

# Facts About Blue Hubbard Squash

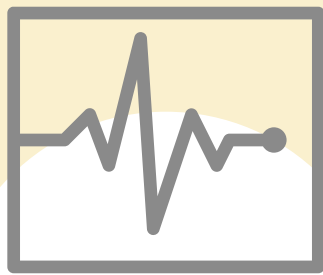


**It Stores Well**



## No. 01

This winter squash is known for its ability to be stored in a cool, dry place for long time. Seed catalogs describe it as sweet, dry, and fine-grain. Some people consider this one of the "heirloom" varieties of winter squash, since it was first introduced in the early 1900s.

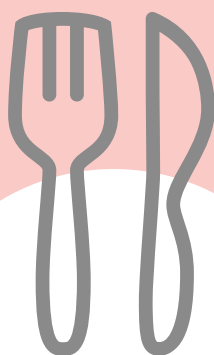


**It's Rich in Nutrients**



## No. 02

These vegetables contain fiber and are low in fat. Plus, squashes with yellow-orange flesh are rich in vitamin A, which in turn is vital for healthy eyes and skin, along with fighting infections. Diets rich in vitamin A may even help reduce your risk of heart disease and cancer.



**It's Versatile**



## No. 03

You can eat this squash as a healthful vegetable side or make it into soup. Note: it's so sweet that no added sugar is needed. You could also add some brown rice to cooked chunks of squash for a risotto-like meal, or you could even freeze packs of cooked squash for use later.