

KEWEENAW GROWN FOOD BUTTERNUT SQUASH



PEAK SEASON

Late summer through early fall.

HOW TO SELECT & STORE

Choose squash that is heavy for its size and without darkened or soft spots.

Store butternut squash in a cool, dark place for up to a month. Once cut, refrigerate unused portions.

HEALTH BENEFITS

Butternut squash is an excellent source of provitamin A carotenoids, vitamin B and C, potassium, magnesium, and manganese.

Butternut squash is rich in several types of antioxidants, some of which may reduce your risk of heart disease, lung cancer and age-related memory loss.



WAYS TO USE

Savory - Roast in oven with olive oil and salt and pepper, or add some maple syrup and cinnamon for a sweeter flavor. Stuff butternut squash filling with a blend of rice, cheese, and other veggies for a filling vegetarian entrée. Blend into a soup. Dice into a hash and add to an egg bake or as a breakfast side. Add leftover roasted butternut squash to salads or as a quesadilla filling.

Sweet - Use in pureed butternut squash in place of pumpkin in muffins or cupcakes.



PHFoundation

KEWEENAW GROWN FOOD



Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You can download PDFs of all items at phfgive.org/food.



PHFoundation
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties. PHF's Food Initiative is two-fold. First, the food initiative aims to improve

access to locally grown and healthful foods within our community. Second, it provides educational resources and tools to promote sustainable changes to eating and lifestyle habits for all.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

VISIT PHFGIVE.ORG/FOOD