

Did you know?

Even though it's called "winter squash," acorn squash is actually harvested in the summer and fall.

Overview

- Acorn squash is nutrient-rich, packed with fiber, potassium and magnesium.
- One cup of acorn squash contains only 115 calories.
- Acorn squash can be roasted, stuffed, pureed or even used in soups and stews.
- Acorn squash is slightly sweet and nutty.
- When stored in a cool, dry place, acorn squash can last for up to three months.

Production

Depending on the variety, it requires about 80-100 days to reach maturity.

Acorn squash

relies heavily on bees for pollination. Michigan is the top producer, reaching 100 million pounds of squash annually.

A single acre can yield around 10,000-20,000 pounds under good growing conditions.

Acorn Squash

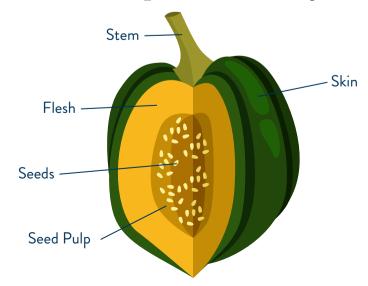
Kingdom: Plantae

Order: Cucurbitales

Family: Cucurbitaceae

Genus: Cucurbita

Acorn Squash Anatomy



Nutritional Information 1 cup (100g)

Calories 56

Protein 1 g

Carbs 15 g

Saturated 0 g

Potassium 14% DV

Sugar 6 g

Calcium 5% DV

Fiber 2 g

Sodium 4 mg

https://fdc.nal.usda.gov

www.chowhound.com, nationalbeefwire.com, https://acir.aphis.usda.gov/

