



## PUMPKIN (AND ALL WINTER SQUASH) BASICS



### **How do I cut squash?**

Wash the pumpkin and cut in half using a large knife or cleaver and mallet. Cutting can be made easier by placing the squash into a microwave for about 4 minutes (pierce the skin first). This softens the skin. Clean out the fiber and seeds inside. Save the seeds if you want to roast them later.

### **Which parts are edible?**

Just the meat, and in some varieties, the seeds. The fibers are not recommended for consumption.

The seeds from large squash such as Hubbard, Butternut and Kabocha are best for roasting.

Roast them the same as you would pumpkin seeds.

### **How do I store it?**

A whole, uncut squash: In a cool dry place, such as a pantry or garage. Dry conditions are better for squash to keep decay away. Humidity promotes degeneration of squash, therefore do not refrigerate.

### **How do I cook it?**

The most common method is baking. It can be cut in half or pieces or roasted whole.

If **roasting whole**, pierce in several spots through the cavity. Place on a large baking sheet and bake at 350 to 375 for 45 to 60 minutes (depending upon thickness and size).

If **cut in half**, paint the inside with vegetable oil (canola is best) place face down on a baking sheet.

Adding a 1/2 " of water helps steam the cooking process.

\*\*\*OR\*\*\*

Place cubed sections into a steamer basket in a large pot with sufficient water for steaming. Cover with lid and Steam about 20 minutes or until soft (easily pierced with a fork).

\*\*\*OR\*\*\*

Place cubed 2 to 3" sections into an electric steamer. Steam for about 5-7 minutes.

### **Can you freeze squash?**

Cooked and mashed squash can be frozen for later use in soups, cookies, cakes, and more!

### **Other uses:**

Winter squash can be substituted for sweet potato in recipes.

*From Vegetables for Life Cookbook ~ On sale at **FORNERIS FARMS Farm Market***