

SQUASH

Most of you will be familiar with pumpkins, even if only at Halloween. In the same family, Cucurbits, there are squashes of many colours and shapes bringing lots of delicious flavours to your dinner plates.

Winter squash are a sun-loving crop, slowly maturing through August and September. They are ready to harvest in the autumn when they will have stored the sun's energy in their sweet flesh. Some varieties can store through to Mar-Apr, making them a good winter food crop (hence the name 'winter squash') - perfect for those warming soups and stews.

ACORN

Mild, slightly sweet flavour.

Cooking Suggestion

Cut in half lengthways, scoop out seeds and stuff with softened onion and garlic, and chopped nuts, brush cut sides with oil and bake for 45-60 mins. Top with grated cheese half-way through cooking.

SUNBURST

Summer squash, similar taste to marrows.

Cooking Suggestion

Best roast whole in the oven, after cutting off top and scooping out seeds. Try stuffing with cooked ratatouille and chunks of feta for a Mediterranean feast

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RED KURI

Sweet, nutty flavour.

Cooking Suggestion

Cut a slice off the top, scoop out the seeds, replace top and cook in moderate oven for 45-60 mins. The squash is its own bowl, just scoop out flesh and eat.

Also good to sweeten stews and curries.

GEM

Sweet, mild taste, good texture.

Cooking Suggestion

The perfect single portion squash, slice off the top, scoop out seeds and bake in a moderate oven for 30 mins.

HOW TO COOK

SPAGHETTI

Mild taste, interesting texture!

Cooking Suggestion

Best baked or steamed, then scoop out and top with a cheese sauce.

Yellow flesh that looks like other squash when raw, but when cooked the flesh comes away in long strands, hence the name.

BUTTERNUT

Sweet, creamy taste.

Cooking Suggestion

Very versatile, use in all squash recipes. Makes good squash oven chips and tasty babyfood. Delicious in risotto, great in a soup with milk/cream. Easy to cut and de-seed, can eat skin.



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CROWN PRINCE

Strong, sweet, slightly nutty taste.

Cooking Suggestion

Cut open, scoop out seeds, peel and use flesh in any squash recipe. Particularly good for oven chips and roasting. Also great for adding to stews and curries.

Can store until Apr/May

HOKOIDO

Sweet, rich, nutty flavour—delicious.

Cooking Suggestions

Peel and scoop out seeds then roast chunks as for roast potatoes—yummy!

Or steam and mash with other root vegetables.

(Martin's Favourite)

DELICATA

Strong, nutty flavour.

Cooking Suggestion

Cut in half length-ways, scoop out the seeds, slice thinly and stir-fry for 15 mins
— easy fast food !

Also good roast, prepare as above, oil a baking sheet and place squash cut sides down, cook until easy to pierce