



# Winter Squash

**Plant:** Plant squashes after all danger of frost has past or when the soil has warmed to 70-80°F as seed will not germinate in cool soil. For early plantings, use floating row covers to raise soil temperature, increase early growth and protect tender plants from wind injury. Sow winter squash using a spacing of 24-36" between plants with 48-60" row spacing.

**Grow:** Squashes are moderate feeders; mix plenty of organic matter into soil as squash prefers a rich loamy soil of good fertility and moisture retention. Even and sufficient soil moisture is essential. Squash benefits from mild feedings with a fertilizer high in phosphorous to initiate fruit formation.

**Harvest:** Winter squash can be cut later in the summer or early fall before frost, or when the skin is hard enough so that you cannot cut it with your finger nail. Simply cut from the vine leaving 4-6" of stem attached to the fruit. Store squash in a cool, dry area.

<b>Nutrition Facts</b>	
Serving Size 205 g	
Amount Per Serving	
Calories 82	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber	0%
Sugars 4g	
Protein 2g	
Vitamin A 457%	Vitamin C 52%
Calcium 8%	Iron 7%

## Nutritional Information:

Like other orange vegetables, winter squash is an excellent source of vitamin A, in the form of beta carotene, vitamin C, potassium, dietary fiber and manganese, and a good source of folate, omega-3 fatty acids, vitamin B1, copper, vitamin B6, niacin and pantothenic acid.

## How to Prepare:

Roast these rough- and thick-skinned squashes before peeling them: cut them in half or quarters, scrape away the seeds and fibrous membranes, put them on an oiled, foil-lined baking sheet, then roast at 425° F until they are soft enough to pierce with the tip of a knife. They will peel them easily and can be used in a given recipe.



## Country Acorn Squash Bisque

**Yields:** 4 servings

**Serving size:** 8 ounces

### **Ingredients**

3- $\frac{1}{4}$  cups vegetable broth  
1 acorn squash, halved and diced  
 $\frac{1}{4}$  cup yellow onion, diced  
 $\frac{1}{4}$  cup celery, diced  
 $\frac{1}{4}$  cup carrot, diced  
2-tablespoons pear barley, raw  
 $\frac{1}{2}$  cup diced tomatoes  
 $\frac{1}{2}$  bay leaf  
1/8-teaspoon dried thyme  
1/8-teaspoon dried marjoram  
1/8-teaspoon allspice  
1-tablespoon fresh parsley, chopped  
2-tablespoons Burgundy wine

### **Preparation**

1. Cut squash in half. Scoop out seeds and place cut side down on sheet pan. Add enough water to cover  $\frac{1}{2}$ " up side of squash. Bake at 350 degrees for 1 hour or until fully tender. Cool. Remove all of the insides of squash and dice  $\frac{1}{2}$ ".
2. Spray a large soup kettle with non-stick spray. Add onion, celery, and carrots. Cover and cook until onion is translucent. Do not brown.
3. Add squash, vegetable broth, pearl barley, tomatoes, bay leaves, thyme, marjoram, and allspice. Bring to a boil. Reduce heat and simmer for 45 minutes or until barley is cooked.
4. Add parsley and wine. Simmer for 5 minutes to blend flavors. Remove bay leaf and serve.
5. May be stored for up to 4 days in refrigerator.

### **Nutrition Facts per Serving:**

80 calories, 0 g fat, 19 g carbohydrates, 4 g fiber, 2 g protein