Welcome to the third edition of a North Dakota specialty crops calendar featuring fruits and vegetables that can be grown in North Dakota. This educational calendar provides information about health benefits, preparation and storage of various specialty fruits and vegetables, along with recipes tested in the food laboratory at North Dakota State University.

Visit [www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork) for more information about growing, preparing and preserving fruits and vegetables, and for educational opportunities including webinars. Visit [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) for a wide range of nutrition, food safety and health information.

Please provide us with feedback. Visit [www.surveymonkey.com/r/2021FieldtoFork](http://www.surveymonkey.com/r/2021FieldtoFork) to take a short survey and you may win a prize.

**Cooking Abbreviations**
- c. = cup
- tsp. = teaspoon
- Tbsp. = tablespoon
- g = gram
- mg = milligram
- oz. = ounce
- lb. = pound
- qt. = quart
- pkg. = package

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Visit [www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork) for more information.
Paprika Chicken and Vegetables One-pan Meal

6 chicken thighs
¼ tsp. salt, divided
1 lb. Brussels sprouts, trimmed and halved
2 sweet potatoes, peeled and cubed
2 shallots, peeled and quartered (or substitute ½ mild onion)
3½ tsp. garlic, minced, divided
3 Tbsp. olive oil (plus more for drizzling)
1 Tbsp. fresh lemon juice

Spice Mixture
2 Tbsp. sweet paprika, divided
1 tsp. dried cilantro, divided
1 tsp. allspice, divided

Preheat the oven to 425 F. Sprinkle chicken lightly with salt on both sides and set aside. Place the Brussels sprouts, potatoes and shallots on a large sheet pan. Season the vegetables lightly with salt and drizzle olive oil, then toss the vegetables to mix. In a small bowl, mix the spices. Sprinkle 1 Tbsp. of the spice mixture on top of the veggies. To the remaining spice mixture, add 2 tsp. garlic, 3 Tbsp. olive oil and 1 Tbsp. lemon juice. Stir into a paste. Brush both sides of the chicken and under the skin with this paste. Add chicken to the pan, and sprinkle remaining minced garlic on top of the chicken and vegetables. Roast for about 35 minutes, or until the chicken reaches internal temperature of 165 F and the vegetables are tender.

Makes six servings. Each serving has 360 calories, 21 g fat, 17 g protein, 28 g carbohydrate, 7 g fiber and 210 mg sodium.

Brussels Sprouts

Nutrition and Health

- One cup of cooked Brussels sprouts contains 56 calories and 11 grams of carbohydrate, and is packed with many vitamins and minerals.
- Brussels sprouts contain vitamin K, which helps support blood clotting. If you are on blood thinning medication, try to keep your vitamin K intake consistent.

Storage and Cost Benefits

- Brussels sprouts are best stored fresh and unwashed. Remove wilted leaves and place in a plastic bag in the crisper drawer of the refrigerator. Rinse under running water before preparing.
- Brussels sprouts are best when consumed within three or four days of purchasing. For best taste, eat within a week because the taste gets stronger and more bitter when stored longer.
- When possible, keep them on the stalk until ready to eat to maintain optimal freshness.
Grandma B’s Bean Soup

3 carrots, peeled and shredded
2 medium potatoes, peeled and diced
3 stalks celery, sliced
1 medium onion, diced
2 c. cubed, cooked ham
4 (15-oz.) cans navy beans (low sodium) – can substitute soaked, cooked dry beans
1 tsp. garlic powder
½ tsp. onion powder
12 c. water
Salt and pepper to taste

Place carrots, potatoes, celery, onion and ham in a large pot. Rinse and drain the beans. Add to pot. Add water, garlic powder, onion powder, salt and pepper. Cook soup on medium to high heat until vegetables are soft, approximately three hours.

Makes eight servings. Each serving has 240 calories, 2 g fat, 17 g protein, 39 g carbohydrate, 12 g fiber and 350 mg sodium.

Dry Beans

Nutrition and Health

- Beans are categorized as a vegetable and a protein. One cup of cooked black beans contains about 15 grams of protein.
- Beans are a rich source of fiber, helping keep you fuller longer.

