



THE URBAN EDGE

ORGANIC FARM • FARM STORE
U-PICK ORCHARD

TheUrbanEdgeFarm.com

For more information on winter squashes, check out *Bounty from the Box: The CSA Farm Cookbook by Mi Ae Lipe* at the farm store or BountyFromTheBox.com.

ABOUT WINTER SQUASH

Winter squashes cover hundreds of varieties, such as acorn, butternut, buttercup, Carnival, cushaw, Honeynut, kabocha, hubbard, marrow, turban, spaghetti (including the personal-size Angel Hair), winter crookneck, and pumpkins. These squashes weigh from 1 to 50 pounds and come in astonishingly diverse shapes and colors. But they all share in common a thick, outer rind and dense, dry flesh that allows them to be stored far longer than their summer squash cousins.

HOW TO SELECT AND STORE

Look for specimens that are rock-hard, with no soft or moldy spots. Their stems should be intact and the skins relatively dull. Winter squash are surprisingly prone to decay and mildew and should be stored in a cool, dark, dry, well-ventilated place (ideally at temps of 45 to 50°F and 65 to 70 percent humidity).

A COOKING TIP

Baking and roasting are the best ways to prepare winter squash, as these methods caramelize their natural sugars and concentrate their flavors. To bake whole squash, trim off the stems and prick the squash in several places so it doesn't explode. Place it on a baking sheet or pan. If it's too big, halve or quarter it and place the pieces on the pan, cut sides down. Most squashes weighing 1 to 1½ pounds will take about 45 minutes in a 350 to 375°F oven; 3-pounders require 1½ to 2 hours.

COMPLEMENTARY FOODS & SEASONINGS

Ancho chiles, apples, bacon, black pepper, brown sugar, butter, carrots, celery root, cheese (Cheddar, Gruyère, Parmesan), cinnamon, cloves, coconut, cream, cumin, curry, garlic, ginger, hazelnuts, honey, maple syrup, marjoram, mint, miso, nutmeg, nuts, olive oil, onions, oranges, pears, pecans, pine nuts, quinces, rosemary, sage, sherry, tamari, walnuts.



WINTER SQUASH SERVING SUGGESTIONS



- Bake and mash winter squash with butter and seasonings—just like you would with potatoes.
- Add peeled winter squash cubes to your favorite soups, stews, beans, gratins, and vegetable ragouts.
- Steam cubes of winter squash and dress with olive oil, garlic, tamari, and ginger for a savory dish, or with apples and ginger for a sweeter dish.
- Bake winter squash, cut into halves, and stuff with seasoned meat, rice, breadcrumbs, or a favorite stir-fry recipe.
- Make shredded strands of spaghetti squash into an au gratin, with butter and cheese.
- Very tender, sweet winter squashes can be finely shredded to make an unusual slaw, along with raisins, mayonnaise, vinegar, cream, or sugar.
- Incorporate mashed or finely shredded winter squash into pancakes, much like potato pancakes, or deep-fry like hash browns.
- Puree cooked pumpkin and other winter squash and blend with sugar, cinnamon, honey, nutmeg, maple syrup, and cream for a luscious dessert.
- Substitute sweet-flavored winter squash (like kabocha) in any recipe calling for pumpkin.
- Dress cooked winter squash with butter and herbs, a cream sauce, cheese sauce, maple syrup and nuts, marinara sauce, or stewed fruit.
- Use cooked, mashed squash in breads (especially cornbread), muffins, custards, and pies. Be sure to compensate for the squash's extra moisture in the recipe.
- Peel and cube butternut squash, then toss the cubes with olive oil, salt, and pepper. Roast at 385°F, turning once, until caramelized and tender. Serve as is or toss the cubes with sautéed chard, kale, or roasted bell pepper strips.
- For a twist on tomato-basil soup, try adding pureed pumpkin for a smooth, creamy texture.