

Fresh
FROM THE
FARM



WINTER SQUASH



Selection & Preparation

Choose firm, well-shaped squash that are heavy for their size and have a hard, tough skin.

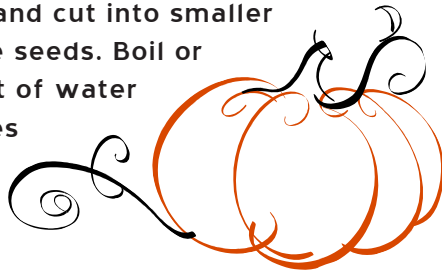
Avoid squash that have sunken or moldy spots.

Store in a cool dry place.

Winter squash will keep for several months if stored correctly.

To bake, wash and cut in half or quarters depending on the size. Scoop out seeds with a spoon. Place cut side down on a shallow baking pan and bake at 375 degrees for about 40 - 50 minutes.

To boil or steam, wash and cut into smaller pieces. Peel and remove seeds. Boil or steam in a small amount of water for about 25 - 35 minutes or until tender.



Nutrition Facts

Serving Size ½ cup cooked squash

Amount Per Serving

Calories 40

% Daily Value*

Total Fat 0.5g 1 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0g 0 %

Sodium 0 mg 0 %

Total Carbohydrate 9 g 3 %

Dietary Fiber 3 g 11 %

Sugars 2 g

Protein 1 g

Vitamin A 70% Vitamin C 15%

Calcium 2% Iron 2%

Folate 7% Potassium 448 mg

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Key Nutrients

Vitamin A - for healthy skin, good vision and resistance to infection.

Fiber - to help keep you regular, control blood sugar and it may lower blood cholesterol.

Vitamin C - for healthy gums, skin and blood.

Potassium - to maintain normal blood pressure.



Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



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Stuffed Squash

- 1/2 cup chopped onion
- 1 clove garlic, crushed
- 1/2 teaspoon sage
- 1/2 teaspoon thyme
- 3 Tablespoons oil
- 1/2 cup diced celery
- 1 cup bread crumbs
- 1/2 cup shredded cheese
- 1 medium squash, any type, cut in half and seeds removed.

1. Cook onions, garlic, sage, thyme and celery in oil over low heat until onions are soft.
2. Add bread crumbs. Cook for 5-10 minutes.
3. Remove from heat and add cheese.
4. Put onion mixture into the cleaned out squash. Cover and bake at 350 degrees for 40 - 50 minutes.



Butternut Squash Soup

- 2 tablespoons extra-virgin olive oil
- 2 cups chopped sweet onions
- 3 garlic cloves, peeled and thinly sliced
- 1 tablespoon mild curry powder, or more, to taste
- 1 large butternut squash (about 2 1/2 pounds)
- 3 small sweet apples, such as McIntosh or Golden Delicious
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper, or more, to taste
- 1 1/2 cups water
- 1 cup apple cider or good quality apple juice
- Hot sauce, to taste

Directions

Heat the olive oil in a large stockpot or Dutch oven over low heat. Add the onions and garlic and cook, uncovered, for about 15 minutes, until the onions are softened. Stir the onions occasionally, making sure to scrape the bottom of the pan. After the first five minutes of cooking add the curry powder to the onions.

Meanwhile, peel the squash, cut it in half and remove the seeds. Cut the squash into small chunks. Peel, core, and cut the apple into small chunks. When the onions are cooked, add the squash, apples, salt, pepper, and water to the pot. Bring to a boil, reduce the heat to low, and cover the pot. Cook for about 30 to 40 minutes, until the squash and apples are very soft.

Puree the soup using a food mill, food processor, or an immersion blender. Pour the soup back into the pot and add the apple cider. If needed, add more water to thin out the soup. Serve with some hot sauce on the side.

Yield: 8 servings

Butternut squash and apples are high in fiber, which may help lower cholesterol levels. This soup also provides you with more than 50% of your daily vitamin C and 300% of vitamin A.

