes 8 Serv.)

Ingredients:

- 5 c. butternut squash
- 4 c. Granny Smith apples
- ¼ c. butter, melted
- 1/2 c. brown sugar, packed
- 1 T. flour
- 1 tsp. salt
- ½ tsp. ground mace (or allspice)
- ½ t. dried sage or 1 Tbsp. fresh sage (very finely-chopped)

Method:

Peel and cut squash and apples into pieces like you would for apple pie. Place in a large bowl. Melt butter and add rest of ingredients. Stir well. Put in a large casserole. Cover and bake at 350 until squash and apples are soft. Stir. May take up to one hour. Check at 45 min. with the tip of a small sharp knife.

MORE RECIPES: www.JacksonInAction.org/recipes

B-WELLthy recipes videos:

www.BRMH.net/recipes

Photo: Katie Schmidt

Nutrition Facts	
servings per container	
Serving size	(200g)
Amount per serving	Calories 160
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 320mg	14%
Total Carbohydrate 34g	12%
Dietary Fiber 6g	21%
Total Sugars 20g	
Includes 12g Added Sugars	24%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 1mg	6%
Potassium 431mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



5210 Every Day!

MORE SQUASH RECIPES →

Next Month:



Turnips

www.BRMH.net/recipes

The Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, The library and the community.

November Wellness Events

Visit www.JacksonInAction.org for healthy living information.

Sat. Nov. 3, Happy Factor /Wellness Fair Comfort Inn & Suites – 9am-noon More info at www.brmh.net/happy or call Barb at 715-284-3629

Thursday, Nov. 15 Partners Holiday Tea at BRMH

Thursday, Nov. 15 B-Home Services and Supplies Open House 8:30am – 6:00pm
311 County Highway A,

Thurs. Nov. 22 Gobbler Give-Back 8 am sharp Foundation Trail, Chamber of Commerce., BRF. Kathleen Clemons at 715-299-0870 or Louise Voss at 715-379-4920. No fee. Walk/run all or a portion of the 4.1 mile trail. Hot drinks provided. Optional charitable donation.

Thurs. Nov. 13, Harvest of the Month (Squash) on WEAU-TV 13 at 4 p.m. with Ruth

Thurs. Nov. 20, Harvest of the Month (Squash) at BRMH 11:30am – 12:30p.m.

5210 Healthy Living info at
www.JacksonInAction.org



Baked Winter Squash

Preheat oven to 350°F. Cut squash in half lengthwise and scoop out the seeds and strings. For larger squash, cut into serving size pieces. Place the squash cut side down, pour ¼ inch of water into pan, cover and bake until squash feels tender when pierced with a knife. For squash that is difficult to cut, pierce squash several times with a fork and cook until tender (judged by piercing with a fork).



Cheddar Stuffed Acorn Squash

1 acorn squash, halved /seeded
¾ cup chopped ripe tomato
2 scallions, or green onions thinly sliced
¼ teaspoon dried sage
Salt and black pepper to taste
2 Tablespoons water
½ cup cheddar cheese cut into small cubes



Preheat the oven to 400°F. Place the squash halves in a roasting pan, cut side up. Add about an inch of water to the bottom of the pan. Combine tomatoes and scallions or onions. Season with sage and salt and pepper to taste; mix well and divide the mixture evenly among the squash halves. Spoon 1 tablespoon of water over each and cover loosely with aluminum foil. Cook for 1 to 1½ hours, or until squash is tender when pierced by a fork. Divide cheese cubes evenly on top of squash halves, cook 5 more minutes (until cheese is melted), and serve. Serves 4.

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www.JacksonInAction.org

-See the recipe LIVE on WEAU-TV 13 (NBC) Eau Claire
Tues. Nov. 13 at 4 p.m. with Ruth Chipps, RDN, CD
- Taste it Tues. Nov. 20 at BRMH Café 1130a-12:30p

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