Welcome to the WSU Asotin County Extension Newsletter! This is a quarterly electronic newsletter highlighting events and topics of interest to residents of Asotin County and the surrounding area. This newsletter can also be viewed on our website: extension.wsu.edu/asotin/

Do you have an event or subject you would like added to our newsletter or website? Would you like to be removed from our Extension Newsletter email list?

Contact the Extension Office
Phone: (509) 243-2009   Email: jreed@co.asotin.wa.us.

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Washington State University helps people develop leadership skills and use research based knowledge to improve their economic status and quality of life.

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4-H News/Events and Youth Opportunities

Between Oct 1st and Nov 1st, 369 youth and 67 volunteers enrolled in Asotin County 4-H. This number is typical of past years enrollments.
We are looking forward to a fun and successful 4-H year and the Asotin County Fair in April.
Stay informed about what is going on in 4-H! Check the calendar. Committees, Leader’s Council, and Fairboard meet monthly to make decisions on 4-H and the Fair. Meetings are open to 4-H families and the general public.

Important dates in 4-H

**January**
19—Horse certificates due
26—Beef and dairy breeding certificates due
27—Swine: mandatory first weigh in
    8:00-11:00 am, Asotin Co Fairgrounds

**February**
1—Fair exhibitor handbook distribution
3—4-H Demonstration Day
23—Sheep, swine and goat breeding certificates due
24—Sheep and goat weigh-in
    8:00-9:30 am, Asotin Co Fairgrounds

**March**
17—Youth Beef Field Day (See Information below)
24—Youth Swine Field Day
24—Style Revue & Performing Arts mandatory practice
    Boyd Hall, Asotin County Fairgrounds

For more information on 4-H events and deadlines, see the complete 4-H Calendar:
http://extension.wsu.edu/asotin/4h-youth-development/4h_members_page/

Youth Livestock Field Days

These are one-day workshops that teach youth about raising 4-H market projects (beef, swine, sheep, goat). Hosted by the WSU and UI Extension Offices.

**Youth Beef Field Day**
Saturday March 17.  8:30 am to 3:30 pm
Lewiston Livestock Market

**Youth Swine Field Day**
Saturday March 24.  8:30 am to 3:30 pm
Asotin County Fairgrounds

Check the Calendar of Events on the Asotin County Extension Website for details and registration.
http://extension.wsu.edu/asotin/upcoming-events-and-workshops/
Know Your Government (KYG)
By Kim Belanger, Asotin County 4-H Coordinator

17 youth and 3 chaperones will attend Know Your Government in Olympia February 16th to 20th, 2018. Six of these youths are non 4-H-ers and one youth joining us from neighboring Garfield County. The delegates from Asotin will join close to 300 high school students from across the state to participate in this educational event.

KYG is a civic education program with a four-year rotating topic: The Legislative System, The Judicial System, Elections and Party Platforms, and Politics in the Media. It is important to remember though, that KYG is much more than learning about how our Government works. In fact, one could argue that it is little about that. **KYG and 4-H are about learning the life skills our delegates will need to become responsible citizens and productive adults.**

We have already begun a series of pre-conference meetings to prepare for the conference. This year delegates will participate in the legislative process. Youth will learn about the Legislature and how it works with the other two branches of government; the Executive and Judicial branches. They will also learn how a bill becomes law in Washington State. At the conference in February, teens will take on the role of lobbyists.

Tremendous financial support from 4-H Leaders Council, 4-H & FFA Boosters, Asotin County Youth Commission, Local Democratic and Republican parties, as well as fundraising, opens this opportunity to any youth who desires attend.

Our Asotin/Garfield County delegation will take advantage of heading West a day early to experience an overnight stop, enjoying Seattle’s Pike Place Market, Monorail, and the Pacific Science Center.

If your high school youth is interested in attending the KYG conference next year, contact the Asotin County Extension Office.

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Master Gardeners and Gardening

2018 Master Gardener Training and Horticulture Classes

WSU and UI Extension will offer Master Gardener Training and Horticulture Classes beginning on January 9 and concluding on April 17, 2018. Classes will be held each Tuesday from 1:00 – 4:30 at the Clarkston Campus of WWCC. The classes will be taught by UI and WSU faculty and local horticultural experts.

