

Butternut Squash Soup

2 Tablespoons butter
1 onion, chopped
2 garlic cloves, minced
3 carrots, diced
2 celery stalks, diced
1 potato, peeled and diced
1 butternut squash, peeled, seeded and diced
3 (14.5 ounce) cans low sodium chicken broth
1/4 cup honey
1/2 teaspoon dried thyme leaves, crushed

In a large pot, melt butter over medium heat. Stir in onions and garlic; cook and stir until lightly browned, about 5 minutes. Add carrots and celery; cook and stir until tender, about 5 minutes. Stir in potatoes, squash, chicken broth, honey and thyme. Bring mixture to boil; reduce heat and simmer 30 to 45 minutes, until vegetables are tender. Remove from heat and cool slightly. Transfer mixture to blender or food processor; process until smooth. Return pureed soup to pot. Season to taste. Heat until hot; and serve.

Yield: 10 servings; serving size 1 cup, (120 calories, 3.5 grams fat, 5 mg cholesterol, 170 mg sodium)

RECYCLE * COMPOST

- * Disease free squash scraps provide a rich nitrogen source, nutrients and moisture to your compost.
- * Vegetable scraps are the "green" additions to your compost.

Composting Resources:

Cornell Waste Management Institute:
<http://cwmi.css.cornell.edu/resources.htm>
Composting at Home publication:
<http://cwmi.ccs.cornell.edu/smallscale.htm>

Squash Apple Casserole

2 1/2 cups fresh winter squash, cut into 1/2-inch slices
1-1/2 cups apples, pared and cut into 1/2-inch slices
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 cup brown sugar

Lightly spray 8X8" pan. Alternate layers of squash and apples, ending with apples on top layer. Mix spices and sugar and sprinkle over top. Cover pan with aluminum foil and bake in 350°F oven for approximately 45 - 60 minutes, until squash is tender. Remove foil and bake another 10 - 15 minutes to remove any excess liquid that might have accumulated. Cool slightly before serving.

Yield: 8 servings; serving size 1/2 cup, (51 calories, 0 grams fat, 0 mg cholesterol, 0 mg sodium)

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HerKimer County Farmers' Markets

<http://blogs.cornell.edu/cceherkimer/programs/local-foods/local-farmers-markets/>



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Creating Healthy Places

WINTER SQUASH



Herkimer County Produce Cycle



PLANT * GROW

- * Winter squash are easy to grow if you have the room. Plant bush varieties if you have less space.
- * Squash are annuals and must be planted each year.
- * Squash plants can spread from 3-15 feet or grow 2-3 feet vertically if trellised.
- * Squash plants prefer full sun and fertile, well drained soil.
- * Squash can be planted by direct seeding outdoors or by transplanting seedlings.
- * Wait until soil reaches at least 65 F if planting seeds outdoors. Seeds will not germinate in cold soil.
- * Plant seeds 1" deep in hills with 4-5 seeds per hill or plant 6-12" apart in rows that are 4-8' apart.
- * When plants are 2-3" tall, thin plants so they are 2-3 per hill or one plant per 18" if planted in a row.
- * Use row covers to help prevent insect problems. Remove row covers when plants flower to allow pollination by insects.
- * Mulching around plants helps retain moisture and suppresses weeds.
- * Harvest mature squash before frost.

Cornell University Home Garden Websites:

General gardening:

<http://gardening.cals.cornell.edu/>

Squash specific:

<http://www.gardening.cornell.edu/homegardening/scene11f1.html>

PURCHASE

- * Winter Squash harvest begins in August in New York State and continues until frost.
- * Winter squash come in an array of sizes, shapes and colors.
- * No matter which variety of squash you choose, select a squash that feels heavy, has a firm, thick skin and the stem still attached. Avoid squash with cracks or cuts.



ENJOY YOUR SQUASH

- * Winter squash contain no fat and are low in sodium. Most are good sources of vitamin A and C, beta carotene, fiber, riboflavin, potassium, foliate and iron.
- * There are many different varieties, each unique in flavor and texture. Common varieties include butternut, acorn, Hubbard and spaghetti squash. Pumpkins are another variety of winter squash.
- * Acorn squash is a good source of calcium.
- * Enjoy the seeds: Cut squash in half. Remove seeds; separate from flesh; pat dry; sprinkle with salt and herbs, if desired; and roast on a lightly-oiled baking sheet at 350°F in oven until brown.

Websites for Healthy Eating:

USDA: www.myplate.gov

Cornell University Food & Nutrition Education in Communities (FNEC): <https://fneccornell.edu/>

PREPARE

- * Wash just before preparing.
- * Squash can be baked, roasted, stuffed, steamed, pureed, sautéed or microwaved.
- * Squash flowers are edible and often served stuffed, breaded and fried.
- * Place the squash cut side down in a pan. Add a little bit of water to the pan to help prevent scorching. Bake in oven at 375-425°F until a fork can easily pierce the flesh. Serve as is or scoop out flesh.

PRESERVE

- * Store winter squash with stems attached after letting any cuts or wet wounds heal (they should be dry and may form something like a scab over wounds).
- * Do not refrigerate winter squash. Store winter squash out of direct light, and at a cool stable temperature. Different varieties store for different lengths of time, with Hubbard, kabocha, and buttercups lasting the longest and acorns and butternuts the shortest.
- * Freezing Squash: Cook squash; mash flesh; cool and freeze in freezer-safe bags or containers.

Food Preservation Websites:

National Center for Home Food Preservation:
www.homefoodpreservation.com

CCE Herkimer County Food Preservation Resources: <http://blogs.cornell.edu/cceherkimer/programs/local-foods/food-preservation-resources/>