

## WAYS TO PREPARE SQUASH!

*When you stop by Twining Tree Farm's produce booth at the Redding Farmers' Market (opening again in spring), each week you'll find hand-lettered half-broadsides about vegetables in season or the goings-on of the Twining Tree farmers. The following transcribes one of these broadsides, a poor visual substitute for the hand-lettered original but accurate in substance.*

Meaty, flavorful and long-keeping "winter" squash is a versatile food that's in season almost all year 'round!

**BAKING.** Slice a squash in half, and scoop out the seeds. You can bake the halves intact if you wish to fill them with rice pilaf, Thanksgiving-style dressing, or the ever-popular butter and brown sugar! Otherwise, for faster cooking, chop them into chunks or crescents an inch thick. Arrange in a roasting pan with just a bit of water in the bottom (¼ inch is plenty!), flesh side up. Bake at 350 degrees for 25-50 minutes depending on the amount of squash. Squash is also very easy to bake in a solar oven: an hour or two even only at 200 degrees results in fabulous baked squash. Squash rind is edible (wash your squash before cooking it!) but not necessarily to everyone's taste.

**GRILLING.** You can cube squash and skewer it for kebabs. Or, cut a squash steak about ½ inch thick, marinate it or not, and grill it just as you would an eggplant steak.

**DEHYDRATING.** Once a squash is cooked, squash purée can be dehydrated into a delicious and hearty "squash jerky"! A wonderful sustained energy snack!

**FREEZING.** Cooked, puréed squash can be simply packed into Tupperware and frozen. I like to freeze it in one cup servings for convenience. Use it cup-for-cup in any muffin or quick-bread recipe calling for apple sauce, persimmon pulp, etc.

**SOUPS.** Instead of baking squash you can simmer the chunks in water or stock, with desired seasonings – then purée everything. Stir in cream or coconut milk; add your favorite chopped veggies sautéed in olive oil; or simply top with sour cream or your favorite chopped herb. Nothing makes a more refreshing summer luncheon than chilled squash soup!

## SOUTHWESTERN SQUASH CHOWDER

2 tablespoons olive oil  
2 tablespoons butter  
3 large onions, chopped  
2 large bell peppers, chopped  
6 pounds winter squash, peeled and chopped to yield 5 cups of diced squash  
½ cup flour  
1 teaspoon salt  
1 teaspoon red pepper flakes  
8 cups chicken or vegetable broth  
3 cups corn kernels (canned, frozen, or fresh from the cob)  
1½ cups milk or soymilk

Heat oil and butter in a heavy four quart sauce-pan, sauté onions and peppers for about 5 minutes. Stir in flour, salt and pepper flakes. Add the broth and squash. Bring to a boil, then reduce to low heat and simmer until squash is tender (about 20 minutes). Add the corn and milk, season as desired, simmer uncovered another 5 minutes, and serve garnished with sage. Serves eight. Total production time is about an hour. Adapted from Amy Goldman's salivation-inducing book, *The Complete Squash*.

## WOLFIE'S SQUASH BREAD

1 large egg  
¾ cup white flour and ¼ cup whole wheat flour  
1 cup puréed cooked squash or pumpkin  
1 teaspoon baking powder  
1 teaspoon baking soda  
½ teaspoon each nutmeg, cinnamon, and cloves  
½ cup canola oil  
½ cup honey  
2 tablespoons brown sugar  
Nuts, raisins or pumpkin seeds as desired

Combine all ingredients and add nuts, raisins or pumpkin seeds as desired. (Pumpkin seeds are especially good as a topping.) Pour into a 9"x4" greased bread pan. Alternatively, you could make 6 muffins. Bake at 350 for 50 minutes – or in a solar oven at 200-250 for 2½ to 3 hours

## SQUASH KEBABS

Just chop raw squash into ¼-¾" cubes and skewer along with onions and bell peppers cut into 1" squares. Grill for 5 minutes on each side, or until the edges of the squash cubes are charred.

Enjoy!