The classes provide extensive horticultural training to become a WSU or UI Master Gardener volunteer in Asotin, Garfield, or Whitman Counties in Washington or Nez Perce County, Idaho. There is a limited number of openings for individuals that do not plan to become Master Gardeners but want to take the class to increase their own horticultural knowledge.

Application materials are available on-line under “Master Gardener Program, Horticulture Classes” at [http://ext.wsu.edu/asotin/](http://ext.wsu.edu/asotin/), or by contacting the Asotin, Nez Perce, Whitman or Garfield County Extension Offices. More information is available by calling the WSU Asotin County Extension Office at (509) 243-2009.

*WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.*

*Scholarships and fee waivers are available. Contact the Asotin County Extension office at 509-243-2009 for more information.*
January is a planning month in the valley. Get notes started in your journal and use it all year. You will be amazed at how much the information that you record this year, will benefit you next year. Write down what perennials bloom together and how long they bloom. Start planning planting schedules for vegetables and annuals. Record plant and tree varieties in your journal as you plant them. Tag and record the colors and types of bulbs that bloom for later reference after flowers have died.

- Brush heavy accumulated snow from the limbs of your shrubs with gentle upward sweeping motions.
- It is also a good idea to remove any blown-in leaves and debris from your yard and from around shrubs to minimize diseases. Branches bent from heavy frost or snow should be righted as soon as possible.
- Winter Pruning: Pruning during dormancy is the most common practice. It results in a vigorous burst of new growth in the spring and should be used if that is the desired effect. It is usually best to wait until the coldest part of winter has passed. Some species, such as maple, walnuts and birches, may “bleed”—when the sap begins to flow. This is not harmful and will cease when the tree leafs out.
- Cut all rose canes except climbers to about six inches above ground level. Cut back winter-killed rose canes to one inch below the blackened area. If you find consistent winter damage, you might consider planting some shrub roses that have their own roots, not grafted on rootstock.
- Oil sprays take care of many over wintering pests including scale, insects, aphids and some mite problems. On fruit trees, the best time to apply oil sprays is just before the buds are ready to open. Spray when plants are dormant and the temperature is above freezing.
- Avoid walking over the same areas of frozen lawn or you may find bald spots there in the spring. A frozen lawn is not impervious to damage.
- Rake needles and leaves off lawns to prevent suffocation and mold. When weather conditions permit, rake and aerate your lawn.

Treat lawns for crabgrass and other weeds in February.
- The germination of weed seeds can be controlled with use of pre-emergent weed killers. Timing is important. Be sure to apply a crabgrass preventer when the soil temperature (at a depth of one inch) is greater than 55 degrees Fahrenheit consistently for a week. That is usually about the time when the yellow flowering forsythia has been in bloom for several weeks. It is also important to apply the ‘preventer’ evenly across the lawn, taking care not to skip areas.
  - You can now seed or sod a new lawn. Newly seeded lawns may take two or more weeks to germinate. Seed will germinate more slowly in cold weather, but will not be damaged by cold temperatures.

March is when it all begins in the valley.
- Vegetables and annual flowers need to be planted on a schedule. Frost-hardy and cool-season plants can be seeded outdoors or started much earlier than warm-season plants. Consult seed catalogs, gardening books and Extension publications for seeding and transplanting schedules and be ready with a plan.
- Plant peas, onion sets, shallots, flowering perennials, herbs, landscape trees and shrubs, berry plants and fruit trees. Buy good stock at reputable nurseries and get planting advice from nursery personnel or WSU Extension Master Gardeners.
- Remove protective mulches from roses, clematis, azaleas and other tender shrubs. Transplant trees and shrubs.
- Add manure or compost to your soil as soon as the soil is workable. Cultivate garden beds as soon as soil is dry enough to work. Roots need loose soil twelve inches deep. Mix in a few inches of peat moss or organic material, or up to 2 inches of compost.
SUCCESS IN GROWING YOUR OWN TRANSPLANTS
GARDEN TIPS – Written by Marianne C. Ophardt, WSU Extension
Faculty for the Tri-City Herald, Kennewick, WA
Published February 21, 2016

Do you plan on growing your own vegetable transplants from seed this year? The keys to success are ordering your seed early, using the right potting mix, planting in clean containers, providing adequate light, and sowing the seeds at the right time.

