

# Harvest of the Month



## December Butternut Squash

Butternut squash is harvested between the months of September and December. It can be stored for up to three months in cool, dry conditions. It is a member of the gourd family with hard shells, inedible skins, and large seeds.

Roasted butternut squash with other winter vegetables make a delicious side dish. Try adding roasted butternut squash to make pasta dishes, rice and casseroles or on top of a salad. Butternut squash can also be mashed or cooked into a creamy soup.



# Roasted Butternut Squash Fries

## Ingredients:

- 1 medium butternut squash
- 1 Tbs Olive Oil
- 1 tsp Dried Thyme or 1 Tbsp Chopped Fresh Thyme
- 1 tsp Dried Rosemary or 1 Tbsp Chopped Fresh Rosemary
- 1/2 tsp Salt



## Directions:

Heat oven to 425 degrees. Lightly coat a baking sheet with olive oil. Peel skin from butternut squash and cut into even sticks, about 1/2 inch wide and 3 inches long. In a medium bowl, combine the squash, oil, thyme, rosemary, and salt; mix until the squash is evenly coated. Spread onto the baking sheet and roast for 15 minutes. Remove the baking sheet from the oven and shake to loosen the squash. Flip squash and place back in the oven; continue to roast for another 15-25 minutes until golden brown.

## Fun Facts

- Butternut squash is loaded with Vitamin A, in fact one cup provides more than you need for the whole day!
- The seeds can be baked and eaten just like pumpkin seeds.
- The name squash comes from the Narragansett Indian term “askutasquash”, which means raw or uncooked. In fact the settlers in New England and Virginia were not big fans of squash until they had to survive the winter, then butternut was adopted into their cuisine and became staples.
- Whole butternut squash can last as long as a month, being stored in a cool dry place. It is best to not refrigerate. If it is peeled, it last up to 5 days and should be refrigerated.
- The crookneck variety was the preferred squash until commercial distribution of foods became the norm. Since then butternut is widely more popular due to it being more compact and easier to stack.

## Butternut Squash Soup

### Ingredients:

- |   |                                  |
|---|----------------------------------|
| 1 Tbs vegetable or olive oil                                | 1 medium onion, chopped          |
| 1 carrot, chopped   | 2 garlic cloves, minced          |
| 1/2 cup tomato Puree, canned                                | 2 cans chicken broth, low-sodium |
| 1 medium butternut squash, peeled and cubed (about 1 pound) |                                  |
| Pepper & Salt to taste                                      |                                  |

### Directions:

Wash and prepare vegetables. Heat oil in a large saucepan over medium heat. Stir in onions, carrots, and garlic. Cook for 3 minutes. Cover pan, lower heat, and cook 3-4 more minutes, until vegetables are tender. Stir in tomato puree, squash, and chicken broth. Simmer for 15 minutes. Add salt and pepper. Transfer soft squash cubes to a bowl, mash with potato masher or fork, and return to pan. Soup will have a chunky consistency.

