

Harvest of the Month



February: Butternut Squash



Kinds of Winter Squash

Butternut Squash isn't the only kind of winter squash you can enjoy! Winter squash can usually be stored at room temperature. You aren't supposed to eat the skin of most winter squash, it's usually a little tough.



Acorn Squash



Delicata Squash



Kabocha Squash



Red Kuri Squash



Butternut Squash



Spaghetti Squash

Ways to Enjoy Butternut Squash

Butternut squash can be in sweet or salty foods! Here are some delicious dishes



Roasted Butternut Squash



Butternut Squash Soup



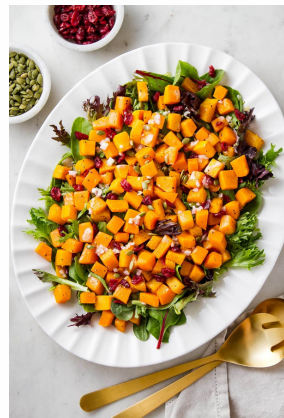
Butternut Squash Pasta



Hasselback Butternut Squash

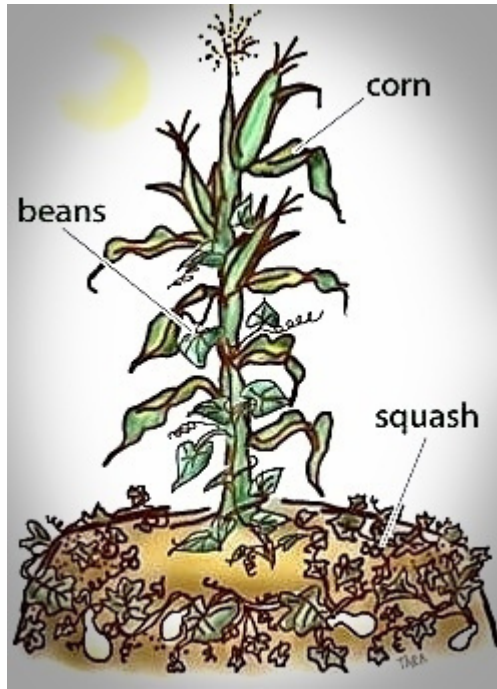


Butternut Squash Pizza



Butternut Squash Salad

The Three Sisters

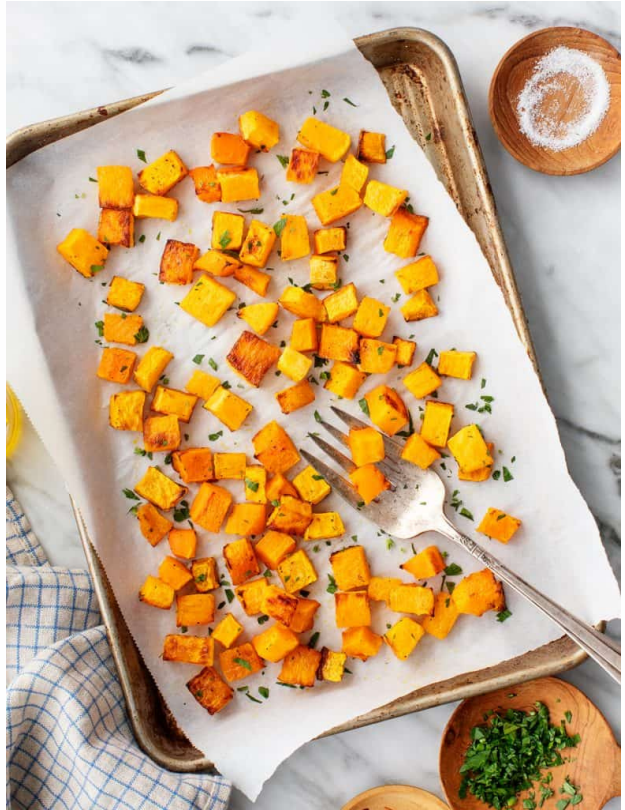


Native Americans adapted to their environment and used a variety of agricultural techniques to grow food. The three principal crops of the Eastern Woodlands Native Americans were corn, beans, and squash. These “Three Sisters” were planted together because of the ways in which they benefit each other. The corn stalk serves as the pole for the beans. In turn, the beans help add nitrogen back to the soil; this is very helpful to corn, which requires a lot of nitrogen. The squash provides ground cover that helps the soil retain moisture and prevent weed growth. Thus, the Native Americans, who recognized the relationship between the plants, used the natural harmony between them to feed their communities. It is not surprising that many legends and Native American folktales reference the Three Sisters.

Modern agriculture still utilizes these same principles. A typical crop rotation in Virginia is corn, soybeans, and wheat. Crop rotation allows farmers to maintain and improve soil fertility. It can also help with pest/weed management

Ingredients

- 1 butternut squash, peeled, seeds scooped, and cubed
- Extra-virgin olive oil, for drizzling
- Sea salt and freshly ground black pepper, to taste



Directions

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper.
2. Place the squash cubes on the baking sheet and toss with a drizzle of olive oil and pinches of salt and pepper. Roast 30 to 35 minutes or until golden brown around the edges.