Now is a good time to be buying seed both for growing transplants and for planting directly in the garden. First, take some time to carefully plan out your garden and decide what types and varieties you want to grow. If you are tight on space, look for varieties that are compact and recommended for containers or raised bed gardening. Select the types of veggies you like to eat and ones that are tastier when fresh picked or pricier when you buy them fresh at the market.

I often recommend using a quality potting mix when growing plants in containers and this is especially important when growing transplants from seed. Look for a well-drained soilless mix that contains peat moss or coconut coir fiber, perlite, and vermiculite and does not contain bark or compost.

Containers you use for starting seeds do not need to be fancy, just clean and with holes for good drainage. There are many seed starting containers available from local nurseries and mail-order companies, but you can save money by recycling various plastic containers, such as yogurt cups or margarine containers.

Before using re-purposed containers or recycled pots, thoroughly clean and sterilize them by soaking them for 15 minutes in a (1 part bleach to 9 parts water) bleach solution. Finish by rinsing them well and letting them dry.

Inadequate light is often the reason why home gardeners experience failure when attempting to grow their own transplants. Once they germinate, plants need lots of light. Even the light on a sunny windowsill is often not enough. Gardeners who are serious about starting their own transplants provide supplemental lighting for their growing transplants. The easy, but expensive route, is buying a commercial plant stand with fluorescent lighting, but you can make your own with a two or four-tube fluorescent light fixture. To provide enough light for the plants, the bulbs should be kept 2 to 4 inches above the plants and raised as the plants grow. The lights should be kept on for 12 to 14 hours a day and turned off at night to give the plants a rest.

Germinating seeds and young plants need warmth, but not too much warmth. Daytime temperatures should be between 60 and 80 degrees and nighttime temperatures between 55 and 75 degrees. Too little light or too warm temperatures will lead to weak and spindly growth.

A final factor in transplant growing success is planting seeds at the right time, not too early and not too late. Frost sensitive warm-season plants, like tomatoes, will not be planted out in the garden without protection until the danger of frost is past and the soil is warm. The average last date of frost for the LC Valley is in the first of May (National Climatic Data Center). Tomato seeds should be planted indoors about 8 weeks before the last frost, peppers 10 weeks, and eggplants 9 weeks. Squash, melons and cucumbers are also frost sensitive, warm-season plants, but they germinate and grow more quickly and only need planting 4 weeks before planting them outdoors.
Everyone can plant forage for bees. Plants that support pollinators are also beneficial for other wildlife, are often visually attractive, and can help improve soil health. Flowers often come to mind when thinking about bees, but bees also utilize trees, shrubs, and other less-noticeable plants for pollen and nectar sources. It is important to consider diversity when choosing plants to ensure adequate forage for the entire growing season. Diversity will also ensure pollinators have access to all of the nutrients they require to be healthy. Following are some easy, efficient ways to improve pollinator forage.

Homeowners can put out flower pots, create flowerbeds, plant trees or shrubs, or establish gardens to provide forage. Homeowners should also use caution when applying pesticides; pesticide user Best Management Practices (BMPs) apply to anyone using pesticides. Homeowners should understand that the pesticide label is the law and it is in place to minimize risk to the environment and human health.

Anyone can create habitat for beneficial, wild pollinators. Roughly 70 percent of native bees nest in the ground. They burrow into areas of well-drained, bare, or partially vegetated soil. Other bees nest in abandoned beetle houses in snags or in soft-centered, hollow twigs and plant stems. Bees will also utilize dead trees and branches. Habitats can be created by leaving deadfalls and brush piles as nesting habitat. Those wishing to create pollinator habitat should consider the type of habitat (being aware that certain structures might attract other animals such as fox, coyote, skunks, and porcupines) as well as the type of pollinators they want to attract.
Registration now open for 2018 Oilseed Workshops

Please visit our website (http://css.wsu.edu/oilseeds) to register for the workshop(s) you wish to attend. Registration ($20 advance/$25 at the door) includes lunch and all refreshments. Each workshop will end with an industry sponsored social. We have applied for CCA & Pesticide Credits for WA, MT, OR, and ID.

