

HARVEST OF THE MONTH

DECEMBER: WINTER SQUASH

Winter Squash

SELECT

Choose winter squash that are heavy, firm, and have a full stem.

Winter squash is in season in Wisconsin from September to November

STORE

Store in a cool, dark place for up to a month. Once cut, refrigerate in a covered container for 2-4 days.

NUTRITION

Vitamins A and C helps with seeing in dim light and helps the immune system.

Fiber: helps reduce blood cholesterol levels and may lower your risk of heart disease.

Recipe: Squash and Apple Casserole

Ingredients:

- 2 ½ cups winter squash; washed, peeled and sliced into ¼ inch slices (see backside)
- 1 ½ cups apples, washed, cored and sliced into ¼ inch slices
- 1/2 teaspoon nutmeg
- 1 teaspoon cinnamon

Instructions:

Add cooked winter squash and apples into an 8 x 8-inch pan.



Sprinkle spices over the top.

Cover with aluminum foil. Bake at 350 degrees Fahrenheit for 45-60 minutes or until squash is tender. Serves 6.

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Preparing Winter Squash

- Rinse squash under running water and dry with a clean towel.
- Pierce the squash several times with a sharp knife and place on a microwave safe plate or dish.
- Microwave the squash on high for 6-8 minutes. Allow it to cool enough to be touched.
- Cut off the top inch of the squash including the stem.
- Cut the squash in half. Scoop out the seeds with a spoon.
- Place the two halves face down on the microwave safe plate or dish with $\frac{1}{2}$ cup of water. Microwave on high 5 minutes. Check if the squash can be easily scooped with a spoon. If not, cook another 3-5 minutes or until the flesh is the texture of a cooked potato. Set aside to cool.
- Once the squash is cool enough to touch, dice the squash with a knife without cutting through the skin and scoop out the diced pieces or scoop out the flesh and mash with a fork.

Watch a video on the process here: <https://youtu.be/9X9-1F1iQhY>

More Recipe Ideas:

Easy Roasted Veggies

<https://spendsmart.extension.iastate.edu/recipe/easy-roasted-veggies/>

Butternut Squash Enchiladas:

<https://spendsmart.extension.iastate.edu/recipe/butternut-squash-enchiladas/>



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