

# From The Chef's Table



## WINTER SQUASH

Winter squash comes in many varieties and sizes. Unlike its summer counterparts, winter squash is harvested at a mature age, which makes the skin hard and inedible. The skin, however, is protective and increases its storage life. Winter squash can be stored for 3 months or longer.

The yellow and orange flesh of the winter squash is more nutritious and richer in complex carbohydrates, such as beta carotene, than summer squash. Winter squash is always served cooked and, because of its tough skin, only the inside flesh is eaten.

Some of the most important varieties are the Acorn, Butternut, Buttercup, Hubbard, Delicious and Banana. Winter squash are most plentiful from early fall until late winter.

## Culinary Trivia

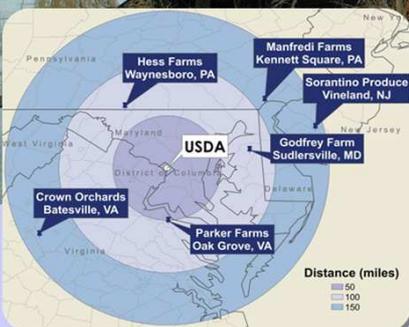
This vegetable consists of unopened flower heads on a thick stalk. The Romans loved it and its name is derived from an Italian word meaning 'little branches.' It was introduced to North America in the early 18th century. In the last quarter of the 20th century annual American consumption of this vegetable rose more than 900 percent to almost 8 pounds per person.

Can you name this healthy vegetable?

Broccoli

## Local Products

Mushrooms  
Spinach



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