



Vol. 20 Nov 1, 2007

# Fresh Prospects

## The Prospect Heights CSA Newsletter

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### Better Know Your Vegetables

#### This Week: Winter Squash and Pumpkin

Source: <http://www.post-gazette.com>

Few images signal Fall quite like the abundance of winter squash and pumpkin—beautiful, versatile, and nutritious. Hundreds of varieties of winter squash exist out there, far more than the acorn and butternut squash common in most supermarkets. Delicata (which we received on 10/18) and kabocha are just two varieties that are easily found and great to experiment with in place of pumpkin in traditional recipes. It's just as simple to make a blue Hubbard or a delicata pie as making it from a bright orange pumpkin. The new flavors will add a subtle difference to your Thanksgiving dessert.

Squash is also full to bursting with nutrients; it contains more potassium per serving than a banana and lots of Vitamin A. It stores well too: most varieties of squash (especially butternut and acorn) keep for up to a month when kept in a cool, dark place. Don't store squash in the refrigerator, as the cold temperatures will actually cause it to go bad much more quickly.



#### Peeling and Cutting Raw Squash

Source: Martha Stewart in the Topeka Capital Journal

The peeling and cutting process is often a major turn-off when it comes to cooking squash. Some of these tricks may help make it less painful:

- It's best to skip the vegetable peeler and use a large, heavy, very sharp chef's knife.
- Cut off both ends of the squash to create flat surfaces.
- If it is a bulbous variety (such as butternut squash), separate the rounded part from the narrow section and peel the two pieces separately; they will both be easier to handle.
- Next, stand a piece of squash on the cutting board, and hold it firmly at the top. Place your knife along the side of the squash and cut downward, away from your hand, leaving as much squash flesh intact as possible. Then invert the squash and remove any remaining skin at the other end.
- If the skin is somewhat more irregular or warty (as with a Hubbard or an acorn), the easiest way to peel them is to cut the squash into 3/4-inch slices, then cut the peel from each of the more manageable pieces with a sharp knife.
- Since butternut squash is smooth and rounded, it's easier to peel. A particularly easy method can be found at <http://www.preparedpantry.com/peelcubesquash.htm>

#### Roasting Squash

Squash that will be pureed or mashed in your recipe can first be roasted to make removing the skin really easy. Slice the squash lengthwise with that chef's knife and scoop out the seeds. Then roast the halves in a 350-degree oven, cut sides up, on an uncovered, greased baking sheet, until they are tender. Baking times vary greatly -- it may take anywhere from 30 to 90 minutes, depending on the variety and size of the squash, and your oven. When the squash has cooled, scoop the flesh out of the skin, and proceed with your recipe.

Variations: before roasting, brush the squash halves with olive oil, kosher salt and balsamic vinegar. Acorn squash is especially good brushed with maple syrup. Spooning leftover curry and rice into a roasted acorn half is an easy way to stuff it and turn it into a meal.

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### DON'T FORGET

Want to put in your two cents on the CSA experience? You have until November 4 to participate in a survey that will help us make next year's season even better. Go to <http://www.zoomerang.com/recipient/survey-intro.zgi?p=WEB2272XVQZ78T>

We are reaching a critical plastic bag shortage. The bags we keep on hand are intended for emergency use, so please remember to bring your own bags as often as possible.

The next and final meat and cheese delivery is scheduled for November 15. Place your orders one week in advance at [www.csapasturedmeatandpoultry.com](http://www.csapasturedmeatandpoultry.com).