HEALTH BENEFITS: Butternut squash is an excellent source of immune-supporting Vitamin A and a good source of potassium, benefitting blood pressure and kidney health. Just 1 cup meets the daily recommended intake of Vitamin A.

SELECTION / STORAGE: Select firm squash that is heavy for its size and has a hard, dull, non-glossy rind. Store up to one month in a cool dry place. After cutting, cover and refrigerate for 1-2 days.

EATING / PREPARATION: Rinse under cold water, then steam, bake or roast. It also tastes great in soups and stews.

ACTIVITY: Even though it is getting colder out, it is still good to get outdoors and do physical activities. Dress warm and hit the playground or take a winter hike. Once you get running around, you won’t mind the cold. Besides the health benefits of staying active, the fresh air will help boost the immune system and increase your resistance to all the germs you are exposed to when cooped up indoors during cold and flu season.