

WINTER SQUASH

Types

Acorn, Delicata, Spaghetti: These types are best within a month or two of harvest.

Butternut, Cheese Pumpkin: These types can be stored for 2 to 3 months.

Buttercup, Hubbard, Kabocha, Red Kuri, Turban: These types may be stored up to 6 months.

Selection Info

Pick winter squash that are heavy for their size. Avoid winter squash that have moist, black, or shriveled stems. A squash with a green rind should have an orange spot where it rested on the ground. Butternut squash should be deep tan without green streaks. The stem of buttercup and similar squashes should have a dry corky surface.

Preparation

Wash winter squash under cool running water to clean just before use.

Roast: Slice squash in half, remove seeds, and poke a few holes in the skin. Sprinkle the squash with salt and pepper to taste and drizzle with 1-2 tablespoons of olive oil. Place the squash cut side down on a roasting pan. Roast for 30 to 45 minutes. It should be done when you can easily pierce the flesh with a fork. Scoop out flesh and enjoy.

Microwave: Cut squash in half, pierce the skin, season with salt and pepper, and place face down in microwave-safe bowl. Cover with a damp paper towel and cook for 5 to 20 minutes. It should be done when you can easily pierce the flesh with a fork. Scoop out flesh and enjoy.

Storage

Short-Term Storage: Whole squash can be stored at room temperature, unwashed, for 3 to 6 months.

Winter squash has a much longer storage life than summer squash. Depending on the variety, it can be kept from one week to six months. The ideal temperature for storing winter squash is 50-60 degrees F (about 1 - 15 C).



Looking for a source of fresh local fruits and vegetables??? . . .
Look here . . . www.purdue.edu/foodlink/about.php

