

The Harvest of the Month for November:

# DELICATA SQUASH

AKA “Winter Squash”



Delicata squash is a smart choices because it is:

HIGH IN **VITAMIN C**

HIGH IN **FIBER**

HIGH IN **VITAMIN A**

DID YOU KNOW:

Vitamin A  
helps build **strong teeth and bones**,  
keeps your **skin healthy**,  
& supports your **eye sight**



From Farmer Becca Carlson  
at **Seeds Farm**,  
Northfield, MN