

ACORN SQUASH



Acorn Squash is a part of the RED/ORANGE vegetable group. It is most commonly found in the fall and winter seasons but can be grown all year round. This sweet tasting squash is high in fiber and a good source of vitamins A, C, and B6, magnesium, manganese, potassium, and thiamin.

This winter squash is typically baked and served as a sweet nutty side dish. It can also be stuffed, boiled, or pureed into a creamy soup.

FUN FACT :

The acorn squash, also known as the Danish squash has been a meal time favorite since 4,000 B.C. when it was baked whole in outdoor clay and brick ovens.

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Safety:	<p>Scrub Acorn Squash with a vegetable brush under running cold water before cutting to avoid contaminating the inside of the squash.</p> <p>Always use a different cutting board for vegetables than for meats to prevent cross contamination. Use gloves for produce that will be served raw.</p>
Yield:	<p>1 lb whole squash yields 0.7 lb or 2.35 cups of ready to cook pared squash. For 100, ½ cup servings, purchase 42.6 lbs.</p>
Quality:	<p>When purchasing look for a firm squash that feels heavy in the hand. The squash should be dull in color and have green and orange on the rind. The stem should be intact.</p>
Storage:	<p>Store whole & unwashed in a cool (45° F) dry place. Properly stored squash can last up to 3 months. Store cut squash in plastic wrap in the refrigerator and use within a week.</p>
Preparation:	<p>Cut Acorn Squash in half and scoop out seeds and strings with a spoon. For Puree: Roast as a ½ squash with the rind on. Remove soft cooked flesh from rind and mash or puree. For Cubes: After cutting and removing seeds, cut along natural indentation to cube. It is often easier to peel the cubed pieces at this point than peel the whole squash because of its ribbed shape.</p>
Seasonings:	<p>Acorn Squash is complimented very well by roasting. It can be sweet or savory, with seasonings such as butter & maple syrup or sage & thyme. For Island-style squash soup, try it pureed with broth, a little coconut milk, and curry powder.</p>

TIP: If acorn squash is hard to cut, you can bake, steam, or microwave the whole squash for about 5 minutes to soften the rind just enough to make it easier to cut. Cut and cook immediately, do not store partially cooked cubes.

