



# Winter Squash

## What is it?

Winter Squash comes in all sorts of shapes and sizes. Winter squash does not mean that the squash grows in the winter, but rather that the squash ripened in the summer or fall and can be stored so that it can be eaten during the winter. At Willow Haven, we grow quite a few varieties, be sure to try each kind and find out which ones you like the best. Each one has its own unique flavor and best ways to serve it, which we will explain in more detail in this ebook. In general, winter squash is full of Vitamins A and C, antioxidants, fiber and potassium.

.....

## Storage Tips

Clean off all dirt and wipe squash down with a rag soaked in vinegar to remove spoilage organisms.

Keep them in a spot where you can check periodically. If you see any soft spots, it is time to use. Winter squash is best stored at room temperature. It can be damaged at temps under 50 degrees F.

It's so pretty it makes a nice decoration until you are ready to eat it!

Delicata and acorn squashes are short-term storage only, and should be eaten within 1-4 weeks.

.....

## Usage Tips

In general, you can roast or bake each variety to enjoy it in different recipes such as soups, salads, casseroles and desserts.

Clean the seeds out, splash with some olive oil, sprinkle with sea salt, and roast in the oven for a delicious, treat for all to enjoy!

A Vegetable E-booklet





# Butternut Squash

---

## What is it?

With a yellowish tan skin and deep orange flesh, the butternut squash tastes pumpkin like but with a richer and sweeter flavor. Like other orange foods, butternut squash contains vitamins A, E, and C. Compared to other squashes, the seed cavity is smaller so there is a lot more squash in a butternut squash.

.....

## Storage Tips

Butternut squash can be kept in a cool, dry place.

.....

## Usage Tips

Butternut squash can be roasted, boiled, or baked. Most often the squash is cut in half lengthwise, seeds scooped out and then the squash roasted cut side down until tender. You can also cook butternut and other squashes and pumpkins in the crockpot. Wash off the whole uncut butternut squash and place in the crockpot on low for about 5-8 hours depending on size of squash. Squash is cooked when a knife easily pierces all the way through. Then simply let squash cool and remove the seeds and skin.

A Vegetable E-booklet



# RECIPES

---

## Cinnamon Roasted Butternut Squash

### INGREDIENTS

- 1 Butternut Squash
- 1 tablespoon of brown sugar
- 1 tablespoon of cinnamon
- 1 tablespoon of honey

### INSTRUCTIONS

1. Preheat oven to 425 degrees, slice your squash in half and remove membranes and seeds.
2. On a lined sprayed baking sheet, sprinkle each half of squash with brown sugar, cinnamon and honey. Roast for 45-55 minutes depending on how done you like your squash.

Adapted from <https://thesouthernladycooks.com/cinnamon-roasted-butternut-squash/>

## Roasted Butternut Squash

[www.loveandlemons.com/roasted-butternut-squash/](http://www.loveandlemons.com/roasted-butternut-squash/)

## Slow-Cooker Butternut Squash & Apple Soup

[www.alexandracoops.com](http://www.alexandracoops.com)



# Delicata Squash

---

## What is it?

A beautiful cream colored squash with dark green and/or dark orange stripes and oblong. It has a shorter growing season than other types of winter squash. It is considered a winter squash because it is hard-fleshed and harvested late in the year. However, the skin is tender and delicate enough to eat, so no peeling is needed.

.....

## Storage Tips

Delicata squash can be kept in a cool, dry place, but is for short-term storage only. It should be eaten within 1-4 weeks.

.....

## Usage Tips

Delicata is often roasted, steamed, or even microwaved. Some like to eat the tender peel. Others remove the peel before eating which is easily done after the squash is cooked. The squash can be pierced through in several places and then microwaved for about 8 minutes. Once cooled enough to handle, the squash can be sliced longways and seeds removed.

To roast, split the squash in half lengthwise and scoop out the seeds. Rub the flesh with butter and sprinkle with salt and/or brown sugar. Roast at 350 degrees for about 45 minutes or until a knife slides through squash easily.

