



Winter Squash Guide  
Self serve farmstore, always open  
76 Bell Lane, Hamilton

## **SQUASH RECIPES**

*A note on incorporating squash:* When we started growing, purchasing, and gleaning larger quantities of local food in efforts to eat from a smaller radius year-round, winter squash became one of our staple carbohydrate sources. We even found that through those winters we bought a lot less bread, pasta, and rice compared to our old habits. A typical winter meal for us might consist of something like lamb shanks slow-cooked with tomato and onion sauce, a large slice of winter squash each, and some cooked kale or other greens on the side. We've heard from many customers that they are not yet in the habit of eating winter squash frequently, so we encourage you to really think about it as a good, vitamin-rich source of complex carbohydrates and start to make it a staple food in your fall and winter meals. To help you out, we have included some of our favorite eating methods and recipes.

The oblong smooth-skinned pale yellow squash in your share are **spaghetti squash**; these can be steamed or baked (cut in half, scoop out seeds, and bake face down on a baking sheet till tender when pierced with a fork). When cooked, the insides fluff up with a fork into tender "noodles" and can be used in place of pasta, or in soups and salads. We love tossing the squash noodles with pesto, or tossing them with butter, cheese, and salt and pepper and re-baking to make a squash-y version of mac and cheese.

The other types you'll find are firm-fleshed winter squashes or pie pumpkins (the orange one with a netted 'veil' of rougher tan coating on it is the Winter Luxury pie pumpkin) and can be cooked and used somewhat interchangeably in the following recipes:

First, **simple baking**, good for buttercup, acorn, red kuri, pie pumpkins, and delicata, and sweet dumpling: cut the squash in half, scoop out the seeds, and bake in a 350 degree oven until the flesh is soft enough to easily penetrate with a fork. We usually rub some oil or butter on the open face of the squash, and bake face down, to preserve moisture. You can also add a little water to the pan, which will help keep the squash moist, and sometimes seems to speed up the cooking. The time till done will vary by the size of squash. Eat straight, with butter and salt, or a sprinkle of brown sugar or maple syrup.

We usually bake enough squash to have generous servings at that meal, and several cups left over for the many recipes that call for 2-4 cups of cooked winter squash. You can scoop out the flesh and store it in any tightly sealed container in the fridge for several days. If you plan meals for the week in advance, consider planning on some leftover squash, and use it in any of the recipes below, many of which are old favorites of ours:

## **Arabian Squash Casserole, From the Moosewood Cookbook**

4 cups cooked squash or pumpkin, mashed or pureed  
1 Tbsp olive oil  
1 1/2 cups chopped onion  
1 tsp salt  
2 small bell peppers, minced (if out of season, we have left these out and still loved it)  
4 or 5 medium cloves garlic, minced  
black pepper and cayenne, to taste  
1/2 cup firm or Greek yogurt  
1 cup crumbled feta cheese  
optional: sunflower seeds and/or minced walnuts, for the top

Preliminary: Preheat oven to 375 degrees

- 1) Place the mashed or pureed squash in a large bowl.
- 2) Heat the olive oil in a medium sized skillet. Add onion, and sauté over medium heat for about 5 minutes. Add salt and bell peppers.
- 3) Add garlic, black pepper, and cayenne, and saute a few more minutes.
- 4) Add the sauce, along with yogurt and feta, to the squash, and mix well. Spread into an ungreased 9-inch-square baking pan sprinkle the top lightly with sunflower seeds and/ or minced walnuts.
- 5) bake uncovered for 25 to 30 minutes, or until bubbly.

Excellent served warm or room temperature, with the option of warmed pita wedges. It makes a great potluck dish, or can be a meal of its own with a side of green salad or grated root salad of beets and carrots. Also wonderful as leftovers. We have used leftovers as a base sauce for home-made pizzas (top with more peppers, cheese, and sweet or caramelized onions).