Storage and Cost Benefits

- Beans are sold in dry or canned forms. Dry beans can last in the pantry for two to three years if properly stored in a cool, dark place.
- To save money, cook with dry beans. A 1-pound bag of dry beans costs about the same as a 15-oz. can, but the bag of dry beans will provide four times the servings as the can of beans.
- Preparing dry beans can be time consuming. To maximize the benefit, you can cook larger batches of dry beans and freeze them for later.
- See the “Dry Beans” section on the Field to Fork website for more information about preparing dry beans.

North Dakota leads the nation in growing all dry beans, with the most popular being navy and pinto beans.
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- **February 2021**

- January 2021:
  - **World Cancer Day**: 21
- March 2021:
  - **Wear Red Day**: 5
  - **National Cabbage Day**: 14
  - **National Pistachio Day**: 15
  - **National Strawberry Day**: 21

- **Website**: [www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork)
Beef and Broccoli

¼ c. all-purpose flour
1 (10.5-oz.) can beef broth
2 Tbsp. white sugar
2 Tbsp. soy sauce (low sodium recommended)
1 lb. boneless flank steak, cut into pieces
1 clove garlic, minced
4 c. chopped fresh broccoli

In a small bowl, combine flour, broth, sugar and soy sauce. Stir until sugar and flour are dissolved.

In a large skillet or wok over high heat, cook and stir beef two to four minutes, or until browned.
Stir in broth mixture, garlic and broccoli. Bring to a boil, then reduce heat. Simmer five to 10 minutes, or until sauce thickens.

Makes four servings. Each serving has 310 calories, 10 g fat, 36 g protein, 19 g carbohydrate, 2 g fiber and 510 mg sodium.

While broccoli is widely available in the Midwest, most of the broccoli sold in the U.S. is produced in California.

Nutrition and Health
- Many people enjoy citrus fruits as their vitamin C source; however, 1 cup of broccoli has as much vitamin C as an orange.
- Broccoli is an excellent source of calcium. It’s used to build strong bones and teeth, among its many functions.

Storage and Cost Benefits
- All broccoli, cooked or fresh, should be stored in the refrigerator.
- To store broccoli, mist (lightly dampen) the unwashed heads, loosely wrap in damp paper towels and place in the refrigerator. Do not wash the broccoli before storing because this promotes mold growth.
- Rinse broccoli under running water just before preparing in recipes or eating fresh.
- To prevent bacterial growth, cooked broccoli should not be left in room temperature for longer than two hours.
Daylight Saving Time begins
St. Patrick’s Day
National Cereal Day
National Ag Week (21-27)
World Water Day
National Ag Day
National Spinach Day
Passover begins

www.ag.ndsu.edu/fieldtofork
Impossible Brunch Pie

4 slices bacon (or use ½ c. chopped cooked ham, chicken or turkey)
1 (10-oz.) pkg. frozen broccoli, spinach or asparagus, thawed and chopped
1 c. low-fat sour cream
1 c. low-fat cottage cheese, small curd
½ c. baking mix (such as Bisquick)
¼ c. butter or margarine, melted
2 eggs
1 tomato, peeled and sliced
½ c. Parmesan cheese

Preheat oven to 350 F. Brown bacon and crumble. Grease a 10-inch pie plate (or square pan) and spread chopped broccoli, spinach or asparagus on the bottom. Top with crumbled bacon or chopped meat. Mix sour cream, cottage cheese, baking mix, butter or margarine and eggs. Pour mixture over bacon or chopped meat. Top with tomatoes and Parmesan cheese. Bake for 35 minutes or until knife inserted in center comes out clean and the internal temperature reaches 160 F. Cool for five minutes before serving.

Makes six servings. Each serving has 290 calories, 18 g fat, 12 g protein, 18 g carbohydrate, 1 g fiber and 480 mg sodium.

Asparagus

Asparagus plants take three to four years to reach maturity. Once mature, the plant can keep producing for up to 20 years.

Nutrition and Health
- Each spear of asparagus contains only 3 calories.
- Asparagus is a source of fiber, folate, vitamins A, C, E and K and potassium.
- Asparagus is rich in antioxidants, with the potential to reduce inflammation.

