

Winter Squash



ARIZONA HARVEST SCHEDULE	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
									✕	✕	✕	

Find Winter Squash in Arizona

- **Aguiar Farms in Paulden**
- **Crooked Sky Farms - Phoenix**
- **Pinnacle Farms in Laveen and Waddell**
- **Blooming Reed - Paulden**

*ADE does not endorse any specific farm, distributor, or producer. This list is not all-inclusive

Arizona Harvest Facts

- Winter squash is a warm season vegetable that grows and produces well in Arizona.
- Winter squash is harvested and eaten at the mature fruit stage.
- Features fully matured seeds and a tough rind.
- The primary difference between summer and winter squash is the skin.

Food Buying Guide: Winter Squash Quick Math



1 pound of purchased, (unprepared) **Acorn** Squash



2 cups of prepared **Acorn** Squash



1 pound of purchased, (unprepared) **Butternut** Squash



1.75 cups of prepared **Butternut** Squash



1 pound of purchased, (unprepared) **Hubbard (similar to Hopi)** Squash



1.25 cups of prepared **Hubbard** Squash



1 pound of purchased, (unprepared) **Spaghetti** Squash



1.75 cups of prepared **Spaghetti** Squash

Submit the **School Interest Form** and HNS will be in contact to connect you with local producers!

Local Recipe

Three Sisters Enchilada Casserole

- These enchiladas feature fresh **Indigenous winter squash** as the star ingredient.
- Corn and black beans surround the **Indigenous winter squash** to round out the three sisters ingredients.
- Indigenous cultures warmly refer to corn, beans, and squash as the "three sisters" because these fabulous veggies look out for each other like the ultimate plant family when they grow side by side!
- One, 50 serving, standardized recipe uses about 27 pounds of purchased (unprepared) squash varieties.
- Try this recipe as a taste testing during lunch. It's a simple way to introduce locally, harvested produce!

