

Gleaning Butternut Squash



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 Butternut Squash, **Protein:** 1.4 g, **Fat:** .14 g, **Carbohydrates:** 16.37 g, **Fiber:** 2.8 g, **Sugar:** 3.08 g, **Calcium:** 67 mg, **Magnesium:** 48 mg, **Potassium:** 493 mg, **Vitamin C:** 29.4 mg

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

Recipe: *Roasted Butternut Squash with Brown Sugar & Cinnamon*

Season: *Fall/Winter*

Ingredients: 1 large Butternut Squash, 2 Tbsp. olive oil, 2 Tbsp. brown sugar, ½ tsp. ground cinnamon, 1 tsp. kosher salt, a pinch of black pepper

Instructions: 1. Preheat oven to 425 degrees. Lightly oil two baking sheets. 2. Peel the squash and remove the seeds. Cut into 1-inch cubes. 3. In a bowl, toss all of the ingredients together and spread onto the baking sheets evenly. 4. Roast squash for 40-45 minutes, or until tender. 5. Enjoy!

Fun Facts:

- ★ Australians actually call butternut a squash butternut pumpkin.
- ★ Butternut squash is one of the longest keeping vegetables, lasting over 3 months when stored properly.
- ★ There are various ways in which you can use butternut squash. These can include risottos, soups, salads, sauces, curries, and bakes.
- ★ Butternut Squash are a great source of Vitamin A.

Source: *DurhamSchool.co.uk*

For more information on **Farmers Against Hunger and NJ Agricultural Society**,
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