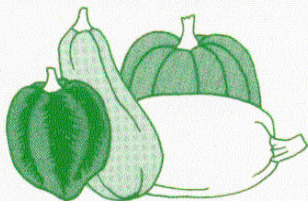


Winter Squash



Acorn, Butternut,
Spaghetti, Hubbard,
Buttercup, Pumpkins



★ A Nutritional Superstar that protects your health ★

Buying/Storing

Buy squash and pumpkins that are heavy for their size. Skins should be hard and tough with no cracks, cuts or moldy spots.

Store in a cool, dry place for up to 3 months. Hubbard squash can be stored up to 6 months.

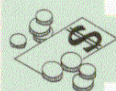
Food Safety

Wash the squash thoroughly with cool running water just before cutting.
Refrigerate leftovers promptly.



Tips

- ★ Most varieties of winter squash have a sweet, buttery flesh and can be substituted for one another in recipes.
- ★ Pumpkins and some of the dark orange squash varieties can all be used for pies, muffins, breads and desserts.



Money Saver

- ★ Wash, cut and bake several pans full of squash at one time, then freeze for later use.
- ★ Bake a whole dinner at the same time to save energy.



Time Saver

Microwaving squash or pumpkins saves time (see directions on back.) Mash leftovers and freeze in 1 cup portions for quick use in pies, breads or muffins.



Kids' Corner

Pumpkin Seeds

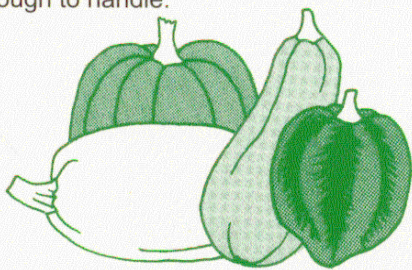
After making your Jack o' Lantern, wash the seeds and pat them dry with a paper towel. Place on a shallow pan and toast at 300° for about 30 minutes or until dry. Sprinkle with salt. Eat the whole seeds or open the hull (shell) and eat the nut.

Microwaving Squash

1 Microwave only a pound or two of squash at a time. Small winter squash may be cooked whole, uncovered, if pierced in several places with a knife. Turn over halfway through baking.

Larger squash or pumpkins may be cut into pieces. Pierce small cut pieces and place in a baking dish. Cover with plastic wrap. Be sure to leave an air vent for steam to escape.

2 Microwave on high for 5 to 7 minutes per pound or until soft. Let stand for 5 minutes or until cool enough to handle.



Diced Butternut Squash with Onion and Bacon

- 1 small butternut squash
 - 1/2 cup orange juice
 - 2 strips bacon, cut in 1/2 inch pieces
 - 1 small onion, chopped (about 1/2 cup)
 - Salt & pepper to taste
- 1 Pierce the squash with a knife in several places and microwave for about 5 minutes. Cool slightly, peel, remove seeds, and cut squash into 1/2 inch pieces. Place in a bowl and sprinkle with orange juice.
 - 2 In medium skillet, fry the bacon until crisp. Remove bacon and drain on paper towels. Pour off all but 1 tablespoon fat. Cook onions in remaining fat until golden.
 - 3 Add squash and orange juice. Cover and steam over low heat until squash is just barely tender, about 5 minutes, adding water if pan gets dry. Stir in bacon and season with salt and pepper. Serves 4 to 6.



Steam...

1/2 inch thick rounds of unpeeled acorn squash. Fill centers with cranberry sauce.



Top...

mashed sweet squash with browned butter and toasted hazelnuts.



Fill...

cavities of acorn or butternut type squash with curried rice or a ground beef mixture.



Simmer...

fresh vegetables in spaghetti sauce. Spoon on top of cooked spaghetti squash instead of pasta.



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