

AgBite

A series of commodity insights

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.

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 relies heavily on bees for pollination.

Acorn Squash

Kingdom: *Plantae*

Order: *Cucurbitales*

Family: *Cucurbitaceae*

Genus: *Cucurbita*

Nutritional Information 1 cup (100g)

Calories 56	Fat 0 g
Protein 1 g	Saturated 0 g
Carbs 15 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/>

Acorn Squash Anatomy

