

Butternut Squash

Karli & Becky



Common Cooking Methods:

- ❖ Steam Bake
 - Retains moisture
- ❖ Roast/Bake
 - Enhances sweet flavor
- ❖ Boil
 - Creates a tender texture
- ❖ Microwave
 - Quickest way to cook

Vegetable Lasagna with Butternut Béchamel



Nutrient Value (of one 205 g serving):

- ❖ 84 mg Calcium
- ❖ 1.23 mg iron
- ❖ 583 mg Potassium
- ❖ 59 mg Magnesium
- ❖ 55 mg Phosphorus
- ❖ 31 mg vitamin c
- ❖ 1144 mcg vitamin A
 - Also a good source of Vitamin E, thiamin, niacin, vitamin B-6, folate, pantothenic acid

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- ❖ 3 cups cubed peeled butternut squash
 - ❖ 1 cup plus 1 tablespoon organic vegetable broth, divided
 - ❖ 1 cup fat-free milk
 - ❖ 4 garlic cloves
 - ❖ 1/2 teaspoon kosher salt
 - ❖ 1/4 teaspoon freshly ground black pepper
 - ❖ Dash of ground nutmeg
 - ❖ 2 ounces Gruyère cheese, shredded (~ 1/2 cup)
 - ❖ 3 ounces part-skim mozzarella cheese, shredded (about 3/4 cup), divided
 - ❖ 1 tablespoon olive oil
 - ❖ 1 small onion, chopped (about 3/4 cup)
 - ❖ 1 pound sliced cremini mushrooms
 - ❖ 1 bunch Swiss chard, trimmed and very thinly sliced (about 5 cups)
 - ❖ 3 tablespoons pine nuts, toasted and chopped
 - ❖ Cooking spray
 - ❖ 6 whole-wheat lasagna noodles, cooked
 - ❖ 3/4 cup part-skim ricotta cheese
 - ❖ 1 ounce finely grated fresh Parmigiano-Reggiano cheese (~ 1/4 cup)

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- **Full recipe with directions** - <http://www.myrecipes.com/recipe/vegetable-lasagna-butternut-bechamel>

How to Grow Butternut Squash?

- ❖ Initial planting after last frost and when soil is well warmed
 - ❖ Form soil into a hill, plant 5 or 6 seeds per hill
 - ❖ Needs to be well fertilized, they use a lot of nutrients from the soil
 - ❖ 10 days later they will sprout
 - ❖ Keep the strongest, 3 per hill
 - ❖ Will take about 120 days for fruit maturation
 - ❖ May start seedlings inside to get a head start
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When/How to Harvest?

- ❖ The skin will turn very thick and hard
 - ❖ Tip: It is ready when it is difficult to poke your fingernail through the skin
 - ❖ Will be ready around late September or October
 - ❖ Make sure to harvest before first frost
 - ❖ Cut the fruit from the vine about 2 inches the squash
 - ❖ Leave the stem on to prevent bacteria from invading the fruit
 - ❖ After harvest, leave them to cure about a week indoors to fully harden the skin
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