



Wickham Farms CSA

2015 Harvest Share Program

Staff Picks!

This week we're CRAZY for Squash; colorful, sweet and very versatile!

Pumpkin Crisp

- 1 3/4 cups pumpkin puree (or 15 oz. can)
- 1 cup evaporated milk
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- dash of cloves
- dash of nutmeg
- 1 box butter cake mix
- 1 cup chopped pecans
- 1 cup butter, melted



Preheat oven to 350°F. Butter a 13x9 baking dish. Mix pumpkin, evaporated milk, sugar, vanilla extract, cinnamon, dash of cloves, and dash of nutmeg and pour into prepared pan.

Sprinkle cake mix on top of pumpkin mixture. Sprinkle pecans on top of cake mix. Pour melted butter on top. Bake at 350 for 1 hour until golden on top. Let set for 10 minutes before serving.

Sweeter, denser, and more firm in texture than summer squash or zucchini, winter squash can be used in soups, casseroles, risotto, lasagna, and even desserts. Naturally low in fat and calories, winter squash has significant nutritional benefits. One cup of baked butternut squash is rich in vitamins A (from beta carotene), B6, C, and E, as well as magnesium, potassium, and manganese. Flavors are generally mild-to-sweet, so squash won't overwhelm other ingredients.

Squash should have a hard, undamaged, rind with intact stem, and feel heavy. They store so well that they're available almost year-round. The ideal storage would be not as cold as a refrigerator, but not as warm as a heated house. An area that stays in the 50s is ideal. With the exception of spaghetti squash, virtually any winter squash (including pumpkin) can be substituted for another in a recipe.

To cut, hack off the stem with a hefty knife or cleaver, then smash the knife or cleaver lengthwise into the rind. If necessary, use a rubber mallet or rolling pin to gently hammer where the blade meets the handle, until the squash splits. If you're still having trouble, pierce the skin in a couple of places, microwave on HIGH for a minute or two, let it stand for several minutes, and try cutting it again. Once you've split the squash, use a large spoon to clean the seeds and membrane out of the cavity. If you're baking or microwaving a whole squash, be sure to pierce the rind in several places with a fork so it won't explode. (If you need to peel the squash, do so after cooking.) One pound of winter squash will provide about two cups of cooked pieces.

Spaghetti Squash with Mushrooms & Sage

- 1 small spaghetti squash (about 2 lbs)
- 1 tablespoon butter
- 2 tablespoon olive oil
- 1/2 an onion, chopped
- 12- 16 ounces sliced mushrooms - cremini, shiitake or chanterelles
- 4-6 garlic cloves, finely chopped
- 3 tbsp fresh chopped sage
- salt and pepper to taste
- generous pinch nutmeg
- 1/4 cup grated romano cheese (or parmesan)
- drizzle truffle oil- optional but delicious



Photo Credit: Feasting at Home blog

Preheat oven to 400°F. Cut spaghetti squash in half and place skin side up on a parchment lined baking sheet. Bake 40-50 mins. While squash is baking, heat oil and butter in a large skillet over medium-high heat. Sauté onions until just tender about 2-3 mins. Add mushrooms, turn heat to medium and sauté until liquid is released, about 5-7 mins. Add garlic and sage and continue cooking until mushrooms brown, about 4 mins. Season generously with salt, pepper and nutmeg.

When squash is done (easily pierced with the tip of a sharp knife), let cool enough to handle, then scoop out seeds. Scrape out the spaghetti squash into the sauté pan with the mushrooms; stir to incorporate. Stir in most of grated cheese, saving some for garnish. Place in a serving bowl, top with remaining cheese and a drizzle of truffle oil.

