

VEGETABLE OF THE WEEK

ACORN SQUASH

Winter squash is called winter squash because it can be stored over winter for an extended period after harvest in the fall. Acorn squash is a mildly sweet squash with orange flesh and green-black skin. It has heavy ribbing and is acorn-shaped. Squash have high levels of vitamin A and some vitamin C, folate and potassium.

To store: Store in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze. Under the best conditions, they should keep for 3-4 months. They get sweeter in storage as the starch converts to sugar. Once cut, you can wrap them in plastic and store them in the refrigerator for 5 to 7 days.

Substitutions: Winter squash can be used in any recipe that calls for pumpkin! It can also be used interchangeably with other winter squash.

To use: To bake, slice in half lengthwise, scoop out seeds, and place facedown on cookie sheet. Add 1/2 inch of water to pan. Bake at 400 degrees for 45 minutes to an hour until shells are soft and starting to collapse. Remove from shells, and fill with butter, brown sugar, maple syrup, seasoning or fillings. You can also boil squash or steam it.

To freeze: Simply cook squash and mash or puree it. Then pour it into ice cube trays and freeze. Pop the frozen cubes into freezer Ziplock bags.

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