



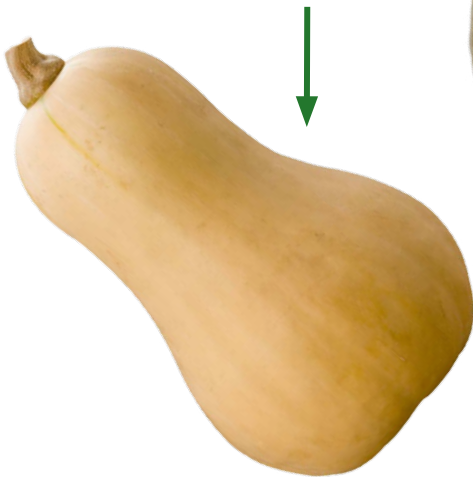
Connecting School Foods to Curriculum, NJ Farms, and the Kitchen Table

Winter Squash is the featured item for Garden State on Your Plate!

A Garden State on Your Plate Winter Squash Tasting

begins with unseasoned roasted squash - whether spaghetti, acorn, butternut, delicata, or kabocha. Then season the squash with a pinch of salt. After reflecting on how seasoning changes the taste of the squash, then mix in a simple vinaigrette (1/3 lemon to 2/3 olive oil, 1 garlic clove, crushed, 1/2 teaspoon dijon mustard, salt, pepper) and notice how the vinaigrette changes the flavor and texture of the spaghetti squash. To roast winter squash, cut in half scoop seeds out, then roast at 425°F, cut side down, with a bit of olive oil, until tender and edges are tinged to golden. Peel after roasting, if desired.

Butternut Squash has very sweet, tender, richly-flavored flesh that is packed with nutrition. It's a versatile squash that can be used to make savory dishes and sweet desserts. Challenging and time-consuming to peel, butternuts can be cut in half and roasted. Just scoop out the cooked flesh and use it for soups, pies, or as a side dish when seasoned and mashed.



Spaghetti Squash flesh can be separated into tender, golden, spaghetti-like strands when cooked. A very mild squash, it takes on the flavor of whatever sauce or seasoning you use. Spaghetti squash is rich in antioxidants and high in vitamins and minerals—making it a great low-carb, low-calorie alternative to pasta. And be sure to save the seeds. They can be seasoned and roasted for a tasty, healthy



Acorn Squash has a mild, sweet, nutty flavor. Cut it half and scoop out the seeds—setting the seeds aside to roast. Season the squash and roast. Acorn squash even comes with its own bowl because, once cooked, you can eat it directly out of the shell! It's also tasty in soup, tossed with pasta, or stuffed with corn bread or sausage. Acorn squash is good source of vitamins, minerals, and fiber—especially if you eat the skin.

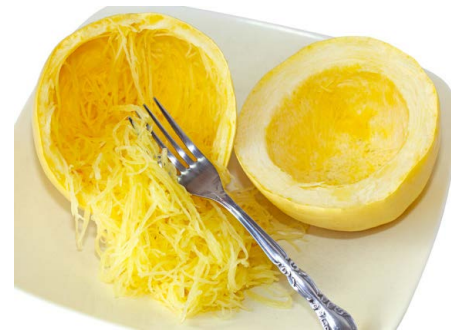
See Garden State on Your Plate photos on Facebook at www.facebook.com/psgcoop.org

A PROJECT OF THE PRINCETON SCHOOL GARDENS COOPERATIVE, PRINCETON PUBLIC SCHOOLS, AND POMPTONIAN FOOD SERVICE WITH GENEROUS SUPPORT FROM THE BENT SPOON AND WHOLE EARTH CENTER • NEWSLETTER EDITOR: KARLA COOK

Winter Squash Recipes

Cooking Spaghetti Squash

This recipe is a starting point for exploring the versatility of spaghetti squash. There are many options that you can try for the sauce. My favorite is brown butter and sun-dried tomatoes. This squash has a nutty taste and spaghetti-like texture, so it is well positioned to be as good with a cheese sauce as it is with poached flounder. It is possible to overcook spaghetti squash. The nutty flavor will remain, but the texture will be more like a sweet potato.



4 servings

1 spaghetti squash, 2 to 3 pounds 1TB olive oil or melted butter Herbs for seasoning Sea salt and white pepper

Directions:

Preheat oven to 375°F. Cut squash in half lengthwise. Scoop out seeds (set them aside to roast as a tasty, nutritious snack). Lay the squash halves on a baking sheet, cut side up. Season with herbs, such as thyme, sage, or rosemary, and salt and pepper. Drizzle with olive oil or butter and cover with foil. Bake until the center is soft, about 45 minutes. Remove from oven. When cool enough to handle, scoop out the inside using a fork, going with the grain of the squash to create the spaghetti strands. Dress with your sauce or topping of choice. Or set aside for later use. Just be sure to reheat with moisture to maintain the texture.