January 22: Hartline, WA
January 24: Richland, WA
January 25: Colfax, WA

We are excited to have Mike Stamm, winter canola breeder at Kansas State University, at the Hartline and Tri-Cities workshops, and Dan Orchard, canola agronomist with the Canola Council of Canada, at all three workshops. Join us for a day filled with canola production and marketing information, expanded diagnostics with live plants, research updates from PNW universities, and great opportunities for networking!

Questions? Contact Karen Sowers: KSowers@wsu.edu, 509-396-5936

How will climate change affect pests of inland Pacific Northwest cereal systems?

By Karen Hills. December 13, 2017

To read the full article, go to:
http://csanr.wsu.edu/how-will-climate-change-affect-pests/

Models suggest that climate change in our region will involve an annual temperature increase of 3-4°F by the 2050’s, accompanied by changes in precipitation patterns, including drier summers despite a 5-15% increase in annual precipitation (Kruger et al. 2017). Even with this information, uncertainty still exists about what climate change will mean for agriculture, in general, and for dryland farming systems in our region, in particular. The book Advances in Dryland Farming in the Inland Pacific Northwest, does its part to help managers make decisions despite this uncertainty. Three chapters in this book explore management of diseases, insects, and weeds (the three major categories of pests) and were written by teams of authors led by Elizabeth Kirby (Washington State University), Sanford Eigenbrode (University of Idaho), and Ian Burke (Washington State University), respectively. Though these chapters provide a wide range of regionally-relevant information that goes far beyond climate, I found it particularly interesting to read through them with an eye to what farmers might expect in terms of changes in pest pressures as a result of projected changes in the climate. Through this process, I learned that although climate change models have improved vastly in recent years, quite a bit of uncertainty exists about the effects of climate change on complex biological systems.

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Healthy Living

New Year's Resolutions You'll Actually Keep

Science is shedding new light on how to turn a goal into action—and then lasting success.

Esther Crain. December 23, 2016

Have a healthy new year

If you’re like almost half of all adults, you have a New Year’s resolution. But once the champagne flutes are back on the shelf, it’s hard to make that pledge stick. A week into the new year, just 77 percent of resolution makers are still on track, and after six months, only about 40 percent will have stayed the course, according to University of Pennsylvania research.

Why New Year's resolutions fail

Why is maintaining resolutions so tough? Researchers have ID'd several culprits, such as setting a goal that's too vague or having unrealistic expectations (lose 30 pounds by March 1—ha!). But perhaps the biggest challenge is turning your wishes into immediate action, then keeping with it. "It's easy to change your attitude but difficult to change your behavior," explains Christine Whelan, PhD, clinical professor in the School of Human Ecology at the University of Wisconsin, Madison. "If you're committed to it, however, you can make a new habit or behavior permanent."

How to set manageable goals

Outsmarting the odds means setting doable goals (go from couch to 10K, not a triathlon), then breaking them down into reasonable steps. A new you in the new year starts right here!

Reboot your diet

When it comes to cleaning up your eating, take a tip from the Boy Scouts: Be prepared. If you want to rise above temptation, like a yummy app spread at a party, you have to think one step ahead, says New York City nutritionist Joy Bauer, RD, Today show contributor and founder of Nourish Snacks. It also helps to have no-deprivation strategies, she adds: "Eating better is often associated with misery, so it's no wonder that so many people throw in the towel." Use these tactics to eat healthier, long-term.

- **Figure out your "why".** Maybe you hope to set a good example for your kids. Or you’re just tired of not fitting into your old jeans. If you know the reason that’s fueling your desire to eat better, you can use it to motivate yourself when you’re eyeing the dessert menu, says Whelan.

- **Don't focus on subtracting food.** "Instead of making an 'I want to lose weight' pledge, try 'I'm going to put more fruits and vegetables on my plate,'" says Bauer, "so the resolution is a positive action that you can perform over and over." Art Markman, PhD, professor of psychology and marketing at the University of Texas at Austin and author of Smart Change, agrees. "If it's an addition instead of a takeaway, you're more likely to repeat it until the action becomes an automatic habit," he says.