Storage and Cost Benefits
- Asparagus should be wrapped in a breathable plastic bag and placed in the crisper drawer of the refrigerator.
- For optimal storage, leave the rubber band around the asparagus; cut off ½ inch of the stalks at the bottom. Place the bundle upright in a wide-mouth glass with ½ inch water. Loosely cover with a plastic produce bag.
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Easter<br>National Public Health Week (5-11)<br>World Health Day<br>National Empanada Day

Ramadan begins<br>National Garlic Day

National Raisin Day<br>National Oatmeal Cookie Day
Quick Pickled Cucumbers, Peppers and Onions*

2 c. vinegar
2 c. water
3 Tbsp. sugar
3 tsp. mustard seed
3 tsp. salt
2 tsp. minced garlic
3 tsp. dill weed (or 6 Tbsp. chopped fresh dill)
5 c. cucumber slices
½ small white onion, sliced into rings
½ red bell pepper, sliced into 1-inch strips

Heat vinegar, water, sugar, mustard seed, salt and garlic until sugar and salt are dissolved. Rinse and slice cucumbers. Prepare onion and bell pepper as described. Mix vegetables in bowl and add dill weed, stirring gently to coat. Pour vinegar mixture over vegetables. Refrigerate for at least two hours, stirring at least once to submerge vegetables in brine. Remove pickled vegetables with a slotted spoon to a serving dish and return the remaining vegetables to the refrigerator.

*Note: This is not a tested recipe for canning. Enjoy them fresh within a week.

Makes eight servings. Each serving has 50 calories, 0.5 g fat, 1 g protein, 8 g carbohydrate and 1 g fiber. The sodium content varies depending whether you consume the liquid.

The phrase “cool as a cucumber” came from the inside of a cucumber being up to 20 degrees cooler than the outside.

Nutrition and Health
- One medium cucumber has only 30 calories due to the high water content.
- The peel holds most of the nutrients such as potassium, fiber and vitamins C and K.
- Cucumbers are high in disease-fighting natural antioxidants.

Storage and Cost Benefits
- Cucumbers can stay fresh for up to one week if stored properly.
- To store, wrap each cucumber in a paper towel, place in a loosely wrapped plastic bag and put in the refrigerator.
- To keep cucumbers fresh, do not wash until ready to eat.
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- **April 2021**
  - 25 National Teachers Day
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- **May 2021**
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  - 31 National Brown Bag Lunch Day

**NDSU Extension**

**www.ag.ndsu.edu/fieldtofork**

**Extending Knowledge, Changing Lives**
Parmesan Rosemary Carrot Fries

3 to 4 large carrots, peeled
3 Tbsp. olive oil
¼ c. grated Parmesan cheese
1 Tbsp. garlic powder
Leaves from 4 sprigs of fresh rosemary, chopped
¼ tsp. salt
¼ tsp. pepper

Preheat oven to 400 F. Peel and cut the carrots lengthwise to resemble the shape of French fries. Mix olive oil, Parmesan, garlic powder, rosemary, salt and pepper in medium bowl. Add carrots and toss to coat. Place carrots on baking sheet lined with parchment paper and bake for 15 to 20 minutes or until carrots become slightly crispy. Turn carrots over halfway through baking.

Makes four servings. Each serving has 110 calories, 7 g fat, 3 g protein, 10 g carbohydrate, 2 g fiber and 290 mg sodium.

Carrots

Carrots are available in a variety of colors other than orange, including purple, red, yellow and white.

Nutrition and Health
- Carrots are rich in the pigment beta-carotene, which gives carrots the orange color. Our bodies convert beta-carotene to vitamin A for healthy eyes and skin.
- Carrots are a good source of vitamins A and K, fiber, potassium and antioxidants.

Storage and Cost Benefits
- Carrots can keep fresh for up to one month if stored properly. Wrap in a paper towel and place in a paper bag, or use a perforated plastic bag.
- Carrots should not be stored next to fruits such as apples, pears or bananas. These fruits give off ethylene gas, which speeds up the ripening process of other produce.
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- **June 2021**
- **JULY 2021**
- **MAY 2021**

- **Father's Day**
- **National Onion Day**
- **National Get Outdoors Day**
- **National Corn on the Cob Day**
- **National Eat Your Vegetables Day**
- **Juneteenth**

National Cheese Day
National Herb and Spice Day

www.ag.ndsu.edu/fieldtofork
Some of the most widely used culinary herbs are dill, basil, cilantro, rosemary and garlic. Herbs are relatively easy to grow inside during the winter and transition well outside once the weather is warmer.

