

December Produce Guide

Winter weather brings seasonal produce like:

- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Greens
- Mushrooms
- Radishes
- Winter squash

The recipe below features winter squash. Here are health facts and tips for storing, selecting, and preparing winter squash:

- There are many types of winter squash - delicata, acorn, butternut, kabocha, and pumpkins!
- Winter squash is high in insoluble fiber, which helps to control blood sugar.
- Use the tap test when choosing a squash. If the squash sounds hollow, it is ripe. If it sounds muffled, it may be rotten.
- If you have an unripe squash, leave it in a sunny spot for a few days. When it ripens, store your squash in a cool, dark, dry place. The squash will stay good for a few months.
- Save the seeds! Squash seeds can be roasted in the oven for an easy, healthy snack.



Squash Soup

Recipe adapted from choosemyplate.gov

Serves 6

Ingredients:

- 1 tablespoon olive oil
- 2 onions (medium, chopped)
- 2 carrots (medium, chopped)
- 2 garlic cloves (minced)
- 1 cup tomato puree (canned)
- 5 cups chicken or vegetable broth, low sodium
- 4 cups winter squash (cooked)
- 1 ½ tablespoons oregano (dried)
- 1 ½ tablespoons basil (dried)

Instructions:

1. In a large saucepan, warm oil over medium heat.
2. Stir in onions, carrots, and garlic.
3. Cook for about 5 minutes, covered.
4. Stir in the tomato puree, chicken broth, cooked squash, and herb.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