- **Do a kitchen cleanse.** Toss unhealthy products (chips, sugary granolas, sodas) from your pantry, fridge, car and office, advises Maggie Moon, RDN, owner of Everyday Healthy Eating in Los Angeles. Then restock with good-for-you options, like carrots and air-popped popcorn. Make sure you don't have to dig deep to find them: Last year, Cornell University researchers found that women who kept healthy food visible in the kitchen had lower BMIs than those who left junky products out on their countertops.
• **Plan for snack attacks.** "The hours between mid-afternoon and dinnertime are when cravings kick in hard," says Moon. Before leaving for work, pack a 200-calorie protein-complex carb snack in your purse. Think: hummus and pita chips or pistachios and a pear. Then, when a snack jones strikes, you'll have a go-to treat to avoid unhealthy office snacks.

**Reboot your workout**

Get-in-shape goals tend to fizzle as early as the third week of January, per recent data based on Facebook searches. Yet some keep at it. What's their secret? "People who are successful are more likely to view fitness as a permanent lifestyle change, not an activity they can give up once they reach a number on the scale," says Kirsten McCormick, founder of Running with Forks, a wellness coaching company in Seattle.

• **Take it a week at a time.** "It's easier to make a plan to go running three times this week than vow to run three times a week indefinitely," says Whelan. "If you make your fitness goals week by week rather than so far-reaching, you'll have more success, and that in itself is motivating."

• **Raise the stakes.** Research shows that anticipating rewards may help you be more devoted to your goal. Sure, it's a bribe of sorts, but experiment with promising yourself a mani-pedi after a week of true commitment, or a new gym outfit after two. Or put a penalty on the table: Promise to go TV-less for a week if you don't follow through. A 2012 study by the National Bureau of Economic Research found that a financial pledge is another effective incentive.

• **Bundle your workout.** You may be more likely to participate in a behavior you're not so into—such as exercising—if you combine it with an activity you really enjoy, like catching up on House of Cards. This strategy is called "temptation bundling," and a 2013 study published in Management Science suggested it works.

**Reboot your stressful days**

"One big problem with making stress reduction your New Year's resolution is that it's so abstract," says Markman. "You can't just vow to relax without being more specific." And since you're not about to quit your job and hightail it to a peaceful island (you aren't, right?), it's crucial to learn the tools that will make your everyday tension less toxic.

• **Say no to something every week.** A simple "I can't, sorry" is a helpful immediate fix. Regularly overextending yourself forces you to put your own needs behind others' requests, says Pedram Shojai, an Eastern medicine expert in Orange County, Calif., and author of The Urban Monk.

• **Take a time-out daily.** Vow to disconnect at least once a day, suggests Shojai. Close your eyes and take 10 deep breaths in your office, or crank up a soothing playlist on your commute.

• **Try meditation.** "Meditating is like your brain's virus checker, detecting toxic stress and blocking its effects on your physical and emotional health," says Shojai. A 2013 study found that adults who were taught the basics of mindful meditation had lower levels of the stress hormone cortisol. Got insomnia? Sleep meditation can help you doze off quickly.
Reboot your energy

One 2015 U.K. study showed that the main reason people were unable to make a change was that they were too tired to focus. Here's how to get yourself juiced for a great year.

- **Keep a fatigue diary.** Once you pinpoint the time of day you feel draggy, you can make adjustments. "For example, if you're tired in the afternoon, you need to rethink what you eat for lunch or try to drink more water" says Holly Phillips, MD, author of The Exhaustion Breakthrough.

- **Make a to-don't list.** After you write out your to-do list for the day, ask yourself which tasks really need to get done—and which aren't realistic or important. The latter constitute your to-don't list. Drawing a line through them "removes energy-draining clutter from your mind," says Dr. Phillips.

- **Pencil in bedtime.** Most of us don't think of sleeping as actively doing something, so we don't plan it. "When you put it in your calendar," explains Dr. Phillips, "it becomes a priority, the same way your gym time and work meetings are priorities." Set a reminder to go off a half hour before you plan to hit the sack.

