it's time for
SQUASH!

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– it's time for –

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There's no denying that **squash is a Fall classic**. Used in soups, stews, pastas, salads, and casseroles, its versatility is seemingly endless. Not only does it offer a desirable creamy, nutty, and slightly sweet flavor, squash is also high in fiber and is an excellent source of vitamins A and C. It's no wonder squash has been enjoyed since 8,000 B.C.!

Come with us as we explore the many possibilities and different approaches to enjoying squash this season. **IN THIS ISSUE,** we share two quick and satisfying squash dishes, a **Spaghetti Squash with Silky Peanut Sauce**, and a **Curried Butternut Squash Soup**.

COMMON VARIETIES OF SQUASH

The term "**squash**" actually encompasses a wide variety of vegetables, including pumpkins, zucchinis, courgettes, and marrows. A few of our favorites include:

SPAGHETTI

Extra large, oval, mild-tasting squash filled with thin, spaghetti-like strands. **Best** when roasted.
Great for using strands as a healthy 'pasta'.

BUTTERNUT

Medium-to-large, bell-shaped winter squash, with thin skin, long neck, and a nutty interior. Nutrient dense and especially creamy. One of the most popular squash nationwide.
Best when roasted and pureed.
Great in soups.

ACORN

Small, acorn shaped squash with a ribbed, green rind and a yellow or orange interior flesh.
Best when roasted or sauteed.
Great for stuffing other foods when halved.

SQUASH is available all year and is one of the oldest food crops!

DELICATA

Large, golden and green pin-striped squash. Often referred to as a sweet potato squash, because of its creamy flesh with similar notes to sweet potatoes. Skins are edible!
Best when roasted and stuffed.

KABOCHA

Medium, squatty squash with a speckled green and orange exterior. Sweet, smooth, buttery, and rich.
Best when baked or steamed.
Great in soups and sauces.

– how to wrangle a –

BUTTERNUT SQUASH

Creating a flat surface first makes an overall safer approach!

1 CUT off the ends and in half at the waist

2 PEEL carefully with a knife or vegetable peeler

3 CUT in half and scoop out the seeds

4 SLICE or dice squash into strips or cubes.

CURRIED BUTTERNUT SQUASH SOUP

INGREDIENTS:

1 butternut squash, diced and roasted
2 tablespoons coconut oil
1 tablespoon butter
1 small leek
1 yellow onion
1 shallot, thinly diced
1 large carrot, diced
2 cloves garlic, minced
1 teaspoon freshly grated ginger
1 teaspoon curry powder
1 14-oz can unsweetened coconut milk
4 cups vegetable broth
1 teaspoon brown sugar
1 tablespoon fresh lime juice
1 teaspoon red Thai curry paste
kosher salt
black pepper

TOPPINGS:

1 lime, wedged
1 can full-fat coconut milk
pumpkin seeds
fresh mint

COOK...

...and BLEND!

THOUGH OFTEN CONSIDERED A VEGETABLE, SQUASH IS ACTUALLY A FRUIT!

DIRECTIONS:

1. In a large dutch oven, add the oil, butter, leek, onion, shallots, carrot, garlic and ginger. Sauté ingredients for 5 minutes over medium heat, stirring frequently.

2. Add the butternut squash and season with salt, pepper, and curry powder. Stir to coat. Then cover and cook for 15 minutes, stirring occasionally.

3. Add the coconut milk, vegetable broth, brown sugar, lime juice, and Thai red curry paste.

4. Bring the ingredients to a low boil over medium heat and then reduce heat to low, cover, and simmer for 15 minutes or until the butternut squash is fork tender.

5. Use an immersion blender, or transfer soup to a blender, and puree until smooth. Serve with pumpkin seeds, fresh mint, lime, and a drizzle of coconut milk.

CURRIED BUTTERNUT SQUASH SOUP

PRINT RECIPE HERE >

SPAGHETTI SQUASH w/ silky peanut sauce

INGREDIENTS:

1 Spaghetti squash, halved and seeded
1/3 cup creamy peanut butter
1 small jalapeño, minced
3 tablespoons soy sauce
2 tablespoons rice vinegar
1 lime, juiced
4 cloves garlic, minced
2 teaspoons chili garlic paste
1 tablespoon grated fresh ginger
1 teaspoon red pepper flakes
1 teaspoon salt

TOPPINGS:

1 bunch fresh cilantro
1 red pepper, sliced
1 yellow pepper, sliced
chopped peanuts
diced green onions
1 lime, wedged

– how to cook –

SPAGHETTI SQUASH

1 CUT squash in half.

2 SCOOP seeds and stringy pulp from halves face down in 1" of water.

3 COOK in a microwave for 10 minutes or until fork tender.

DIRECTIONS:

1. In a food processor, puree peanut butter, soy sauce, rice vinegar, lime juice, ginger, garlic, chili garlic paste, jalapeño, salt and red pepper flakes.

2. Microwave the spaghetti squash halves face down in a glass dish filled with 1 inch of water for 10 minutes. When squash is tender, slightly cool and scrape into strands with a fork. Mix in the peanut sauce.

3. Top with chopped peppers, peanuts, green onions, cilantro and lime.

SPAGHETTI SQUASH WITH SILKY PEANUT SAUCE

PRINT RECIPE HERE >

CREAMY. NUTTY. SWEET. SPAGHETTI SQUASH.

WÜSTHOF 9" COOK'S KNIFE

Investing in a high-quality chef's knife is essential when slicing through that tough squash rind!