



Pumpkins & Squash

Pumpkins and winter squash (squash with hard rinds like butternut and acorn) are delicious, nutritious, easy to store, and used in many recipes.

Storage

Pumpkins and winter squash can be stored for 3-6 months. Place on a piece of cloth or cardboard (do not place directly on cement, tile, or wood because it will rot quickly.) Keep in a cool and dark place until you are ready to prepare. Mice love pumpkins though, so make sure to check on your pumpkin frequently. You can also store cooked pumpkin in the freezer for several months. Cooked pumpkin can be stored tightly covered in the fridge for 4 days.

Preparation

Pumpkin or squash can be peeled and cut into 1 inch cubes or cooked whole or in parts with skin on. **Be sure to wash thoroughly before cooking or cutting.**

Oven/Toaster Oven (Roasting/Baking)

Heat the oven to 350°. Pierce the rind with a fork or knife to prevent bursting. Roasting time will vary with size, but aim for around 45 minutes. The pumpkin or squash is cooked when it can be easily pierced with a fork.

Microwave

Cut into halves or quarters, place in a shallow dish cut side down. Add 1/4 cup water, cover tightly, and microwave on high for 6 minutes per pound. For a large pumpkin or squash you will have to cook in several batches.

Stovetop/Hotplate (Boiling/Steaming)

Cut into halves or quarters. Add to a large pot on the stovetop with some water. Cook until tender (about 25m). Check frequently to be sure all of the water doesn't evaporate.

Once you have a tender pumpkin or squash, separate the seeds (**save pumpkin seeds for roasting!**) and scoop out the flesh if you have cooked the pumpkin or squash whole. You can eat this plain or seasoned. Or you can add the flesh to one of the recipes below. In addition to pumpkin or squash, the recipes below can also be prepared with **canned pumpkin, carrots, sweet potatoes, or beets.**

Recipes (spices are optional - fresh pumpkins have lots of flavor by themselves)

Key: t = teaspoon; T = tablespoon; c = cup

Soup

Saute 1 chopped onion and 2 ribs of chopped celery in 2T of olive oil. Once softened, add the tender flesh and season with salt and pepper. Add 2c of vegetable broth (or water) and bring to a simmer. From here, it's up to you which seasonings you'd like to add. You can add a spoonful of



brown sugar, a sprinkling of cinnamon and/or nutmeg, or you can add 1t cumin, chili powder, sage, and/or curry. Puree or mash the soup.

Pancakes

In a bowl mix together 1-1/2c of milk (or soymilk), 1c pureed pumpkin or squash, 1 egg, 2T canola oil, and 2T vinegar. In a separate bowl, mix together 2c flour, 3T brown sugar, 2t baking powder, 1t baking soda, 1t allspice, 1t cinnamon, 1/2t ginger, and 1/2t salt. Stir dry ingredients into squash mixture until combined. Pour about 1/4c of batter onto hot griddle or frying pan and brown on both sides.

Polenta or Grits (adapted from *Petit Appetit Cookbook* by Lisa Barnes)

Combine 2c milk, 1c cooked pumpkin or squash, 1/2t cinnamon, 1/2t ginger, 1/4t nutmeg, 1/8t salt and 1/2c polenta or cornmeal. Bring to a boil and whisk to combine. Lower heat to avoid sputtering. Simmer for 10 min, stirring occasionally. Remove from heat and add butter and syrup. (Alternate: use hominy grits instead of polenta or combine ingredients in bowl of a rice cooker. Rice cooker may need to be set for a second cycle.)

Muffins or Coffee Cake (adapted from *Eat, Drink and Be Merry* by Lisa Barnes)

In a large bowl, combine 1 3/4c flour, 1/3 cup sugar, 2 t baking powder, 1/4 t salt, 1/2 t cinnamon, and 1/4 t nutmeg. In another bowl, combine 1 egg, 3/4 c milk, 1/2 cup pumpkin or squash, 1/4 c oil and 1/2 t. ginger. Pour wet ingredients into dry ingredients and stir until just combined. Fill muffin pans or cake pan. Bake at 400° 15-18m for muffins, or 40 minutes for cake (until toothpick inserted into center comes out clean.)

Roasted Pumpkin Seeds (adapted from *Eat, Drink and Be Merry* by Lisa Barnes)

Heat oven to 300°. Separate seeds from flesh. Combine seeds in a large bowl with olive oil and salt (about 1/2t per cup.) Roast about 40m until golden brown and dry. Stir occasionally with a spatula. Store tightly closed for about a week.

Pumpkin and Apples (adapted from *The Book of Yogurt* by Sonia Uvezian)

Combine 2lbs of pumpkin or squash cut into 1-in. pieces (uncooked), 2 medium apples (chopped), 6T sugar, 1/2c water, 4T butter, and a pinch of salt. Bring to a boil over high heat, then reduce and cook gently for 20 min or until the pumpkin is tender. Stir several times and add more water if needed. Transfer to a bowl and serve with almonds or hazelnuts. Delicious served with a mixture of 1c plain yogurt, 2t sugar (optional), and 1t cinnamon.

Puree

Babies love pumpkin/squash puree! Pour cooked, mashed pumpkin into an ice cube tray until frozen. Remove "pumpkin cubes" and place in plastic bag in the freezer. Defrost in fridge overnight for baby's meals. Add to yogurt or cereal for a complete meal.