**Nutrition and Health**
- Herbs have no calories or sodium but still offer bold flavors to enhance food when cooking.
- Each herb provides different benefits, yet overall they are high in phytochemicals and vitamins A, C and K.
- Using a variety of herbs to flavor food may decrease inflammation, blood cholesterol and blood pressure.

**Storage and Cost Benefits**
- Herbs can be dried, frozen or dehydrated to prepare for storing. For long-term storage, pick the plant before it blossoms, rinse and dry the plant, tie a string to the stem and hang upside down in a well-ventilated, dark room until completely dried.
- Store in a tightly sealed container and keep on hand while cooking. For the best flavor, use within one year of drying the herb.
- See the NDSU Extension Service publication “From Garden to Table: Harvesting Herbs for Healthy Eating” (H1267) for more information about growing and harvesting herbs.

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**Rosemary Apple Pecan Chicken Salad**

1 lb. boneless, skinless chicken breast, cooked, cooled and diced into small cubes
1¼ c. gala or Fuji apple, chopped
½ c. chopped pecans
¼ c. dried cranberries
Lettuce or whole-grain bread for serving

**Dressing Ingredients**
- 1 (5.3-oz.) container fat-free plain Greek yogurt
- 2 Tbsp. mayonnaise
- 1 Tbsp. red wine vinegar
- 2½ tsp. fresh rosemary, finely chopped
- 1 tsp. Dijon mustard
- ½ tsp. honey
- ½ tsp. onion powder
- Salt and fresh ground black pepper (to taste)

Combine chicken, apples, pecans and cranberries in a large mixing bowl. In a separate, small mixing bowl, stir together dressing ingredients. Season with salt and pepper to taste. Pour dressing over chicken mixture and toss to coat evenly. Serve on lettuce leaves or whole-grain bread.

Makes four servings. Each serving has 310 calories, 15 g fat, 28 g protein, 18 g carbohydrate, 2 g fiber and 125 mg sodium.
Cilantro Lime Steak Fajitas

Cilantro Lime Marinade
1 c. cilantro, chopped 2 tsp. dried onions
1 Tbsp. garlic, minced 3 limes zest and juice
2 Tbsp. olive oil

Fajitas
1 ½ lb. flank steak, trimmed (or other beef steak)
Salt and pepper to taste
1 medium red onion, sliced
3 bell peppers, sliced

Seasoning for Vegetables
2 Tbsp. olive oil ½ tsp. chili powder
½ tsp. garlic powder ½ tsp. cumin
½ tsp. onion powder ½ tsp. smoked paprika

To make the marinade, add cilantro, garlic, onions and olive oil to a bowl. Zest the limes, squeeze juice into mix and whisk together. Add the steak to a zip-top plastic bag, pour the cilantro mix over the steak and seal the bag. Turn the bag repeatedly to make sure the steak is covered evenly with marinade. Place in refrigerator to marinate for at least one hour.

Preheat oven to 450 F. Take meat out of refrigerator 30 minutes prior to cooking. Slice onions and peppers and add to a bowl with all the vegetable seasoning; mix well. Using a large sheet pan, lay the steak in the middle and spread vegetables around the beef. Cook for 13 minutes, then broil on high for two minutes. After broiling, remove from oven and allow to rest for five minutes before slicing. When slicing, cut against the grain. Serve with whole-grain tortillas and your favorite fajita toppings.

Makes six servings. Each serving has 350 calories, 19 g fat, 33 g protein, 10 g carbohydrate, 3 g fiber and 75 mg sodium.
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**August 2021**

- **1st August**: National Zucchini Day
- **15th August**: National Ice Cream and Pie Day
- **16th August**: National Potato Day
Red Cabbage Salad

½ c. apple cider vinegar
3 Tbsp. sugar (or 1½ Tbsp. honey)
½ c. canola oil or olive oil
2 tsp. celery seed
4 c. red cabbage, coarsely chopped
1 c. apple, unpeeled and chopped
½ c. carrots, grated
½ c. purple/red onion, chopped
1 c. dried cranberries
Black pepper to taste (freshly ground, if desired)

Prepare the dressing by mixing vinegar and sugar until the sugar dissolves. Add oil and celery seed and mix well. Set aside. Rinse vegetables and fruit; prepare as described. Add raisins or dried cranberries. Add vinegar mixture and toss until well coated. Add pepper if desired. Refrigerate until serving.

