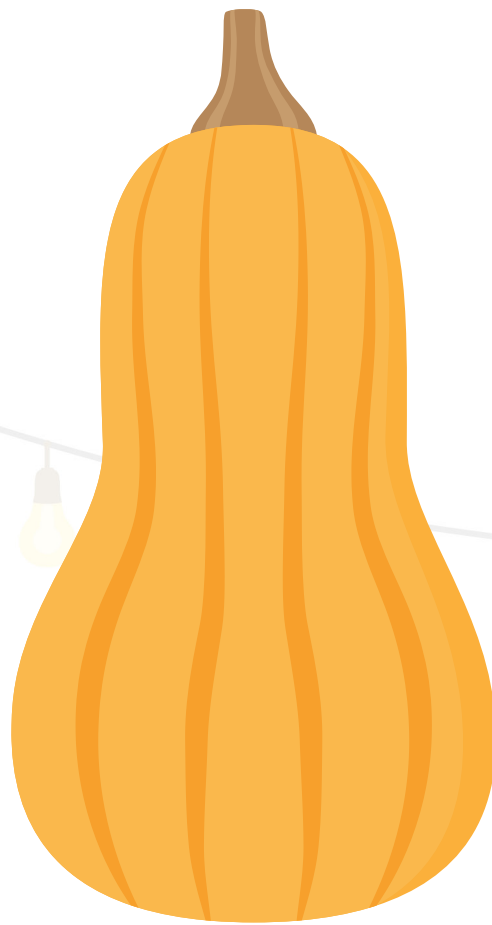


FOOD FESTIVAL

By Aspens



Butternut Squash

FOOD FESTIVAL

Butternut Squash

By Aspens

Fact
1

Butternut squash is a bottle-shaped type of squash with a sweet taste. The name 'butternut' comes from its buttery flesh and nutty flavour.

Butternut squash can be used in savoury and sweet dishes.

Fact
2

Fact
3

Butternut squash is high in Vitamin A, Vitamin C and dietary fibre and potassium.

This vegetable is often used as one of the first foods for babies.

Fact
4

Fact
5

Butternut squash is actually a fruit*
*the sweet and fleshy product of a tree or other plant that contains seeds and can be eaten as food.

Seasonality

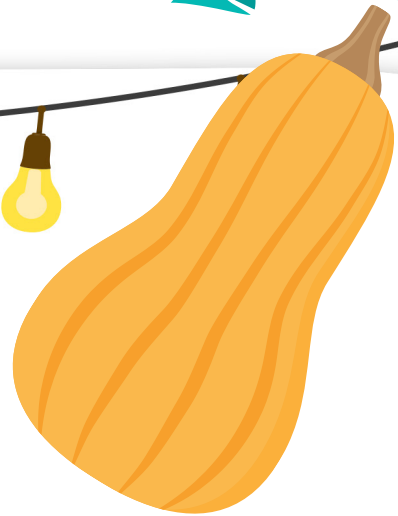
Butternut squash are harvested in late summer and autumn, but because they keep so well, they can be found all year round.

Fact
6

Did you
know?

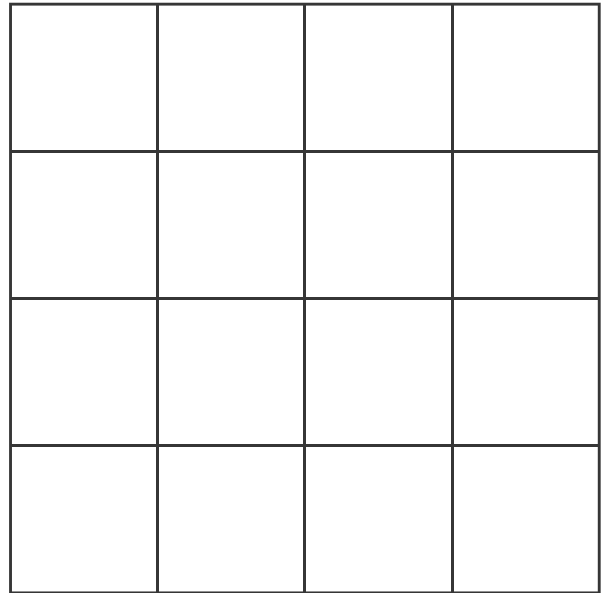
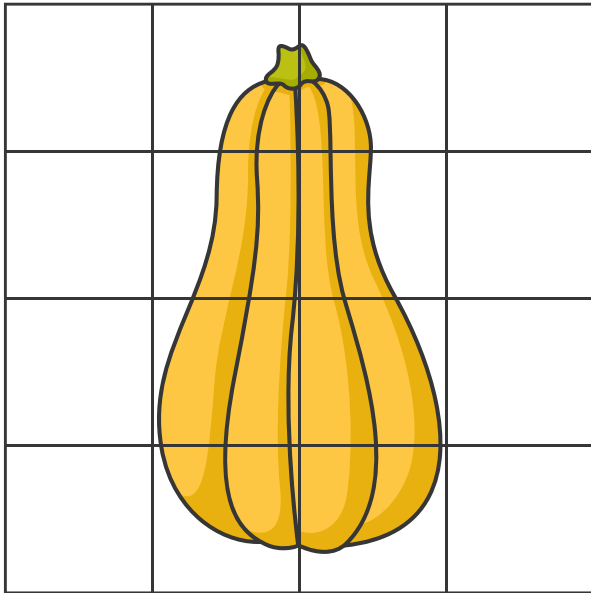
FOOD FESTIVAL

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Butternut Squash Activity Sheet

Copy The Picture



FOOD FESTIVAL

Recipe for Home

By Aspens

Tell us your favourite recipe from home and hand it to a member of the Aspens Team. Make sure it includes BUTTERNUT SQUASH! The winning dish could feature on our menu.



NAME OF DISH

INGREDIENTS

METHOD

Name:

School Name:

Class: