

WHAT'S IN YOUR BOX TODAY?

- * DELICATA SQUASH
- * TURNIPS
- * LETTUCE
- * SPRIG OF THYME
- * BEETS
- * COLORED BELL PEPPERS
- * CELERIAC - This root vegetable with its sparkling-white interior is delicious served raw in salads, cooked in stews, mashed with potatoes, roasted or French-fry-cut and fried. It's also low in carbs, nutritious and filling!
- * POTATOES
- * ONIONS
- * TOMATOES
- * SCALLIONS
- * CARROTS
- * SPINACH

Delicata Squash Tips and Recipes

By Brenda Hyde

Delicata squash is a nice mild tasting and delicious squash. The following recipes will give you an idea of how to use it. You can substitute other winter squash in these recipes if you wish. Delicata will store at room temperature for about 4 weeks.

Squash with Herbs

- 2 medium winter squash (about 2 pounds)
- 3 tablespoons butter
- 1/4 cup fresh sage, chopped
- 1 tablespoon fresh rosemary, chopped
- 1 1/2 cups apple cider or juice
- 1 cup water
- 2 teaspoons wine or herb vinegar
- 1 teaspoon salt
- freshly ground pepper to taste

If using delicata squash, peel it with a vegetable peeler, then cut it lengthwise in half, and scrape out the seeds. Cut each piece in half again lengthwise, then crosswise into 1/2-inch-thick slices. Other squash should be peeled, seeded, cut into 1x 1/2 inch pieces. Melt the butter in a large skillet over low heat. Add the sage and rosemary and cook until the butter just begins to turn color-3to5minutes. Add the squash to the skillet, then the apple cider, water, vinegar, and salt. Cook stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. Taste and season with pepper and additional salt if needed.

Spicy Squash Soup

- 2 1/2 tsp. Cajun seasoning
- 1 1/2 lb. Delicata or other winter squash
- 2-3 tsp. fresh ginger, peeled and minced
- 1 liter milk
- 2 cup sweet onion, diced
- 1 cup celery, diced
- 2 tbsp. minced garlic
- 4 tsp. olive oil
- 10 oz. frozen corn kernels
- 10 oz. frozen green beans
- 3/4 cup fresh basil leaves, chopped

Trim edges of squash, cut into four pieces, remove seeds. Steam 12-15 minutes until

soft. Scrape the squash from the skin into a blender, add ginger and 2 1/2 cups milk; purée. Sauté onion, celery and garlic in 3 tsp. olive oil until onions are soft. Reduce heat to low, stir in Cajun spice mix. Stir for 30 seconds, add squash purée and remaining milk. Bring to a boil, simmer for 15 minutes. Add corn and green beans and continue to simmer. Stir in basil. Season with salt to taste.

Baked Delicata Squash

- 1 delicata squash
- 1-2 Tbsp. butter
- salt and freshly ground black pepper

Cut off the ends of squash, cut in half lengthwise. Remove the seeds. Leaving the skins on, cut the squash into 1/2-inch wide lengths. Place these on a baking sheet, dot with butter, and sprinkle generously with salt and pepper. Roast at 375 degree F. oven until soft. This is the basic recipe. You can add herbs, spices or honey to it if you wish.

Delicata Squash Puree

- One 2-lb. Delicata squash
- 1 lb. potatoes, peeled and quartered
- 1 cup heavy cream or half and half
- 2 tbsp. butter or olive oil
- 1/4 c. finely chopped fresh chives
- salt and fresh ground black pepper to taste

Split the squash in half and scoop out the seeds. Peel the outer skin and cut the squash into 3-inch pieces. Place squash and potatoes in a large saucepan and fill with water and 1/2 tsp. salt. Bring to a boil and cook until both the squash and potatoes are fork-tender (30-40 minutes). Drain liquid (reserving about 1 cup) and add in cream and butter. Using a potato masher, mix well. Add chives and season to taste with salt and pepper. Add cooking liquid if you want it a bit thinner consistency.

Turnip and Onion Gratin

- 1/2 pound turnips, peeled and grated
- 1 onion, chopped finely
- 2 teaspoons cornflour
- 5 tablespoons of freshly grated Parmesan (keep one tablespoon to sprinkle over top)
- small tub of double cream cream

In a bowl toss the turnips and the onion with the cornflour, 4 tablespoons of the Parmesan, and salt and pepper to taste and transfer the mixture to a buttered 9-inch square dish, patting it down. Drizzle the cream evenly over the mixture, sprinkle the mixture with the remaining 1 tablespoon Parmesan, and bake the gratin in the middle of a preheated 190 C degree oven for 25 to 30 minutes, or until the top is golden.