

## Eat More Arizona Grown Winter Squash

### Nutrients Found in Winter Squash

- Vitamin A** Helps your eyes and skin stay healthy
- Vitamin C** Helps your teeth and gums stay healthy
- Fiber** Helps keep your heart healthy and improves digestion

# WINTER SQUASH



HEALTHY HARVEST FOR ARIZONA SCHOOLS

Make half your plate vegetables and fruits.



Most recently, winter squash was harvested on 1,278 acres in Arizona, which includes five acres of organic winter squash. That is 9,100 pounds of organic winter squash!



Choose winter squash heavy for its size and very hard. Press firmly to test the firmness of the rind.



Arizona Grown vegetables and fruits taste best and cost less when purchased in season.