



Harvest Food Group



Harvest Food Group works with farmers in Illinois, Michigan and Wisconsin to harvest food during the local season. They freeze it immediately so that it can be enjoyed throughout the year.

Squash

Types of Squash

Squash comes in many colors, shapes and sizes and grows mostly in the summer and fall. The large, orange pumpkins you carve for Halloween and the small green zucchini you eat in the summer are both types of squash.

Which types of squash do you recognize in the list below?

- ❖ Butternut Squash
- ❖ Yellow Squash
- ❖ Pumpkin
- ❖ Banana Squash
- ❖ Acorn Squash
- ❖ Zucchini
- ❖ Spaghetti Squash
- ❖ Patty Pan Squash

Nutrition Tip

Squash are packed with beta-carotene, which keep your eyes healthy and vision sharp!

You can try local butternut squash, a type of squash, that was grown in the Mid-West in your cafeteria.



FRESH LOCAL PRODUCE
is good for you!