

## **MSU Extension Publication Archive**

Archive copy of publication, do not use for current recommendations. Up-to-date information about many topics can be obtained from your local Extension office.

Food Tips for Moms and Tots: It's Time For Winter Squash  
Michigan State University  
Cooperative Extension Service  
(N.D.)  
4 pages

The PDF file was provided courtesy of the Michigan State University Library

**Scroll down to view the publication.**



## FOOD TIPS FOR MOMS & TOTS

IT'S TIME FOR WINTER SQUASH

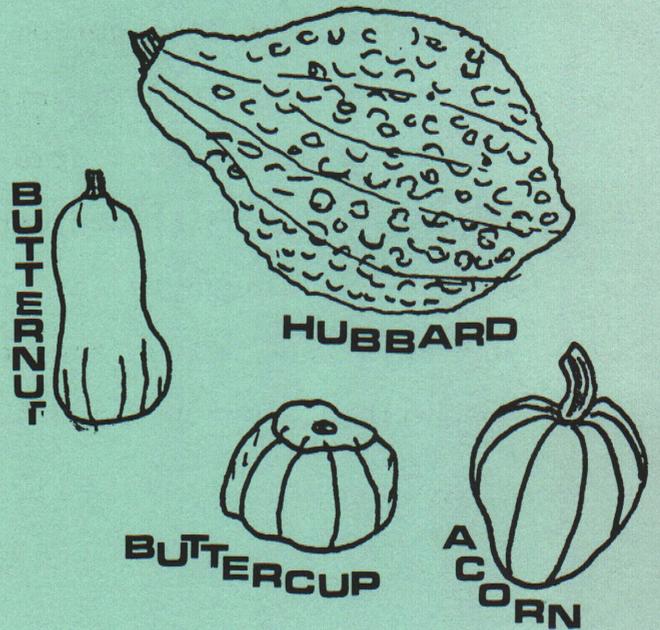
MOTHER -

Squash is native to the Americas.

Some names for winter squash that may be found in your stores are Acorn (Table Queen), Butternut, Buttercup and Hubbard. They have a tough, ridged green or yellow-orange rind.

Squash can be served in many different ways. Here are some of these ways -- either buttered with salt and pepper or removed from the rind and mashed with one or two of the following: cream, nutmeg, brown sugar, crumbled crisply fried bacon, candied ginger, grated orange peel or orange juice.

Squash is a good source for a lot of different nutrients such as vitamin A, needed for growth and seeing in dim light; vitamin C needed for healthy gums and repair of blood vessels; and that's not all. Squash also provides some calcium needed for healthy bones and teeth and some iron needed to carry oxygen in your body.



Winter squash lasts a long time when stored in a cool, dry, well-ventilated area.

YOU AND YOUR CHILD

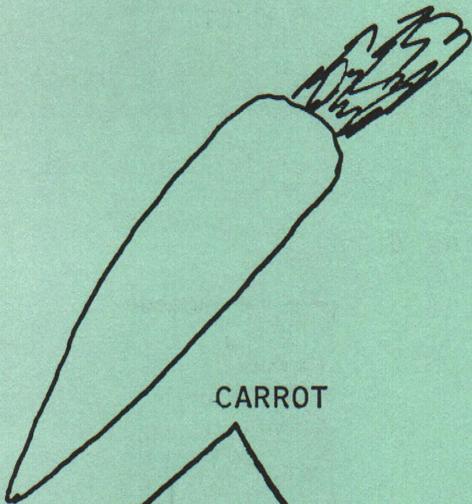
GROW SOME SQUASH SEEDS

1. Cut off the bottom half of a plastic gallon container.
2. Fill with dirt until it is about an inch from the top.
3. Place about 4 or 5 squash seeds on top of the dirt and cover with some other dirt. Water. Set the container in a sunny area.
4. In a week or two the seedlings will sprout.
5. Within a month large green leaves will begin to appear.

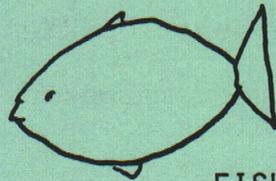


YOUR CHILD

In this game help your child by pointing to the food and naming it, then have your child name the foods. Help them pick out the vegetables. Have them color the vegetables.



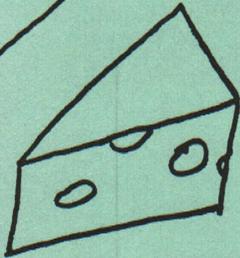
CARROT



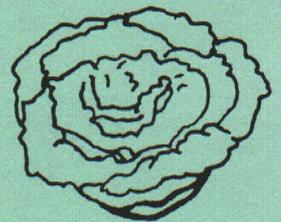
FISH



POTATOES



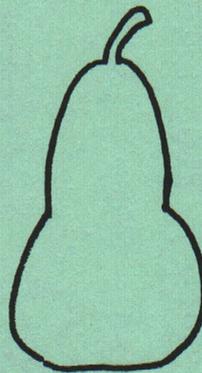
CHEESE



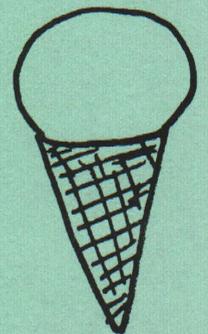
LETTUCE



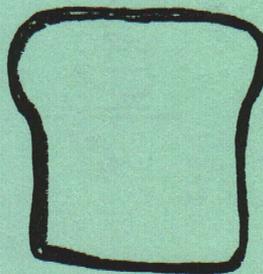
BROCCOLI



PEAR



ICE CREAM



BREAD