

Butternut Squash

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When to Harvest

During the summer, your butternut squash will start to swell and turn a creamy-tan color. As summer winds down, the tan color will become a deep beige and the green streaks that once trailed from the stem will be gone.



Where the stem meets the fruit, you'll notice that it will change from green to a dry brown. Now it's time to harvest!



Curing

Once you notice the signs of mature squash, and you've carefully removed the squash from the vine, it's time to cure the fruit! Any squash with blemished or broken skin should be eaten quickly because they won't store well. Place your squash on a warm dry surface inside or outside that gets plenty of sun.



Let the squash cure for 10 days in the sun, rotating it so each side is exposed. You'll know the squash is cured and ready when the skin is hard and unmarked by the pressure of a fingernail. Once cured, store the squash in a cool, dry place until you're ready to enjoy!

Mildew

Depending on where you live, excess moisture could promote powdery mildew. While mildew typically doesn't devastate entire crops, it's important to keep it in check. If you see leaves with blotchy white spots, carefully remove the leaf from the plant and throw it away, don't compost it.



A good way to prevent powdery mildew is to keep excess water off the leaves. This means watering the squash plants at the base instead of on top of the leaves.

DID YOU KNOW?

Butternut squash is one of the longest lasting vegetables! When stored in a cool, dry place, they can last for months while still preserving their texture and flavor! This is why they are called a 'winter squash', because they're stored during the winter.

Mac 'N Cheese

Give this fresh take on Mac 'N Cheese a try by replacing the cheese base with butternut squash!

Ingredients:

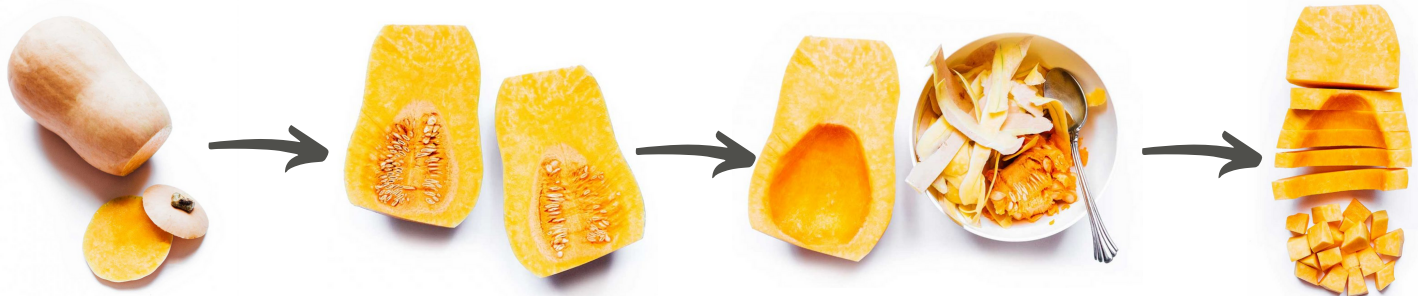
- 1 medium butternut squash
- 3 cups milk or milk substitute
- 2 tbsp cornstarch
- 1/4 cup nutritional yeast
- 1 tsp ground mustard
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp smoked paprika
- 1 pound elbow pasta
- 1/2 cup panko breadcrumbs



RECIPE INSPIRED BY DORA STONE

Directions:

1) Start by slicing the ends off the squash to make it easy to cut. Then cut the squash in half length-wise and scoop out the seeds with a spoon. Carefully peel the skin off the squash using a vegetable peeler and cut each half into 1-inch cubes.



2) You should have about 3 cups of cubed squash. Steam the butternut squash cubes for about 10 minutes or until they are soft.

3) Meanwhile, bring a large pot of water to a boil and cook pasta according to directions on the package.

4) To make the sauce, combine the cooked butternut squash, milk, corn starch, nutritional yeast, ground mustard, garlic powder, onion powder, and smoked paprika in a blender. Process until smooth.

5) Pour the sauce into a large pot set to low-medium heat. Stir often. As soon as the sauce comes to a simmer, add the cooked pasta and mix to combine.

6) Place the macaroni and "cheese" into a 9-by-13-inch baking dish and top with panko breadcrumbs. Place under the oven broiler set to low for 5 minutes to brown the top of the dish. Enjoy warm and bubbly!