Makes 10 servings. Each serving has 210 calories, 10 g fat, 1 g protein, 32 g carbohydrate, 3 g fiber and 15 mg sodium.

Cabbage is an inexpensive and versatile produce item. It can be eaten raw, in soup, in a salad, as a slaw, or steamed and sprinkled with salt and pepper.

Nutrition and Health

- Cabbage has a high water and fiber content to help with digestion. It may help decrease blood cholesterol.
- It is a good source of vitamin C, K and B vitamins.
- One cup of shredded cabbage has 33 calories and more than a full day worth of vitamin C.

Storage and Cost Benefits

- Do not rinse cabbage under water before storing in the refrigerator. Remove any wilted, insect-damaged loose leaves, wrap the head in a damp paper towel to keep crisp, put in a perforated plastic bag and place in the vegetable crisper.
- Rinse thoroughly under cool, running water just before preparation.
- Refrigerated cabbage lasts for three to four weeks; however, for more extended storage, consider fermenting or pickling the cabbage.
- See the NDSU Extension publication “Sauerkraut: From Garden to Table” (FN433) for more information about how to preserve cabbage as sauerkraut.
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- **September 2021**
- **Labor Day**
- **Rosh Hashana begins**
- **Yom Kippur begins**
- **World Alzheimer’s Day**
- **National Coffee Day**

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**NDSU EXTENSION**

**EXTENDING KNOWLEDGE ➤ CHANGING LIVES**
Roasted Root Vegetables

2 carrots
1 onion, quartered and layers separated
1 medium white potato, diced into ½-inch cubes
1 medium sweet potato, diced into ½-inch cubes
3 to 4 medium fresh beets, peeled and diced into ½-inch cubes
4 tsp. olive oil, canola oil or other salad oil, divided
Nonstick vegetable spray

Dried Herb Mixture
1 tsp. dried oregano
1 tsp. dried thyme
1 tsp. dried rosemary
(Note: You can substitute equal amounts of your favorite vegetables if you see a vegetable that is not your favorite.)

Preheat oven to 425 F. Line a large baking sheet with foil and coat with nonstick vegetable spray.
With an extra piece of foil, create a separate foil boat to hold the diced beets. Coat with nonstick
spray and place it on top of the baking sheet.

Combine dried rosemary, dried oregano and dried thyme in a small dish. Set aside. Remove dry outer layer, quarter and separate onion.
Chop carrots into 1-inch-thick pieces. Wash, scrub, peel and dice white and sweet potatoes.
Toss white and sweet potatoes, carrots and onions with 2¼ tsp. oil and 2 tsp. dried herb mixture. Place on baking sheet.

Wash, peel and dice beets. Toss beets with 1 tsp. oil and 1 tsp. dried herb mixture. (Caution: Beet juice can stain hands, cutting boards and counters).
Place beets in foil boat on baking sheet. Bake uncovered for 25 to 30 minutes or until vegetables are soft and the edges are a light brown.

Makes six servings. Each serving has 90 calories, 3.5 g fat, 2 g protein, 16 g carbohydrate, 2 g fiber and 420 mg sodium.

(Recipe courtesy of Colorado State University Extension)

Beets are beautifully and vibrantly colored purple-red root vegetables that get their color from natural pigments called betalains.

Nutrition and Health
- Antioxidant-rich beets are low in calories. They provide the B vitamin folate, calcium, copper, fiber and manganese.
- Beets may have a beneficial impact on blood pressure and inflammation.
- The stems and leaves on top of the beets are edible and high in antioxidants. Beet greens can be used in salads as you would use spinach or Swiss chard.

Storage and Cost Benefits
- Remove all but 1 to 2 inches of beet greens to maintain moisture.
- Place fresh beets in a perforated plastic bag and refrigerate up to three months. In a humid root cellar or basement, beets may retain their freshness for several months.
Honey Yogurt Fruit Dip

1 c. nonfat or low-fat plain yogurt
1 tsp. vanilla
½ tsp. cinnamon
2 Tbsp. honey (or to taste)
Red and green apple slices (or fruit of choice)

Mix yogurt with vanilla and cinnamon. Add honey to taste until desired sweetness is obtained. Rinse and slice apples right before serving.

