## **Winter Squash Trivia!**

<ol><li>True or False:</li><li>Winter Squash are gourds.</li></ol>	
2. Winter Squash is an excellent source of which of these nutrients?  a) Vitamin A  b) Protein  c) Vitamin D  d) Magnesium	
<b>3. True or False:</b> Winter Squash are only harvested in winter.	
4. Which of these is not a winter squash? a) Butternut b) Yam c) Spaghetti d) Acorn	
<b>5. True or False:</b> Squash plants have many edible parts – fruits, leaves, flowers and seeds.	
6. Winter Squash are naturally high in: a) Fiber b) Potassiumc) 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	
<b>9. True or False:</b> 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 cabe:	an
a) affordable b) fun to eat c) stored for many months d) all of the above	e

## 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