



Turks Turban Squash



Description

Turks Turban Squash is classified as a Cucubita maxima, which is simply a group of squashes that relatively have the same shape. Turban Squash ranges from a variety of different colors. This squash ranges in size from 10-15 inches and is a lot heavier than expected to be for its size. The outside of it is very tough and difficult to peel since it comes in a variety of unusual sizes. The inside is a golden-yellow color and fleshy, like when carving on the inside of a pumpkin (only a different color).



Stuffed Turban Squash Recipe

- Preheat your oven to 350 degrees F.
- Cut off the top of the squash just like how you cut it off of a pumpkin, by the greenish stem.
- Scoop and discard all the seeds.
- Center the turban squash and cut down the sides on an oiled down foil (or baking sheet) and cover the squash with more foil.
- Roast in the oven for 50-60 minutes or until the outside is tender.
- Scoop out some of the pulp from the squash and in a saucepan saute celery, onions, diced carrots and sausage in butter until the vegetables are tender, then drain the fat.
- Slowly stir in brown sugar, bread crumbs, cooked squash, salt, and pepper. Stir all of these until its well-mixed.
- Gently spoon the turban squash to the center and top of the stuffed squash and place any excess turban squash in a bag.
- Bake the stuffed squash for an extra 20-30 minutes or until it is heated through.

Ingredients used in Stuffed Turban Squash

- 1 Regular sized (10-15 inches or 3lb) Turban Squash
- 2 Tablespoons of Butter
- ½ cup of small chopped onions
- 1 chopped stalk of celery
- ½ lb or pork sausage
- 1 diced carrot (optional)
- ½ cup of soft bread crumbs
- 2 Tablespoons of light brown sugar
- 1 Teaspoon of Salt
- ½ Teaspoon of Black Pepper



History and Ornamental Value

- Turban Squash is cultivated today in; Africa, Asia, America, China, Europe, India, Indonesia, and the Middle East.
- However, this squash isn't most commonly known for its edible qualities, but more for its decoration and ornamental value during a particular month and holiday.
- The Turban squash is most commonly seen and bought during the month of October as ornaments for Halloween.
- The reason why is this squash is typically available during late summer and through the months of winter.



Nutrition
The Turban Squash contains an excellent source of; Vitamin A, a good amount of Vitamin C, calcium, fiber and potassium. good amount of Beta-carotene.



Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 63	Calories from Fat 0.1
% Daily Values	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.1g	
Cholesterol 0mg	0%
Potassium 493mg	14%
Sodium 6mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 2.9g	11%
Sugars 3.1g	
Protein 1.4g	3%
Vitamin A 297%	Vitamin C 48%
Calcium 6%	Iron 5%
Vitamin B6 10%	Magnesium 12%
<small>*Percent Daily Values are based on a diet of 2,000 calories. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	25g 30g

Recipe Ideas and Uses
The Turban Squash is very difficult to cut, so when it is needed in a certain recipe, typically it is cooked to the point when the skin can be easily also, a peeled off and then used in the recipe or whatever it may be. Usually turban squash can be found in soups, stews, pies, or they can be used to add a little flavor to one of your meals. However, this squash isn't most commonly known for its edible qualities, but more for its decoration qualities on Halloween. Depending on how people eat the turban squash, it actually has a similar taste to hazelnut. The finer texture that contains orange flesh on the inside ranges from being a mild to sweet taste.



How to Grow Turks Turban Squash

- First, Turks Turban squash will take 95 - 120 days to mature, so make sure you are planning accordingly before the last frost date, if necessary, plan to plant the seeds in pots, and make sure the plants do not get root bound.
- They need rich soil and it should be well enough to be drained. Rich soil consists of a dark brown almost black color and that the soil is separated and not coming up in clumps.
- The seeds must be planted about one inch deep and spaced about 6 feet apart in rows.
- The squash will need ample fertilizer regularly, a side dressing of fertilizer, and feedings of fertilizer regularly to help the plant later for harvest.
- Water deeply every day, especially during dry periods.
- Make sure to keep weeds out of the area in which they are growing, they can harm the squash the most during their early stage of development in the garden (adding compost/mulch will keep weeds down and it will also help feed the squash).

- The squash will take about 10-20 days to develop. The squash is ready to be harvested when the rinds are hard and tough.
- The colors should be very deep in the vegetable (not a light turning color).
- The best way to keep the root of the squash from rotting is to cut the stem 2 inches above the squash, that way it doesn't rot.
- The squash grows on 8-10 ft vines, and is typically ready to be harvested within about 115 days, before the first hard frost.



The soil should look like this color, and not be clumped together.



They need fertilizer for nutrients and to help keep weeds away.



Cut 2 inches above the turban squash to avoid letting any bacteria enter from the root of the stem.

