



Our Favourite Squash Recipes



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A Simple Way to Get Your Squash Ready

1. **Preheat** your oven to 350 F
2. **Cut** your pumpkin or squash in half and scoop out the seeds. Choose an appropriate sized baking dish (with lid) and place halves (or smaller pieces if necessary) inside with about ½ inch of water.
3. **Bake** with lid on for 30-45 min. or until soft & tender. Scoop flesh away from skin. Puree (you'll want it baked until *very* soft) or use as specified in your favourite recipes!

5 Easy Ways to Eat More Winter Squash

1. Stir 1 cup of pureed winter squash into your favourite pasta sauce (homemade or bought).
2. Use cubed winter squash in place of sweet potato in recipes.
3. Add 1 cup of cubed winter squash to your favourite soups (homemade or bought).
4. Homemade winter squash ravioli. Easy stuff. All you need is wonton wrappers, pureed squash, some salt and pepper and maybe a bit of creamy cheese....
5. Freeze it! Cook a lot of squash at once (hey – you've got the oven on anyway....) and then freeze in one or two cup portions (cubed, pureed; however you like). Now it's ready for all of your time pressed, week-night dinners.

Best Roasted Winter Squash & Veg

2 cups of partially cooked winter squash "chunks" (see 'A Simple Way to Get Your Squash Ready' - top)

- 1 large carrot, peeled and roughly cut
- 1 small onion, cut into wedges
- 1 large parsnip, peeled and roughly cut
- 2 large potatoes, roughly cut
- 1 tsp. dried or fresh rosemary
- 3 cloves garlic, whole
- Olive oil
- White Balsamic or White Wine Vinegar
- Coarse Salt and Pepper

Preheat oven to 400 F. Place the squash, winter veggies and garlic together baking dish. Drizzle generously with olive oil, season with coarse salt, freshly ground pepper and rosemary. Put a splash or two of vinegar over the veggies and toss together. Roast with the lid on for 20 minutes and then take it off for another 20 minutes or until the veggies are soft and caramelized (browned). Leftovers are delicious mixed with rice for an entirely new meal or even pureed with some chicken stock for a quick winter soup.

Winter Squash Bars (perfect for lunch bags)

2 cups pureed winter squash (any kind will do!)

1 ½ cups sugar

¾ cup oil

4 eggs

1 tsp vanilla

½ tsp salt

Beat above ingredients together in a large mixing bowl.

1 cup flour

1 cup whole wheat flour

(try our local Brule Creek Red Fife Flour for the above!)

2 tsp baking powder

1 tsp baking soda

1 tsp ground cinnamon

Blend together in a separate bowl. Stir into wet ingredients until just moistened. Pour into a lightly greased 11 x 17-inch jelly roll pan. Bake in preheated oven at 350F for 25-30 min.

Spaghetti Squash Sauté

3 cups cooked spaghetti squash

To cook a spaghetti squash, cut the squash in half and scoop out the seeds. Then place each half, cut side down, in a large baking dish with about 1 inch of water. Bake at 350F until the squash is tender (about 35-40min). Use a fork to pull the flesh from the skin of the squash.

1 tbsp olive oil

1 medium onion, diced

1 large clove garlic, minced

2 cups chopped tomatoes

¼ cup crumbled feta

¼ cup sliced black olives

Saute the onions in olive oil until soft. Add garlic and cook for about 1 min. more. Add tomatoes and simmer for 3 to 5 min. Toss with spaghetti squash, top with cheese and olives and serve warm.



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Smoky Winter Squash/Pumpkin Soup

- 3 slices bacon**
- 1 tbsp butter**
- 1 medium to large onion, diced**
- 1 large carrot, diced**
- 1 celery stalk, diced**
- 1 large clove garlic, minced**
- 3 cups cubed orange fleshed squash (*butternut, hubbard, kabocha/buttercup or turban*)**
- 4 cups chicken stock**
- 1 tsp thyme**
- 1 tsp sage**
- 1 tsp smoked paprika or chipotle chili powder**
- Salt & pepper to taste**
- Dash lemon juice**

Cut up bacon into bite size pieces. In a large heavy-bottomed pot or Dutch Oven, fry bacon until very crisp. Remove bacon into a paper-towel lined bowl and keep for topping the soup. Reserve 1 tbsp bacon fat in the pot – drain the rest. Add 1 tbsp butter to the bacon fat and sauté onions, carrots and celery until very, soft. Add pumpkin and garlic sauté for about 1 min. more. Add broth and remaining seasonings. Simmer for 15 – 20 min. Puree.

Stuffed Winter Squash

- 3 Sweet Dumpling Squash (or Sweet Potato or Acorn)**
- Preheat oven to 375 F. Cut squash in half and scoop out seeds. Place squash face-down in baking dish with about ½ inch water. Bake until tender about 30 minutes. Fill with one of the following stuffing options and finish baking as directed:

Apple Stuffing:

- 2-3 tart apples, diced**
 - ¼ cup maple syrup**
 - ¼ cup butter, melted**
- Combine. Stuff into squash, cover and bake at 375F for 30 min.

Mushroom Stuffing:

- 1 medium onion, chopped**
- ½ cup favourite mushrooms, chopped**
- 2 cloves garlic, minced**
- 2 cups bread crumbs**
- ½ tsp sage and salt**
- Dash pepper**

Saute onion, mushrooms and garlic until soft. Add remaining ingredients and stuff into cooked squash. Bake at 375F for 20 min.

Middle Eastern Stuffing:

- 1 tbsp olive oil**
- 1 small onion, diced**
- 1/4 cup shelled pistachios, coarsely chopped**
- 8 dates, coarsely chopped**
- 1 tsp lemon zest**
- 1 tsp cinnamon**
- 1 cup cooked quinoa**
- Salt and pepper to taste**

Heat oil in a medium saucepan over medium heat. Add onions and sauté until onion is soft. Add pistachios, dates, lemon zest, and cinnamon and sauté for another minute. Stir in the cooked quinoa and season to taste with salt and pepper. Stuff squash and bake at 375F for 20 min.

Watch for our produce here each season to get more local eating or buy a Farm Share to help set yourself up with more local food automatically!

Info at www.belluzfarms.on.ca

Approximate Harvest	Fresh Product
May to August	Garden Centre Plants! bedding plants, veggies, etc.
July	Strawberries
Mid July to Late July	Saskatoons & Gooseberries
July & August	Summer Peas
Mid July & August	Raspberries
August	Cucumbers
August to early Sept.	Sweet Corn
August	Yellow & Green Beans
Mid Aug to early Sept	Melons, Tomatoes
Mid Sept & October	Pumpkins & Squash
October	Natural Fall Décor & Fall Wonderland
Spring & Fall	School Tours