Chris Albrecht, Culinary Director, Agricola, Roots Ocean Prime, The Dinky Bar & Kitchen, and all Harvest Restaurants

Ingredients that Go Well with Spaghetti Squash

bacon • basil • bay leaf • black pepper • brown butter • brown sugar
chicken • chives • cinnamon • duck • fennel • feta • garlic • ginger
hazelnuts • lentils • mushrooms • nutmeg • onion • oregano • Parmesan
parsley • pesto • pistachios • red bell pepper • rosemary • sage • scallops
soy sauce • thyme • tomatillos • tomato sauce • vinegar • walnuts

Words that Describe the Flavor, Color, & Texture of Winter Squash

bright yellow • buttery • chewy • creamy
dark green • earthy • fibrous • fragile
gray-blue • green stripes • mellow • mild moist •
nutty • orange • rich • smooth
starchy • stringy • subtly sweet • tender

GARDEN STATE ON YOUR PLATE WINTER SQUASH FACTS

The cooked flesh of spaghetti squash separates into fibrous strands that can be used just like pasta. Spaghetti squash has a very mild flavor.

Squash is an important vegetable crop in New Jersey and butternut squash is our most widely grown winter squash. Most squash grown in our state is eaten fresh, although a small amount is used to make baby food.

Hubbard is a very large heirloom squash that was first brought to the United States in the early 1800s. Seeds from the green hubbard were given to James Howard Gregory, who bred them to improve the texture and flavor. In 1909, Gregory made seeds for his blue hubbard available to farmers and now blue hubbard is the most popular type of hubbard squash.

Pumpkins are members of the cucurbit family, and are related to bitter melon, cucumbers, squash, and watermelon.

Acorn squash has thin skin, making it one of the few types of winter squash with edible skin. If you want to remove the skin, cook the squash first and then peel off the skin or scoop out the flesh.

Archaeological evidence shows that squash was first cultivated in Mexico between 8,000 and 10,000 years ago.

Although cooks and chefs think of squash as a vegetable, botanists tell us they are a fruit! That's because, like all fruit, they contain seeds and grow from the flowering part of the plant.

Hubbard squash has very tough skin—making it difficult for animals to bite into them in the garden. That also means it is very hard to cut them in the kitchen! The Food Network suggests putting a towel on the ground, raising a hubbard over your head, and dropping it on the towel to crack it open.

The Long Island Cheese Pumpkin has sweet, creamy, string-less flesh, which makes them perfect for pies and soups. They got that name because they look like a wheel of cheese.

Acorn squash is native to the Americas—likely originating in Mexico and Central America. Named for its acorn-like shape, it is one of the more productive winter squashes.



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Winter Squash Recipes

Winter Salad with Oranges and Squash Ensalada de Invierno con Naranjas y Calabaza

6 servings

2 cups diced butternut squash (approx. ½ squash)

Salt

3 tablespoons extra virgin olive oil

2 tablespoons pine nuts

1 tablespoon Sherry vinegar

½ teaspoon oregano

Freshly ground black pepper

½ cup thinly sliced red onion

¼ cup sliced black olives

2 cups cut-up oranges (2-3 oranges)

2 tablespoons chopped parsley

Salad greens

Directions

Bring a pan of salted water to a boil. Add the diced squash. When water returns to a boil, cook the squash 2 minutes and drain. Rinse in cold water to stop the cooking. Heat ½ teaspoon of the oil in a small skillet and toast the pine nuts. Reserve them. Add remaining oil, vinegar, oregano, pepper and ½ teaspoon salt to the squash. Cover and allow to marinate at least 1 hour and up to 12 hours. Shortly before serving, add the onion, olives, oranges and parsley. Heap the squash and orange salad on salad greens in a shallow bowl or on individual plates. Sprinkle with pine nuts.

By Janet Mendel, *My Kitchen in Spain*

<https://mykitcheninspain.blogspot.com/2016/12/sun-citrus-solstice.html>

Kaddu With Greens and Shrimp

Here's a simply spiced, South Asian-style preparation of kaddu, or squash, seasoned with ginger, garlic, cumin, chile powder and garam masala. In this recipe, the addition of coconut milk, kale and shrimp leads to a complex, flavorful and hefty meal.

4 servings

1 pound peeled, deveined shrimp

Salt

¼ cup ghee or neutral oil

1 teaspoon cumin seeds

1 tablespoon ginger paste or freshly grated ginger

1 tablespoon garlic paste or freshly grated garlic

1 medium red onion, finely chopped

¼ teaspoon turmeric powder

1 teaspoon Kashmiri or other mild red chile powder

3 plum tomatoes, finely chopped

1 medium butternut or kabocha squash or small pumpkin (about 2 pounds), peeled and cut into ½-inch pieces (about 6 cups)

1 (13.5-ounce) can coconut milk

1 medium bunch lacinato kale (about ½ pound), or other greens such as spinach, thick stems discarded, roughly chopped (about 5 cups)

1 teaspoon garam masala (optional)

Lemon wedges and rice, for serving

Directions:

Season shrimp with salt and set aside. Heat ghee in a large pot on high for 30 seconds. Add cumin seeds and cook for 30 seconds. Stir in ginger and garlic. Add onion and cook until soft and translucent, about 5 minutes, stirring occasionally. Stir in turmeric powder and red chile, then add tomatoes and 1 teaspoon salt and cook, stirring occasionally, until the tomatoes start to break down, 5 to 7 minutes. Stir in squash, reduce heat to medium, then cover and cook until squash is almost tender, about 12 minutes. Turn the heat up to high and stir in coconut milk and kale. Cook, uncovered, until the kale has wilted, about 10 minutes. Lower heat to medium and stir in the seasoned shrimp. Cover and cook until the shrimp is no longer pink, about 3 minutes. Season to taste with salt, top with garam masala and serve with lemon wedges and rice if you like.

