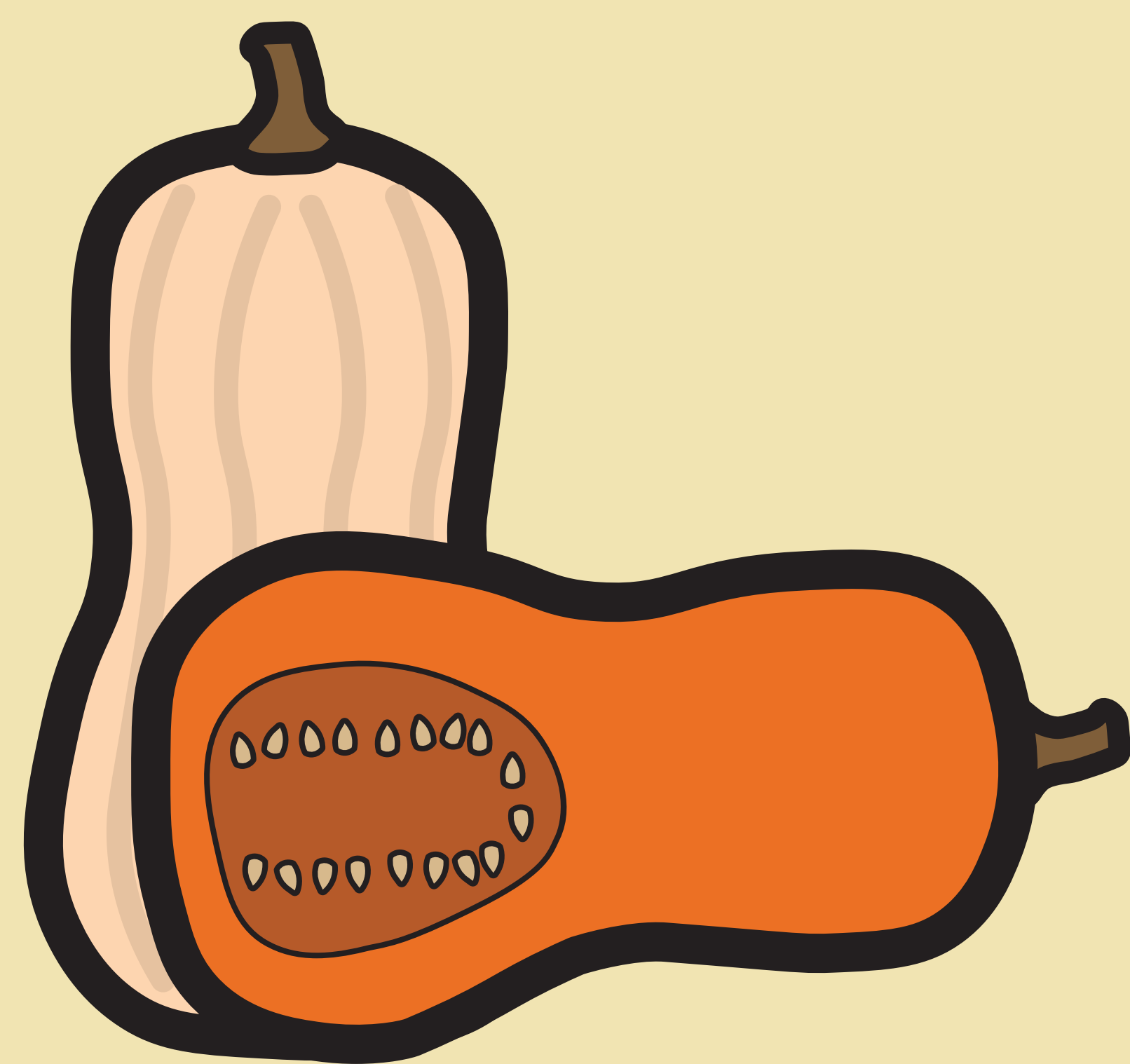
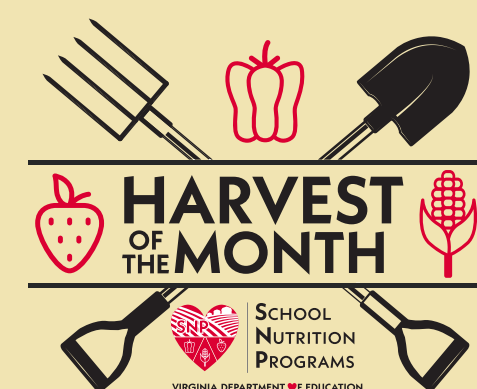


FEBRUARY HARVEST OF THE MONTH



BUTTERNUT SQUASH

SCAN THE
QR CODE
FOR MORE
HARVEST
OF THE
MONTH
RESOURCES!



TRY BUTTERNUT SQUASH AT HOME!

HEALTH & NUTRITION

Butternut Squash is Fat-Free, Cholesterol-Free, Sodium-Free and a good source of Fiber.

Butternut Squash even has more Potassium than Bananas!

They also are a source for vitamins and minerals like Vitamin A, Vitamin C, Calcium, Iron, and Magnesium.

? DID YOU KNOW

Butternut squash seeds can be eaten as a nutritious snack food, just like pumpkin seeds.