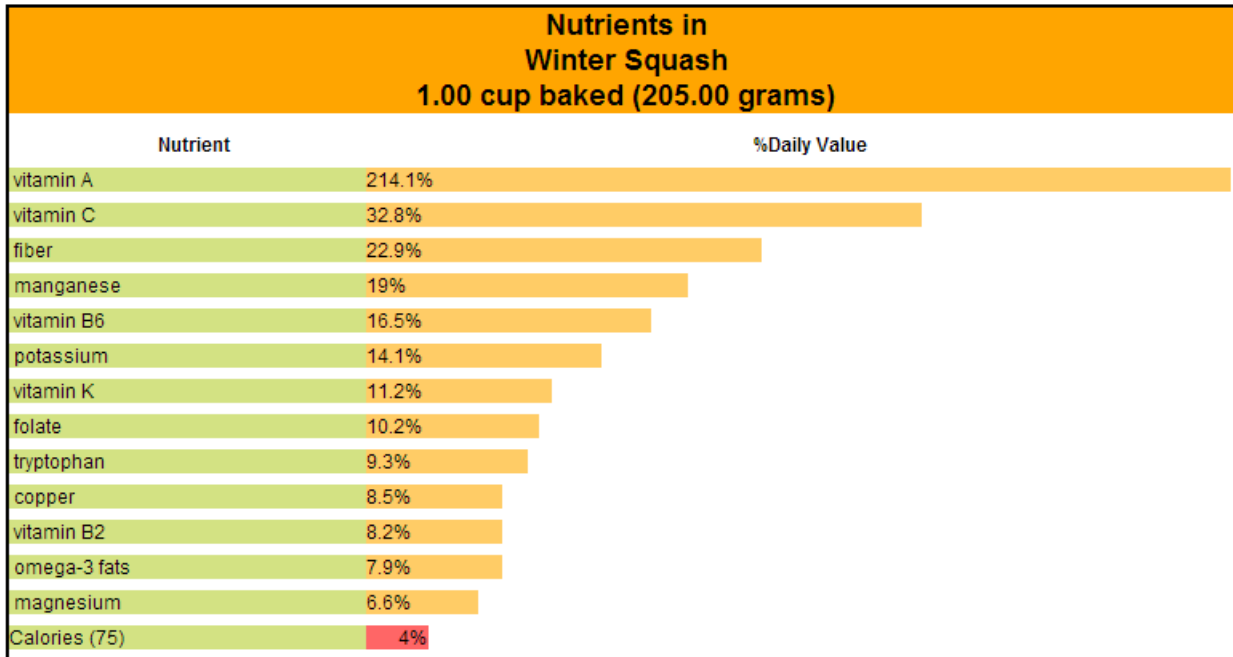


Butternut Squash

The Superfood You Love!

Creator: Crystal Olry



*DV is based off a 2,000 calorie diet



Butternut Squash

- Has ancestry to North American with many other squash varieties, yet developed in Wahltham, Massachusetts by Robert E. Young
- Is known as a pumpkin in Australia
- Can be stored for up to 5 months at 50-60 degrees Fahrenheit in a cool dark, yet dry spot.
- Seeds can be roasted and eaten.

1. Pictures of Rainbow Swiss Chard. Strangers Hill Organics. Taken by Crystal Olry
2. Nutrient Data. Worlds Healthiest Foods. Taken from: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=16>; May 31st 2013.
3. Robert Buist, The Family Kitchen Gardener (New York: J. C. Riker, 1847), p. 124.
4. Recipe taken from: <http://www.whfoods.com/genpage.php?tname=recipe&dbid=100>