Gleaning Acorn Squash

farmers Against Hunger

Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Cup Acorn Squash, **Protein**: 1.12 g, **Fat**: .14 g, **Carbohydrates**: 14.59 g, **Fiber**: 2.1 g, **Sugar**: 0 g, **Calcium**: 46 mg, **Magnesium**: 45 mg, **Potassium**: 486 mg, **Vitamin C**: 15.4 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: ***Baked Acorn Squash***
Season: ***Fall/Winter***
Ingredients: 1 Acorn Squash, sliced in half and seeds removed, 1 Tbsp. butter (at room temperature), 2 Tbsp. brown sugar, 2 tsp. maple syrup, salt to taste.
Instructions: 1. Preheat oven to 400 degrees. 2. Spread the butter on the inside of each half, sprinkle with salt and brown sugar, and drizzle with maple syrup. 3. Bake, cut side up, for 1 hour and 15 minutes. The tops of the halves should be golden and the flesh soft. 4. Enjoy!

Fun Facts:

- ★ Acorn squash is named for its acorn-like shape and comes in a variety of colors including dark green, tan, yellow and orange.
- ★ Acorn squash is a type of 'winter' squash. The term dates back to a time before refrigerators when squash harvested in the fall were known as winter vegetables because they could last until December.
- ★ Acorn squash is an excellent source of fiber, vitamin C, vitamin B6, potassium, thiamin, and magnesium.

For more information on **Farmers Against Hunger and NJ Agricultural Society, Or to make a donation,**
Visit our website at **www.njagSociety.org**
Like our Facebook page: **NJ Farmers Against Hunger**