Makes four servings. Each serving of dip has 70 calories, 0 g fat, 3 g protein, 13 g carbohydrate, 0 g fiber and 45 mg sodium.

Nutrition and Health

- Honey is a natural sweetener and a good source of antioxidants. Nutrionally, 1 tablespoon of honey has 64 calories and 17 g of natural sugars, including fructose, glucose, maltose and sucrose.
- Different regions and floral sources contribute to a very wide variety of flavors and aromas of honey.
- When cooking or baking, you can substitute honey in many cases. For every 1 cup of sugar, substitute ⅓ to ½ cup of honey and subtract ¼ cup of other liquids from the recipe. Honey is 20% water.

Note: Honey is not safe to consume for infants less than 1 year old.

Storage and Cost Benefits

- Honey is easy to store at home. Keep in a room temperature location, out of sunlight, and tightly sealed.
- Honey has a very long storage life. If crystallization begins to occur, place the container in warm, not boiling, water to dissolve the crystals.

In 2018, North Dakota produced more than 38,000 pounds of honey, leading the country in honey production.
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<th>SUNDAY</th>
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<th>TUESDAY</th>
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**Additional Notes:**
- Election Day
- National Sandwich Day
- Daylight Savings Time ends
- Veterans Day
- National Pickle Day
- Hanukkah begins
- Thanksgiving Day

[www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork)  NDSU EXTENSION  extending knowledge > changing lives
Roasted Acorn Squash With Nuts and Cranberries

1 medium acorn squash
1 Tbsp. olive oil
1 tsp. black pepper
2 Tbsp. butter
2 Tbsp. brown sugar
¼ c. chopped nuts (suggested walnuts, pecans or almonds)
¼ c. dried cranberries

Preheat oven to 400 F. Cut acorn squash in half and scoop out the seeds from the middle with a spoon. After removing the seeds, cut each squash half into four wedges and place into a baking dish. Brush the wedges with olive oil and top with brown sugar and pepper. Bake for 40 minutes or until squash can be pierced by a fork. In a saucepan, heat butter, nuts and cranberries over medium heat. Spoon mixture over squash wedges.

Makes eight (side dish) servings. Each serving (one wedge) has 120 calories, 8 g fat, 1 g protein, 13 g carbohydrate, 1.5 g fiber and 25 mg sodium.

Winter Squash

Although peeling winter squash can be difficult, thin-skinned squash can be peeled with a paring knife or vegetable peeler. Thick-skinned squash should be positioned on a cutting board, stem facing you. Place the blade of a heavy chef’s knife horizontally along the length of the squash and with a hammer or mallet, hit the back end of the blade near the handle to drive it into the squash until the squash breaks in half.

Nutrition and Health

- Winter squash includes acorn, butternut, pumpkin, Hubbard, buttercup and spaghetti varieties.
- Winter squash is a notable source of beta carotene, which our body can convert to vitamin A. All winter squash is high in nutrients such as vitamins C and B6, magnesium, potassium, protein and fiber.
- One-half cup of cooked, mashed, unsalted squash has 42 calories, 3 g fiber and 4 mg sodium.

Storage and Cost Benefits

- Winter squash can be stored in a variety of ways, including frozen, canned or dried. However, only squash chunks can be pressured canned safely.
- Store squash on a shelf in a cool, dry place.
- Properly stored, squash have a relatively long shelf life ranging from one to six months, depending on the squash.
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<td>Grandma B’s Bean Soup</td>
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<td>March</td>
<td>Beef and Broccoli</td>
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<td>April</td>
<td>Impossible Brunch Pie</td>
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<td>May</td>
<td>Quick Pickled Cucumbers, Peppers and Onions</td>
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<td>June</td>
<td>Parmesan Rosemary Carrot Fries</td>
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<td>July</td>
<td>Rosemary Apple Pecan Chicken Salad</td>
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<td>August</td>
<td>Cilantro Lime Steak Fajitas</td>
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<td>October</td>
<td>Roasted Root Vegetables</td>
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<td>November</td>
<td>Honey Yogurt Fruit Dip</td>
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<tr>
<td>December</td>
<td>Roasted Acorn Squash With Nuts and Cranberries</td>
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For more information on this and other topics, see [www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork)

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