By Zainab Shah

<https://cooking.nytimes.com/recipes/1025222-kaddu-with-greens-and-shrimp>



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Winter Squash Recipes

Gochujang and Sesame Roasted Winter Squash

This would work with any other winter squash - acorn and delicate don't require peeling

- 2 tablespoons sesame seeds
- 2 tablespoons vegetable oil
- 1 tablespoon gochujang (Korean hot pepper paste)
- 2 teaspoons soy sauce
- 1 medium butternut squash, peeled, seeded, sliced ¼" thick
- Scallions, thinly sliced
- Flaky sea salt (such as Maldon)

Directions

Place racks in upper and lower thirds of oven; preheat to 425°. Whisk sesame seeds, oil, gochujang, and soy sauce in a large bowl. Add squash and toss to coat. Divide squash between 2 rimmed baking sheets, arranging in a single layer. Roast, rotating sheets once, until tender and browned on some edges, 25–30 minutes. Serve topped with scallions and salt.

By Sara Dickerman

<https://www.bonappetit.com/recipe/gochujang-and-sesame-roasted-winter-squash>

Squash Stuffed with Apple Dressing

Jonell Nash writes: This cookbook "took on a sense of celebration as a joyous tribute to our proud and brilliant African-American food tradition.... Truly great cooking is not just about skills – it's also a matter of the heart. Offering oneself and one's hospitality in a spirit of love and thankfulness can make the most humble meal a grand experience"

Serves 12

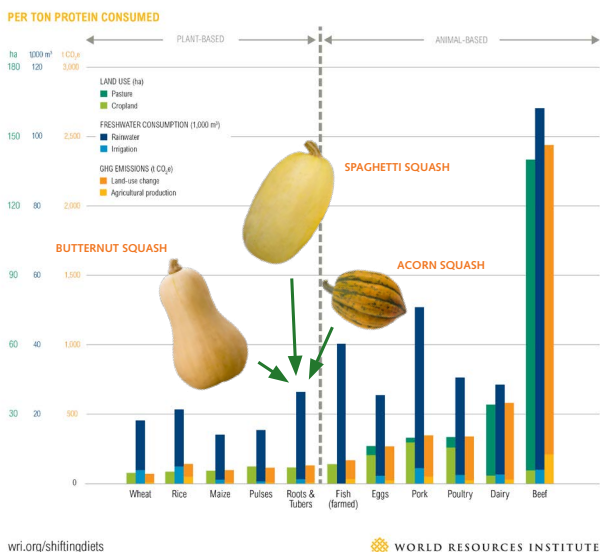
- 1 cup seedless raisins
- ½ cup rum, brandy, or apple cider
- 2 ½ cups vegetable stock, chicken stock, or water
- 1 stick unsalted butter
- 1 large onion, minced
- 5 ribs celery, chopped
- 3 Gold Delicious apples, peeled, cored, and cut into 1/2 -inch cubes
- 1 pound herb-seasoned bread crumbs
- 1 cup coarsely chopped walnuts
- 2 teaspoons ground coriander
- 2 teaspoons dried thyme leaves
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 6 acorn squash, halved crosswise, seeded
- 4 tablespoons maple syrup
- Optional garnishes: chopped parsley, rosemary, or thyme; dried cranberries

Directions

In medium-size saucepan, combine raisins, rum, and stock/water; bring to boil. Reduce heat; simmer for 10 minutes. In large skillet over medium-high heat, melt butter; add onion and celery. Saute until vegetables are soft, about 10 minutes. Add apples; cook 3 additional minutes. Transfer to large mixing bowl; stir in bread crumbs until well mixed. Pour raisins and liquid over ingredients in bowl. Stir in walnuts, coriander, thyme, salt, and pepper. Cover and store in refrigerator until time to stuff and bake squash. Heat oven to 375°F. Trim bottom of each squash so it will sit level. Fill 2 large baking pans (13x11) with about ½ inch water; add squash halves, cut side down. Bake 20 minutes; remove from oven. Turn squash halves upright in dish. Brush insides lightly with maple syrup. Spoon dressing into hollows, mounding slightly in center. Drizzle any remaining syrup over tops of squash. Cover pans with foil; bake 25 minutes. Uncover and bake until squash are tender and dressing is crusty brown, about 20 additional minutes. Arrange on serving platter; garnish as desired.

Essence Brings You Great Cooking by Jonell Nash (Amistad)

Animal-Based Foods Are More Resource-Intensive than Plant-Based Foods



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