

Winter Squash

So named because its tough skin makes it storable through the winter. Winter squash was domesticated in the Americas beginning in 5000BCE! Very nutritious vegetable with high levels of beta-carotene and carotenoids.



Left: Hubbard Squash, orange flesh inside



Delicata Squash:
Exceptionally Sweet and tender flesh.
Will not store more than 3 months.

TIPS:

Storage: In a dry, cool place. Check for signs of rot periodically. Cut off rot if found and use quickly.

General Cooking Info: There are many different types of winter squash, but they can all be cooked with a similar method: Slice in half, de-seed, put face down in a pan of shallow water, and bake at around 400 degrees until tender. Most winter squash will

taste
amazing
with just
this
method.
Just pat
with butter,
add a little
salt, and
enjoy!

Acorn Squash: Nice smooth yellow-orange flesh



Butternut Squash:
Good for soups, pies, roasts, you name it.



Buttercup Squash: One of the sweetest and smoothest types of winter squash.



Roasted Butternut Squash

1 butternut squash
 extra virgin olive oil, for drizzling
 salt
 freshly ground black pepper
 2 teaspoons finely chopped fresh herbs like thyme, rosemary, or sage, (optional)
 honey or maple syrup, for drizzling (optional)

1. Preheat the oven to 400°F.
2. Slice the stem off of the top of the squash and remove the bottom. With a strong vegetable peeler, remove and discard the squash's skin.
3. Cut the squash in half down the middle. Remove and discard the seeds.
4. Slice the flesh into 1/4-inch dice and place on a baking sheet lined with foil.
5. Liberally drizzle with olive oil and season with salt. If desired, sprinkle with the herbs and drizzle with the honey or syrup. Toss to combine.
6. If using the squash for a salad, roast in the oven for 15-20 minutes (tossing once to rotate) until the squash is tender. If you plan on pureeing the squash, roast for 40-50 minutes until its very soft and beginning to brown.
 Depending on the size of your squash, you should have 2-3 cups.

The roasted chunks can be tossed with arugula and white beans. Or, blitz the squash in a food processor and use the puree to make lasagna. Not only are there unlimited ways to cook with roasted squash, there are also plenty of ways to season it. Fresh sage, thyme, or rosemary add an earthiness to the squash, while honey or maple syrup caramelizes the flesh.

Roasted Chicken and Butternut Soup

Serves 4
 4 bone-in, skin-on chicken thighs
 1 medium butternut squash (about 2 1/2 pounds), peeled, seeded, and diced medium
 1 small yellow onion, diced medium
 2 tablespoons extra-virgin olive oil
 Coarse salt and ground pepper
 4 cups low-sodium chicken broth or water
 1/4 teaspoon ground cumin
 1/4 teaspoon ground coriander
 1 to 2 tablespoons fresh lemon juice
 Fresh cilantro (optional)

1. Preheat oven to 425 degrees. In a roasting pan or rimmed baking sheet, toss together chicken, squash, onion, and oil; season with salt and pepper. Arrange in a single layer and roast until squash and chicken are cooked through, about 30 minutes.
2. Transfer chicken to a plate and let cool. Transfer squash and onions to a medium pot and add broth, cumin, and coriander. Bring to a simmer over medium-high. With a potato masher or back of a wooden spoon, mash some vegetables until soup is thick and chunky. Discard skin and bones from chicken; cut meat into small pieces and add to soup. Stir in lemon juice; season to taste with salt and pepper. To serve, top with fresh cilantro, if desired.

from Everyday Food

Better than Pumpkin Pie

1 1/2 cups peeled and cubed butternut or buttercup squash
 1 cup lightly packed brown sugar
 1 tablespoon cornstarch
 1 egg, beaten
 1 cup evaporated milk
 1 teaspoon ground cinnamon
 1 pinch ground allspice
 1 pinch ground cloves
 1 pinch ground ginger
 1 pinch ground nutmeg
 1 (9 inch) unbaked pie shell

Place squash in a saucepan with enough water to cover. Bring to a boil, and simmer over medium heat until tender, about 15 minutes. Drain, and cool.

Preheat oven to 350 degrees F (175 degrees C).

In a blender or food processor, combine butternut squash, brown sugar, cornstarch, egg, milk, cinnamon, allspice, cloves, ginger, and nutmeg. Process until smooth. Pour into the unbaked pie shell.

Bake in preheated oven for 50 minutes, or until a table knife comes out clean when inserted in the center.