

Foods For Thought

From the Vegetable Garden Team of Eden Mill Nature Center

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Featuring:

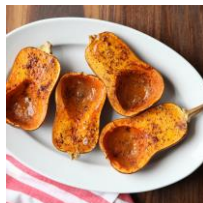
SQUASH



Roasted Honeynut Squash

Ingredients

2 honeynut squashes
(small winter squash)
1 tablespoon melted butter
Salt and pepper to taste
1 tablespoon brown sugar
1/2 teaspoon cinnamon



Scoop out the seeds and discard. Place on a baking sheet, cut side up. Brush on the melted butter and season with salt and pepper. Sprinkle the brown sugar and cinnamon over the tops of the squash. Roast for approximately 30 minutes or until tender. Serve in the skin or scoop out.

Directions

Preheat oven to 425 degrees F. Cut the honeynut squashes in half lengthwise.

*Nutrition Info per each 1/2 squash:
Calories 117, Protein 2g, Fat 3g, Sodium 1mg, Fiber 4g*

Roasted Summer Squash

Ingredients

2 pounds yellow squash
(about 6 small squash)
2 tablespoons olive oil
1/4 cup grated Parmesan
cheese
Black pepper to taste



Slice squash lengthwise and place on a baking sheet. Mix olive oil and cheese in a small bowl. Using a small spoon spread a dollop of the mixture onto the flat surface of the squash. Roast for 25-30 minutes until cheese is slightly brown.

Directions

Heat oven to 400 degrees F.

Nutrition info per 1 squash: Calories 87, Fat 6g, Carbs 5g, Sodium 81mg, Protein 4

Pasta and Zucchini

Ingredients

6 ounces linguini or other pasta
3 medium zucchinis (1 pound)
1/4 of a red onion, chopped
3 tablespoons pesto



Spread a little olive oil onto the frying pan and cook the onions for 2 minutes. Add the grated zucchini and cook for about 5 minutes until the zucchini starts to release its liquid. Toss cooked pasta in a large bowl with zucchini mixture and pesto. Add salt and pepper to taste.

Directions

Cook pasta according to package directions. While the water is boiling for the pasta, grate the zucchinis onto a plate.

Nutrition Info per 1 cup serving: Calories 199, Fat 6g, Carbs 29g, Protein 8g, Sodium 97mg

Presented by
Harford County
Master
Gardeners
and
Family &
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Recipes courtesy of Harford County Master Gardeners



Who said this?

“What is a zucchini’s favorite sport? Squash!”

- Anonymous

“Butternut squash is a real letdown. No butter, no nuts, just squash.” - Anonymous

“I don’t see how a pumpkin patch could be more sincere than this one.” - It’s the Great Pumpkin, Charlie Brown (Linus)

One bright fall day, Sophie chose a squash at the farmers’ market. Her parents planned to serve it for supper, but Sophie had other ideas. It was just the right size to hold in her arms. Just the right size to bounce on her knee. Just the right size to love. “I’m glad we met,” Sophie whispered. “Good friends are hard to find.”
- From Sophie’s Squash by Pat Zietlow Miller

Oh, the glories of winter squash. Why do I love them so? First, they are so easy to prep. Second, they can easily be the star of a meal—season them and you can go from an Indian meal to an Italian meal. And lastly, they are filling. Similar to summer squash, they have a meaty consistency, and when you finish your meal, you’re full and content. - From Happy Day Farmhaus

Believe It or Not!

1. Most winter squash have long shelf lives and last for weeks in cool, dry places. Even months!
2. Squashes are commonly made into candies in Latin America.
3. Ten thousand year-old summer squash seeds have been found in Mexican caves. Explorers such as Christopher Columbus brought squash back from North America and spread the vegetable around the world.
4. Squash flowers are edible and are used in salads and soups or stuffed with cheese and fried.
5. Spaghetti squash does not taste like spaghetti. It gets its name from the fact that when it is cooked, its flesh separates into shapes that look remarkably like noodles.



**MASTER
GARDENER**

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What is... a squash?

A squash is a fleshy vegetable protected by a rind. All squashes belong to one of four species of the Curcubita family of vegetables. In the United States, they are typically categorized as summer or winter squashes. The summer squash group includes yellow and zucchini whereas the winter squash group contains the thick-skinned varieties such as butternut, honeynut, acorn, and pumpkin.

Health Benefits

All squash provide numerous health benefits. Yellow squash is rich in manganese and zucchini is high in antioxidants. Winter squashes are packed with vitamin C. All squashes are a good source of fiber.

The gardeners have many delicious ways to use fresh squash and to maximize their health benefits. We fry up summer squash fritters. We enjoy stir fried zucchini and yellow squash with mushrooms, onions, and cherry tomatoes. Zucchini also makes wonderful “zoodle” noodles which become a low carb side vegetable or a great substitute for pasta. We love to turn butternut squash into pies, soups and breads. We also roast squash with various vegetables and layer them in lasagna. This can be frozen for future meals. Whip up an impossible pie with Bisquick, summer squash and eggs for a wonderful breakfast casserole. A you can see squash is a healthy addition to your diet and very versatile.



Source: WebMD



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