

WINTER SQUASH

Types

Acorn, Delicata, Spaghetti: These types are best within a month or two of harvest.

Butternut, Cheese Pumpkin: These types can be stored for 2 to 3 months.

Buttercup, Hubbard, Kabocha, Red Kuri, Turban: These types may be stored up to 6 months.

Selection Info

Pick winter squash that are heavy for their size. Avoid winter squash that have moist, black, or shriveled stems. A squash with a green rind should have an orange spot where it rested on the ground. Butternut squash should be deep tan without green streaks. The stem of buttercup and similar squashes should have a dry corky surface.

Preparation

Wash winter squash under cool running water to clean just before use.

Roast: Slice squash in half, remove seeds, and poke a few holes in the skin. Sprinkle the squash with salt and pepper to taste and drizzle with 1-2 tablespoons of olive oil. Place the squash cut side down on a roasting pan. Roast for 30 to 45 minutes. It should be done when you can easily pierce the flesh with a fork. Scoop out flesh and enjoy.

Microwave: Cut squash in half, pierce the skin, season with salt and pepper, and place face down in microwave-safe bowl. Cover with a damp paper towel and cook for 5 to 20 minutes. It should be done when you can easily pierce the flesh with a fork. Scoop out flesh and enjoy.

Storage

Short-Term Storage: Whole squash can be stored at room temperature, unwashed, for 3 to 6 months.

Winter squash has a much longer storage life than summer squash. Depending on the variety, it can be kept from one week to six months. The ideal temperature for storing winter squash is 50-60 degrees F (about 1 - 15 C).



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AUTUMN SQUASH BISQUE WITH GINGER

Ingredients

- 2 teaspoons vegetable oil
- 2 cups onions (sliced)
- 2 pounds winter squash (peeled, seeded, and cut into 2-inch cubes — about 4 generous cups)
- 2 pears (peeled, cored, and diced) OR 1 15 oz. can sliced pears (drained and chopped)
- 2 cloves garlic (peeled and crushed)
- 2 tablespoons fresh ginger (peeled and coarsely chopped) OR 1 teaspoon powdered ginger
- 1/2 teaspoon thyme
- 4 cups chicken or vegetable broth
- 1 cup water
- 1 tablespoon lemon juice
- 1/2 cup plain nonfat yogurt

Directions

1. Cut and prepare squash, pears, and garlic.
2. Heat oil in a large pot over medium heat.
3. Add onions and cook, stirring constantly until softened (about 3 to 4 minutes).
4. Add squash, pears, garlic, ginger and thyme; cook and continue to stir for 1 minute.
5. Add broth and water, and bring to a simmer.
6. Reduce heat to low, cover, and simmer until squash is tender (about 35-45 minutes).
7. Use a blender or food processor to puree the soup (in batches if necessary). Follow the manufacturer's directions for pureeing hot liquids.
8. Return soup to pot and heat through. Stir in lemon juice.
9. Garnish each serving with a spoonful of yogurt.
10. Refrigerate leftovers within 2 hours.



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Nutrition Information

Serving Size	1 cup
Nutrients	Amount
Total Calories	80
Protein	2g
Carbohydrates	18g
Dietary Fiber	3g
Total Fat	1.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	340mg



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