## **Buttercup Bisque, from “Simply in Season”**

\*original recipe called for butternut squash, but we have made it happily with many different varieties—try the buttercup or red kuri from your share.

2 tablespoons butter  
1 medium onion, chopped  
1-3 cloves garlic, chopped  
1 cup carrots, diced (optional)

Melt butter in a large saucepan. Add garlic, onion and carrots and saute over medium-low heat for 5 minutes.

3 cups chicken broth or vegetable broth

Add, cover, and simmer for 10 minutes

2 cups cooked winter squash  
1/2 cup plain yogurt  
1 cup milk or additional yogurt  
2 tablespoons maple syrup

add and transfer mixture to a blender or food processor in small batches; puree until smooth (alternately, blend with hand blender in the pot, till smooth). Return to saucepan and cook over medium heat until hot. Season to taste with salt, and pepper. Garnish with sour cream or plain yogurt.

## **Gingery Squash Soup**

2 medium onions, chopped  
2 tablespoons fresh ginger, peeled and niched.

In a larger soup pot sauté in 1 tablespoon oil until onion is translucent.

2 apples (peeled, seeded, and chopped)  
2 cups of cooked squash  
4 cups chicken or vegetable broth

Add to pot and bring to a boil. Reduce heat and simmer until squash and apples are tender. Puree in blender or with immersion blender, until smooth. Salt and pepper to taste, garnish with fresh parsley or chives if available (optional).

## **Vegetarian Groundnut Stew**

2 cups onion (chopped)

2-3 cloves garlic (minced)

In large pan, sauté in 1 tablespoon oil until translucent

3 cups winter squash (peeled and cubed, or use cubed leftovers and cook a shorter time in next step)

1 cup apple juice

1-2 teaspoons ginger root (peeled and minced)

Add, cover, and simmer until squash is soft (20 minutes if starting with raw chunks; just until mixture boils if using leftovers)

1-2 cups green beans (optional; if not available, can substitute 1 cup frozen chopped kale or fresh chopped kale)

Add and simmer 5 minutes more.

1/2 cup peanut butter.

Stir in and simmer at very low heat until ready to serve. Serve on top of brown rice or millet with options toppings: chopped green onions, parsley, cilantro, or crushed nuts.

### **Other squash-eating suggestions:**

**Bread enhancer:** We like to add a dollop of leftover cooked squash puree to bread recipes (1/4 to 1/2 cup per loaf), and slightly reduce the amount of other liquids to add a little sweetness and golden color to breads. This works well for sourdough, especially if you already add liquids to your starter and dough a little bit “by feel” and can adjust for a good consistency.

**Burrito and quesadilla filling:** Leftover baked squash, either cubed or mashed, is a great addition to black bean burritos and quesadillas. Spread a layer on the tortillas, or: take one cup each of cooked black beans, leftover squash, and chopped onions. Sauté the onions with 1-2 cloves minced garlic, add 1 tsp of ground cumin and 1 tablespoon of chili powder, then stir in the beans and squash till well mixed. Use as filler with any other veggies, meat, and cheese that you like in burritos, or stir in a cup of salsa for a thick dip for tortilla chips.

**Pizza topping:** dollops of cooked winter squash combine well with goat cheese and caramelized onions on a home-made pizza, with a garlic-and-olive-oil or white sauce base.

**Pumpkin-pie spiced smoothies:** add roughly equal amounts of yogurt (vanilla is great), leftover cooked squash, and apple juice (pear, carrot, or white grape juice would also likely work well), plus a dash of powdered ginger, cinnamon, and/or nutmeg (or an apple pie spice blend that you like). Blend vigorously until smooth, adjusting amounts of spices, squash, juice, and yogurt to suit your taste.

And if none of that works, you can always freeze the cooked squash in glass containers or ziplock bags, for later use. For easy use later, measure out the number of cups (whatever is needed for your favorite recipes) and write it on the container so you don't have to measure again with frozen-and-thawed squash.