



presents

Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



SQUASH

#JerseyTastes
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JERSEY TASTES

HARVEST OF THE MONTH

NOVEMBER NEWSLETTER

Did you know?

1 cup of winter squash provides about 1/2 of the daily requirement of vitamin C and 4.5 times the daily requirement of vitamin A

Squash is a crop native to the Americas and was introduced to the world by Portuguese and Spanish explorers. Today, New Jersey ranks 4th in national squash production. **Top varieties include:**



Pumpkins are not only a Halloween decoration but can be a fall snack. Pick out a sugar pumpkin variety to roast for dinner or make homemade pumpkin treats.

Butternut squash is a sweet winter squash. It is an elongated pear shape with tan skin and bright orange flesh. It's perfect for soups and will puree smoothly.



Acorn squash is round with dark green skin and orange flesh. They are a great all-purpose squash, with a sweet, tender flesh. They are good for roasting, steaming, mashing, and sautéing.

Kabocha squash, or Japanese pumpkin, is a large, round squash with dark green speckled skin with bright orange flesh. It is sweeter than butternut squash with similar texture and flavor to sweet potato



Delicata squash is an oblong pale yellow squash with dark green stripes. The flesh is sweet, nutty, and a bit drier than other squash.

Spaghetti squash is a large yellow oval-shaped squash. When it is cooked, the flesh falls apart like strands of spaghetti.



HEALTH SCOOP

- 🍷 Squash are an excellent source of fiber and vitamins A and C.
- 🍷 The anti-inflammatory benefits and antioxidants of squash help promote optimal health.
- 🍷 Eating squash helps regulate blood sugar levels.

SQUASH TIPS

- 🍷 Choose squash that are firm, heavy for their size and have dull, not glossy, rinds.
- 🍷 Winter squash can be kept for between 1 week to 6 months. It stores well when uncut in a cool, dry place. Once it is cut, cover the pieces in plastic wrap and store them in the refrigerator for 1-2 days.

Butternut Squash Soup

Ingredients:

- 1 medium butternut squash (about 2 pounds), peeled & cubed
- 2 tablespoons olive oil
- 4 cups chicken or vegetable broth
- salt and pepper, to taste

Directions:

1. Heat large pan on medium high heat. Add oil then add butternut squash cubes. Cook squash for about 5 minutes until lightly brown on all edges. When the squash is browned, the sweet nutty aroma is enhanced.
2. Add chicken stock. Simmer butternut squash for about 20 minutes or until squash is completely tender.
3. **Option A:** If you have an immersion blender, you can blend it at this point. **Option B:** If using regular blender, allow soup to cool first until it is safe to handle and transfer. Then add soup to blender and blend until smooth. Return soup to pot and simmer on low to re-heat.
4. Add salt and pepper, to taste. Serve and enjoy!

*Recipe from bestrecipebox.com

Veggie Spaghetti Dinner

Ingredients:

- 1 medium spaghetti squash
- 3 tablespoon olive oil
- Salt and pepper
- Sauce of choice (pesto, tomato, or meat sauce)

Directions:

1. Preheat the oven to 425 degrees F. Halve the squash lengthwise and scoop out the seeds. Sprinkle the cut sides with salt and pepper, then brush both sides with olive oil. Put the squash, cut-side up, in a baking dish and cover tightly with aluminum foil. Roast 20 minutes, then uncover and continue roasting until the squash is tender, about 35 more minutes.
2. Use a fork to scrape the spaghetti squash flesh into strands; transfer to a large bowl and season with salt.
3. Top with favorite pasta sauce and enjoy!

SHORT ON TIME? Place squash cut-sides-down in a microwave-safe baking dish. Fill the dish with about 1 inch of water. Microwave on high for about 12 minutes, or until you can easily pierce the squash with a fork. Cooking time depends on the size of the squash: if you have a smaller squash, check a little earlier. If you are cooking a larger squash, it may take a little longer.

*Recipe from FoodNetwork.com



Sauce Your Squash

Flavor your squash with these fun and flavorful sauces!

Adobo-Honey

INGREDIENTS

MAKES 3/4 CUP

2 stalks green onions
(white parts only)

1 clove garlic (peeled)

3 tbsp red wine vinegar

2 tbsp honey

1 tsp adobo sauce

1 tsp salt

1/2 cup Greek yogurt

In a blender, combine white parts of green onions, garlic clove, red wine vinegar, honey, adobo sauce, salt, and Greek yogurt. Puree until well-blended. Season to taste with any of the ingredients. Can be made up to 5 days in advance.

Eggplant Pepper Pesto

INGREDIENTS

MAKES 1 1/2 CUPS

2 medium red peppers

2 each Chinese eggplants

1/4 cup walnuts

2 cloves garlic (peeled)

3/4 tsp salt

1/4 tsp black pepper

4 sprigs parsley

1 each lemon (juiced)

Core peppers & pierce eggplant all over. Brush with oil. Broil over direct heat, 6 min/side. Once red pepper is charred and eggplant is softened, place in bowl and cover with a plate for 5 mins. Scrape out eggplant flesh and remove skin of pepper.

Place flesh of eggplant, peppers, garlic, walnuts, salt, pepper, and parsley into a food processor. Pulse until everything is well blended. Add lemon juice and season to taste.

Chimichurri

INGREDIENTS

MAKES 1 CUP

1/2 bunch parsley

1/4 bunch cilantro

1/2 bulb shallot

1 clove garlic (peeled)

1 tbsp red wine vinegar

1/2 tbsp capers

1/3-1/2 cup cooking oil

Pulse parsley, cilantro, shallots, garlic, red wine vinegar, and capers in a food processor while drizzling in oil. Add enough oil until the mixture turns into a good sauce consistency. Season to taste with salt and pepper.