A Vegetable E-booklet



# RECIPES

---

## Parmesan Crusted Delicata Squash

### INGREDIENTS

- cooking spray
- 1 delicata squash, about 14 oz, washed and dried
- 1 tablespoon olive oil
- 1 garlic clove, crushed
- 1/4 teaspoon kosher salt
- black pepper, to taste
- 1/4 cup fresh grated parmesan
- 2 tablespoons finely chopped parsley
- 1 teaspoon finely chopped fresh thyme
- 1/2 teaspoon lemon zest

### INSTRUCTIONS

1. Preheat oven to 425°F. Line a large baking sheet with parchment, lightly spray with oil.
2. Slice the squash in half lengthwise and scoop out the seeds with a spoon. Slice the seeded halves into 1/4-inch thick slices (half circles) and place them in a large bowl.
3. In a small bowl combine the parmesan, parsley, thyme and lemon zest.
4. Drizzle the olive oil, garlic, salt and black pepper over the squash slices, tossing well to coat.
5. Lay flat on the prepared baking sheets, pour the parmesan mixture over the squash.
6. Bake in the center of the oven until soft and golden brown on the edges, about 25 minutes.

Adapted from [www.skinnytaste.com](http://www.skinnytaste.com)



# Spaghetti Squash

---

## What is it?

Spaghetti squash has a mild, slightly sweet flavor, making it perfect for pairing with flavorful sauces such as marinara and pesto. Once the spaghetti squash is baked and cut in half, you can shred the inside of the squash to create spaghetti-like "noodles" for you to use your cooking.

.....

## Storage Tips

Stored in a cool dry place (such as a shady spot on the kitchen counter), spaghetti squash will last for at least a few weeks and up to a few months. Once cut or cooked, store it in a sealed container in the refrigerator where it will keep for closer to 3-4 days.

.....

## Usage Tips

The best way to cook a spaghetti squash is to cut it in half lengthwise, scoop out the seeds and stringy parts, then cook it in the oven or Instant Pot. Use as a substitute for spaghetti and top with sauce or mix in with your favorite stir-fried or roasted veggies.

Don't forget to clean out the seeds and roast them!

A Vegetable E-booklet



# RECIPES

## 4 Cheese Roasted Garlic Alfredo Stuffed Spaghetti Squash

### INGREDIENTS

- 1 1/4 cups whole milk or heavy cream
- 6 ounces frozen chopped spinach, thawed and squeezed dry
- 2 tablespoons chopped fresh sage
- 1 tablespoon fresh thyme leaves
- 1 cup shredded fontina cheese
- 1/2 cup shredded mozzarella or creamy gouda
- 1 cup shredded provolone cheese
- 2 medium spaghetti squash, halved and seeds removed
- 1/4 cup grated parmesan
- kosher salt and black pepper
- 1 head garlic, olive oil, 2T salted butter, at room temperature

### INSTRUCTIONS

1. Preheat the oven to 425° F.
2. In a medium bowl, mix together the milk, spinach, sage, thyme, fontina, and mozzarella. Season with red pepper flakes, salt, and pepper.
3. Place the squash in a baking dish and season the cut sides with salt and pepper. Sprinkle 1/2 of the provolone cheese into the bottom of each squash, then evenly divide the milk/cheese mix among the squash cavities. Top with the remaining provolone cheese. Cover the squash with foil.
4. Slice off the top portion of the garlic head to expose some of the cloves. Place the garlic on a piece of foil. Drizzle with olive oil and wrap it up.
5. Bake the squash and garlic for 30 minutes. Remove the foil from both and continue baking the squash and garlic another 15-20 minutes or until the squash is tender and the cheese is golden brown on top.
6. Let the garlic cool, squeeze the cloves out into a bowl. Add the butter and 1T sage. Mash the cloves into butter with a fork. Spread butter over squash, then use a fork to scrape the squash into strands, mixing the cheese with the squash.