



FOOD TIPS FOR MOMS & TOTS

IT'S TIME FOR WINTER SQUASH

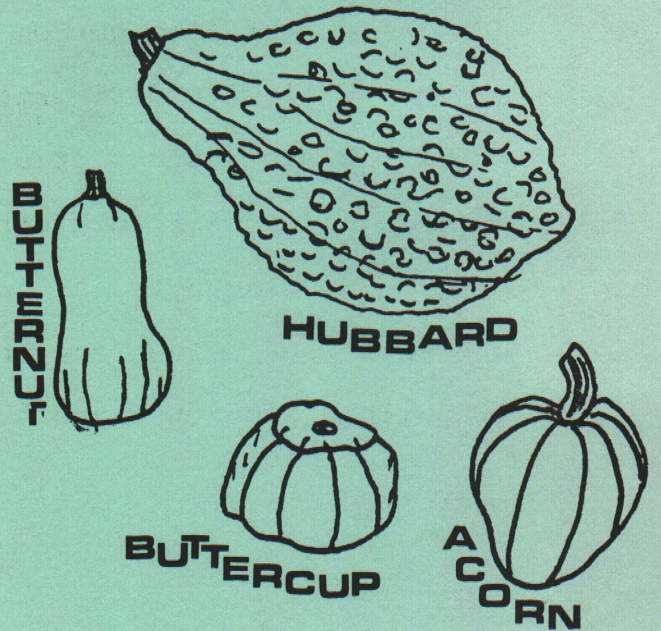
MOTHER -

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.


Have some extra apples then try them with your squash. Here's a recipe to do just that.


Squash and Apple Bake
(Makes 6 servings)

STEPS FOR: MOTHER CHILD


1. Measure ingredients:

2 pounds butternut or buttercup squash



1/2 cup  brown sugar, packed (press down)

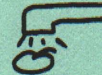
1/4 cup  butter or margarine, melted in small saucepan



1 tablespoon  salt

1/2 teaspoon  mace, if desired

2 baking apples 
washed,
cored, 
cut into 1/2 inch slices



2. Heat oven to 350°



3. Cut squash in half



4.

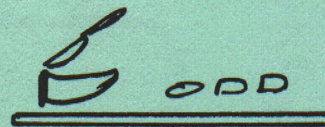


Remove seeds and fibers

5. Pare squash



6. Cut into 1/2 inch slices



7.



brown sugar
butter
salt

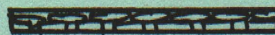
Stir together remaining ingredients, except apple slices, in a bowl.

8.



Arrange squash in ungreased large baking dish

9.



Top with apple slices.

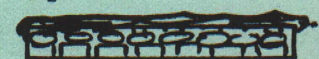
10.



Sprinkle sugar mixture over top.

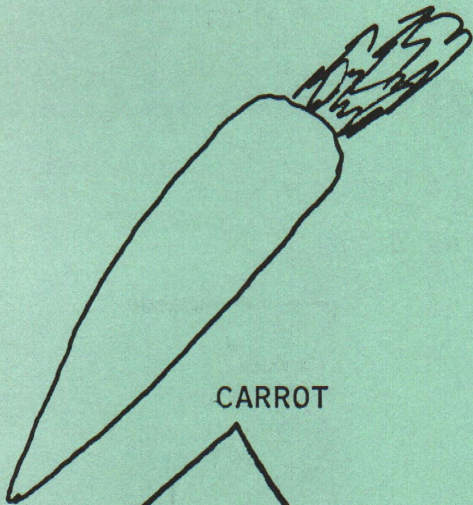
11.

Cover with foil; bake 50-60 minutes or until squash is tender (test with fork)

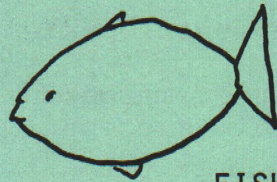


YOUR CHILD

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.



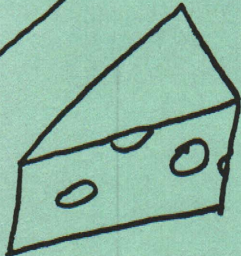
CARROT



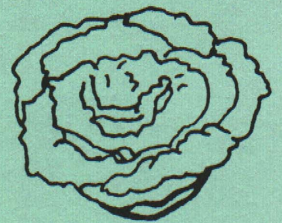
FISH



POTATOES



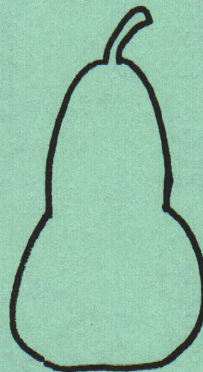
CHEESE



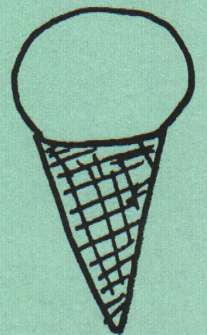
LETTUCE



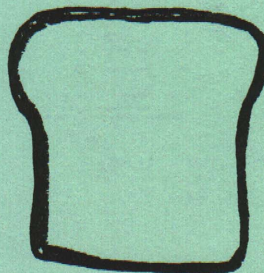
BROCCOLI



PEAR



ICE CREAM



BREAD