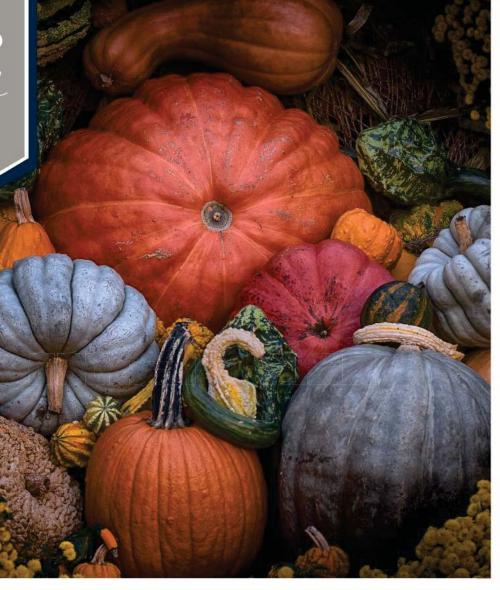


SUPERFOOD

Month

Squash



Squash is high in vitamins A, B6, and C, folate, magnesium, fiber, riboflavin, phosphorus, and potassium. That's a serious nutritional power-packed veggie. They are also rich in fiber and boost bone strength.