

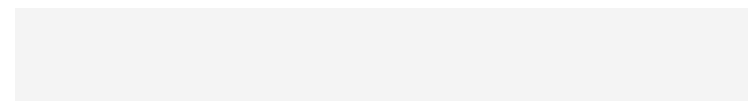


Winter Squash



Winter squash is rich in vitamin A, which is essential for immune system health.

Today's winter squash is from:



Did you know?

Virtually the entire squash plant is edible-leaves, shoots, fruit, blossoms, and seeds.

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