

## Common Varieties

### Summer - Keeps 5 to 7 days



Scallop



Zucchini



Crookneck

### Winter - Keeps 1 to 2 months



Amber Cup



Acorn



Autumn Cup



Buttercup



Banana



Carnival



Delicata



Fairytale Pumpkin



Gold



Hubbard



Kabocha



Sweet  
Dumpling



Turban

### Squash Nutrition

Squash are a good source of complex fiber and carbohydrates (sugar and starch), and are rich in potassium, niacin, iron and vitamin A. A cup of cooked or raw squash is considered a serving size.

### Preparing and Using Summer Squash

Depending on your recipe, you may grate, slice, or cut into pieces of various shapes. You don't need to peel it.

To Steam...arrange the pieces of squash in a strainer or rack over 1/2-inch of boiling water. Cover and steam. Remove from heat and drain. Toss with melted butter or your favorite sauce.

To Sauté...cook in butter over medium-high heat until barely tender. Season with herbs of your choice, salt, and pepper.

### Preparing and Using Winter Squash

All varieties are great for puréeing (the process of blending cooked squash in a food processor), roasting and baking. It can be mashed and used in soups, main dishes, vegetable side dishes, as well as breads, muffins, custards and pies. All winter squash can be used in place of one another in recipes.

**For more information contact your local University of Idaho Extension Office or visit: [www.uidaho.edu/extension](http://www.uidaho.edu/extension)**

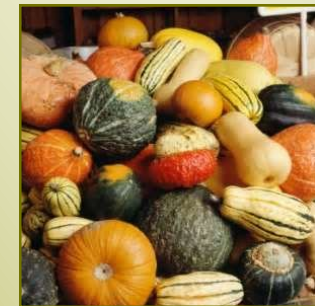
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## Simply Squash

There are many varieties of squash, making squash an easy to use vegetable that offers a great source of many vitamins and minerals our bodies need.

All squash are a part of the gourd family, and fall into two classifications, summer and winter squash.

Squash is an excellent vegetable to have around the house because it is simple to cook and certain varieties can be stored for months.



This brochure will offer information on the varieties of squash, and how to prepare, cook, store, freeze and dry.



# Let's Eat Squash!

## Microwave Squash Instructions

Place halves or quarters, cut side down, in a shallow dish; add 1/4 cup water. Cover tightly and microwave on HIGH 6 minutes per pound.

Whole Squash - Poke squash all over with a fork. Microwave the squash at full power (High) approximately 5 to 10 minutes (depending on size of squash).

*Courtesy of: What's Cooking America*

## Oven Squash Recipe



### Ingredients

- 1 large winter squash (about 3 pounds), peeled and seeded and cut in 1-inch chunks
- 3 tablespoons olive oil
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper

### Directions

Preheat the oven to 400 degrees F. Place the squash on a sheet pan and drizzle with the olive oil, salt, and pepper and toss well. Arrange the squash in one layer and roast for 25 to 30 minutes, until the squash is tender, turning once with a metal spatula.

Serves 4-5 people.

*Courtesy of: Food Network Online*

## General Preparation Instructions

1. Wash and scrub well under clean water. For summer squash cut off and discard the stem and scrape off the other end. Winter squash doesn't need to be peeled for most recipes.
2. Use a vegetable peeler if the recipe calls for peeled squash.
3. Use a sharp knife to cut winter squash due to the tough outer skin.



### Storage

Most **winter squash** can be stored in a cool-dark place for about 1 to 2 months. Make sure the area is kept dry and scatter the squash rather than keeping them in a pile.

**Summer squash** should be stored in a bag in the refrigerator crisper. They will keep about 5 to 7 days. Be sure the area is not too cold because they could freeze.

**Drying** is the oldest method of preserving food. You can dry in an oven at 130° F to 150° F, in a food dehydrator, or in the sun with netting. The netting protects the food against bugs.



Winter Squash	Chop into 1 inch strips. Peel off rind; scrape off fiber and seed. Cut peeled strips into 1/8 inch pieces.	Water or steam-blanch until tender.  1 min. in water 2-3 min. in steam	Tough to Brittle 10-16 hours
Summer Squash	Trim and cut into 1/4 inch slices.	None, or water or steam blanch	Leathery to Brittle 10-12 hours

**Freezing** is one of the easiest and most convenient methods of preserving foods for later use. Blanching is the process of immersing food in boiling water for a short period, then cooling rapidly in an ice bath to stop cooking. Blanching times are listed in the chart .

Vegetable	Preparation	Blanch & Freeze
Summer Squash	Wash and cut into 1/4 inch slices or 1 1/2 inch chunks	Blanch 3 min. or 6 min. for lg. chunks, pack and freeze
Winter Squash	Wash, cut into 1 – 1 1/2 inch sections and remove seeds.	Cook until soft; remove pulp from rind and mash. Cool, pack and freeze

**Canning** vegetables must be done with care. All foods harbor microorganisms; these decrease food quality and may form toxins or poisons under certain conditions. To preserve food for long-term storage, conditions must be made unfavorable for the growth of microorganisms.

Food acidity determines which canning method is needed. For canning vegetables a pressure canner is needed. Pressure canners attain a temperature of 240 - 250° F in order to destroy harmful effects of bacteria.

For further information on proper canning practices



and processing times for vegetables refer to the National Center for Home Food Preservation at:

[www.uga.edu/nchfp](http://www.uga.edu/nchfp)