- **Share your battle.** Social networks function as an audience to cheer you on and offer advice. A 2013 study found that when Twitter users looking to lose weight tweeted about their goals, they shed more pounds than those who didn't; research out of Northwestern University showed that CalorieKing users who "friended" others on the site lost at least 7 percent more body weight than the less social folks.

- **Do more with Google.** It’s not just a search engine. Google Calendar lets you set a firm bedtime, and it can ping you when it’s time for your time-out. Google Maps helps you gauge the distance, terrain and incline of a new running route. Download the Google app to turn your phone into a nutrition database or fitness class finder. Wherever you are, simply ask, "Where's the nearest barre studio?" and you’ll get your answer.

- **Download an app.** Free apps can lend a digital hand by keeping track of your progress, texting reminders or putting you in touch with crowdsourced support. A few to try: Balanced, Coach.me and Pact.

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**Kick off a Healthy New Year with SuperTracker!**

Do your New Year’s resolutions include a healthier eating style and more physical activity? Whether you find inspiration from a personal challenge, or by competing with others in a group, we have the tools to keep you motivated and help you reach your goals with updated features in SuperTracker, the food and physical tracking tool from the USDA Center for Nutrition Policy and Promotion (CNPP).

**https://www.supertracker.usda.gov/**


- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.
Butternut Squash with Browned Butter and Thyme Recipe
http://www.simplyrecipes.com/recipes/butternut_squash_with_browned_butter_and_thyme/

Prep time: 15 minutes
Cook time: 35 minutes
Yield: Serves 3 to 4

Ingredients
- 1 1/2 pounds butternut squash, peeled, seeds removed, flesh diced into 1/2-inch pieces (about 4 cups)
- 3 Tbsp butter
- 1 Tbsp chopped fresh thyme (or 1 teaspoon of dried)
- Salt and freshly ground black pepper

Method
1. Brown the butter: Heat a large skillet on medium heat. Add the butter, whisking frequently. Once melted the butter will foam up a bit, then subside. Honey-colored browned milk solids will begin to form. The butter should have a wonderful nutty aroma. Remove from heat. Add the thyme, whisking continuously. If using fresh thyme, the mixture will foam up a bit. (Note that it doesn’t take much time to go from browned butter to burnt butter. You will want to remove the pan from the heat element and place it on a cool surface to help stop the cooking of the butter. If the butter burns, I recommend dumping it and starting over, something I've had to do on occasion when not paying close attention.)

2. Brown the cubed squash in the butter: Add the cubed butternut squash pieces to the pan and return the pan to the burner, heating to medium high. Use a wooden or metal spoon to stir the squash pieces so they are all well coated with the butter thyme mixture. Sprinkle generously with salt and pepper. Spread the squash pieces out in an even layer and let cook, without stirring, so that they brown a bit on one side (several minutes). Stir and spread the pieces out again and let cook without stirring so more sides get browned.

3. Lower the heat, cover and cook: Reduce the heat to low, cover the pan, and let cook until the squash is tender, 10 to 20 minutes, depending on how big you cut the pieces. Add more salt and pepper to taste, sprinkle with a bit more chopped fresh thyme before serving.

Fast facts about butternut squash
https://www.medicalnewstoday.com/articles/284479.php

Butternut squash, or winter squash, is harvested in the fall but it keeps well for several months. It is a good source of fiber, potassium, and several other key nutrients. The nutritional content of squash makes it beneficial for digestion, blood pressure, and for healthy skin and hair, among others. Squash can enhance or form the basis of a range of sweet and savory dishes.

The butternut squash packs some great health benefits and can fit into a wide range of meals. According to the United States Department of Agriculture (USDA) National Nutrient Database, one cup of cooked, cubed butternut squash, containing around 205 grams, contains:
- 82 calories
- 1.8 grams (g) of protein
- 0.18 g of fat
- 21.50 g of carbohydrate, including 4 g of sugar and 6.6 grams of dietary fiber
- It also provides calcium, iron, potassium, magnesium, phosphorus, vitamin C, and vitamin A
- Butternut squash is a good source of vitamin E, thiamin, niacin, vitamin B-6, folate, pantothenic acid, and manganese.
- A cup of cubed butternut squash also provides 582 mg of potassium, more than the amount available in a banana.