



Eat and Play Squash

Orange-Honey Acorn Squash

3 small acorn squash
2 Tablespoons orange juice
frozen concentrate
1/4 cup of honey
1 teaspoon salt
2 Tablespoons soft-tub
margarine
1/8 teaspoon nutmeg, if
desired

1. Cut squash in half. Remove seeds and place halves in shallow baking pan.
2. Combine orange juice, honey, and salt. Mix well. Put some of the orange-honey mixture in each squash cavity.
3. Add 1 teaspoon of the margarine to each squash half. Sprinkle with nutmeg, if desired.
4. Cover pan with aluminum foil to keep steam in an speed cooking.
5. Bake at 400 degrees F for 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.
Makes 6 servings.

Source: Cent\$ible Nutrition Program Cookbook, pg. 314.

Shopping Tips

When to Buy

Squash varieties can be found year round, with peak season from September through March.

How to Select

Choose squash that are hard to the touch and heavy for their size. Press firmly all over to make sure the rind is not soft. Avoid any squash with soft spots or cracks. Choose deep colors with skin that doesn't look washed out. The skin should not look shiny. Select squash with a part of the dried-out stem still attached, like a small knob at one end.

How to Store

Store in a cool spot, with good air flow, for up to one month. Squash should not be stored in the refrigerator. If you buy pre-cubed squash at your market, make sure the pieces are dry, firm and rich in color.

Refrigerate cut squash, wrapped in plastic, for up to four days.



Nutrition Benefits

One cup of cooked winter squash, like acorn, spaghetti, and butternut, is high in vitamins A and C, as well as a good source of vitamins B6 and K, potassium, folate and fiber.

Don't forget to make half your plate fruits and vegetables!

Source:
<http://www.eatingwell.com>

Activity Ideas: Play a Game of Squash

What you'll need: One or two players, or two teams of two; racquets, a ball, and a sturdy wall or 3-sided enclosure. You may also play against a garage door or the side of a house. You can draw the court lines on your driveway with sidewalk chalk.

How to Play: The basic principle is to keep hitting the ball against the front wall of the court until your opponent cannot return it back any more. Players must keep one foot in the service box as they serve. The ball must hit the front wall between the service line and the out line, and land in the area behind the short line on the opposite side of the court. The ball is only allowed to hit the floor once before each shot, but it can hit as many walls as the player wants. If a player fails to hit the ball before it bounces twice, hits the ball into the floor before it hits the front wall, or hits it outside the out line, then they lose the rally. A player can also lose a rally if the ball hits them or their clothing before they strike the ball.

Scoring: You can only score a point if you are the one serving. When the player receiving the serve wins a rally, he or she becomes the server but does not receive a point. A match is the best of five games, and for a player to win a game they must reach nine points and win by two.

Conversation Starters/Comments

Even though most people identify squash with vegetables, they are considered fruits because they contain the seeds of the plant.

Squash are believed to have originated in Mexico and Central America where they were eaten 7,500 years ago.

For pie, Pilgrims first hollowed out a pumpkin, filled it with apples, sugar, spices and milk, then put the stem back on and baked it.

An average pumpkin weighs 10-20 pounds, though some can weigh 400-600 pounds, enough for perhaps 300 pies!

Presidents George Washington and Jefferson grew squash in their gardens.

Source: <http://www.loc.gov/rr/scitech/mysteries/squash.html>

For more information call:

Supplemental Nutrition Assistance Program 800-457-3659

Wyoming Department of Education Nutrition Programs 307-777-6263

University of Wyoming Cent\$ible Nutrition Program 877-219-4646

Wyoming Department of Health Women Infant and Children (WIC) 800-994-4769