

SPAGHETTI SQUASH

Winter squash is called winter squash because it can be stored over winter for an extended period after harvest in the fall. Squash have high levels of vitamin A and some vitamin C, folate and potassium. This variety of winter squash has unusual string- like flesh, which looks like spaghetti when scraped out with a fork. They are often baked or boiled and then the mildly sweet flesh is scooped out and topped with spaghetti sauce.

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. And 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.

To use: To bake, slice in half around the middle of the spaghetti squash - this makes the "spaghetti" longer - scoop out seeds, and place facedown on cookie sheet. Add a 1/2 inch water to the pan to avoid drying out. Bake at 400 degrees. Squash will need about an hour—90 minutes to cook, depending on size. Cook until tender. Flesh is done when it scoops out easily in spaghetti-like strings. Serve hot with butter and parmesan cheese or your favorite tomato sauce on top.