

Winter Squash Trivia!

1. True or False:

Winter Squash are gourds.

2. Winter Squash is an excellent source of which of these nutrients?

- a) Vitamin A b) Protein c) Vitamin D d) Magnesium

3. True or False:

Winter Squash are only harvested in winter.

4. Which of these is not a winter squash?

- a) Butternut b) Yam c) Spaghetti d) Acorn

5. True or False:

Squash plants have many edible parts – fruits, leaves, flowers and seeds.

6. Winter Squash are naturally high in:

- a) Fiber b) Potassium c) Vitamin C d) All of the above

7. Squash are one of the _____ cultivated crops in the Western Hemisphere.

- a) oldest b) coolest c) youngest d) freshest

8. Winter Squash colors can be yellow, tan, and _____

- a) Red b) Black c) Green d) Purple

9. True or False:

Squash is technically a fruit because it contains the plant's seeds.

10. Winter squash are a very healthy food, have a thick, inedible skin, and can be:

- a) affordable b) fun to eat c) stored for many months d) all of the above

Answer key:

- 1) True 2) a 3) False, winter squash is harvested in the fall
4) b 5) True 6) d 7) a 8) c 9) True 10) d