



Eat 5 or more servings of fruits and vegetables every day!

FARMERS' MARKET SEASON

September to October

Types of winter squash include: acorn, butternut, buttercup, hubbard, spaghetti.

BUYING TIPS

Choose squash that are firm, have a hard, tough skin, free of cracks or soft spots. The skin of winter squash should be dull. Squash that have a shiny skin are immature and not sweet. The size you buy depends on your needs. There is no such thing as an over-sized winter squash. One pound serves 2.

STORAGE

Winter squash can be stored uncut in a cool, dry place. Do not store in a refrigerator. If properly stored, they can keep up to three months. Do not put in the refrigerator. Can be frozen-call your county Extension office for information.

PREPARATION

Scrub and wash dirt off skin with cold water. Some types of winter squash can be difficult to cut. When cutting squash use a heavy knife, cut in half (lengthwise), and scoop out seeds. For squash that are impossible to cut before cooking, cook them whole.

KEY NUTRIENTS

Vitamin A for vision, healthy skin, and resistance to infection.
Carbohydrate for energy.

Serving suggestions: Steam or bake squash, then cool, peel, and puree; you can mash the squash with a potato masher, fork or food processor. Serve steamed or baked squash as a side dish or add it to soups or stews.

RECIPES

Baked Squash

Preheat oven to 350 degrees.

Halve squash lengthwise and scoop out the seeds and strings (seeds can also be removed after baking). For larger sized squash cut into serving size pieces. Place the squash cut side down, pour ¼ inch of water into pan, cover and bake until squash feels tender when pierced with a knife. For squash that is difficult to cut, pierce whole squash several times with a fork and cook until tender (when pierced with a fork).

Acorn Squash Stuffed with Cheddar and Tomatoes

- 2 acorn squash, halved and seeded
- 1 ½ cups chopped ripe tomato
- 3 scallions, or green onions thinly sliced
- 1 teaspoon chopped fresh sage or ½ teaspoon dried
- salt and black pepper to taste
- 4 tablespoons water
- 1 cup cheddar cheese cut into small cubes

Preheat the oven to 400 degrees. Place the squash halves in a roasting pan, cut side up. Add about an inch of water to the bottom of the pan. Combine tomatoes and scallions or onions. Season with sage and salt and pepper to taste; mix well and divide the mixture evenly among the squash halves. Spoon 1 tablespoon of water over each and cover loosely with aluminum foil. Cook for 1 to 1 ½ hours, or until squash is tender when pierced by a fork. Divide cheese cubes evenly on top of squash halves, cook 5 more minutes (until cheese is melted), and serve. 4 servings.

Department of Health & Family Services
Division of Public Health PPH 40014 (Rev. 03/00)