



Local squash

Availability:
august to february

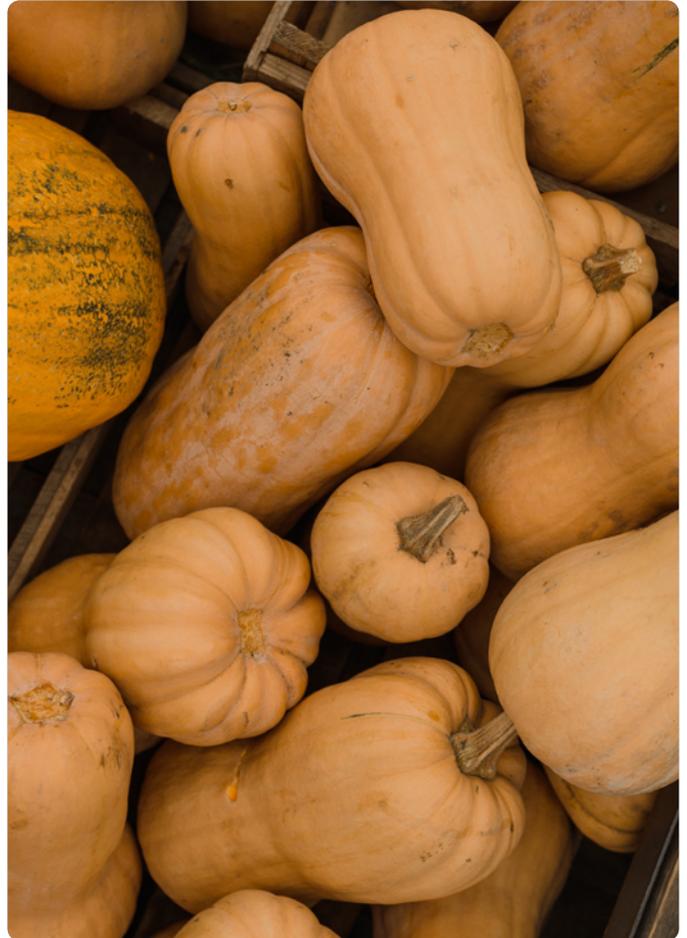
Benefits

→ Cinderella's pumpkin carriage is not a myth!

A variety of squash known as Atlantic Giant produces the largest fruits in the world. Some have a diameter of over a metre and weigh up to 800 kg.

→ For its longevity!

Pumpkins and some winter squash can be stored for months, or even the whole winter! Keep them in a well-ventilated, temperate place away from light and humidity.



WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Fall squash salad with cranberries and walnuts



PORTIONS: 4

15 MIN

Ingredients

- 750 ml (3 cups) acorn squash, grated
- 500 ml (2 cups) kale, coarsely chopped
- 2 green onions, finely sliced
- 125 ml (½ cup) dried cranberries, chopped
- 125 ml (½ cup) walnuts (optional)
- 60 ml (¼ cup) fresh lemon juice
- 15 ml (1 tbsp) maple syrup
- 15 ml (1 tbsp) olive oil
- Salt to taste

Directions

- 1 In a large bowl, mix together the squash, kale, green onions, cranberries and walnuts.
- 2 In a small bowl, combine the lemon juice, maple syrup and olive oil. Pour over the first mixture and toss.
- 3 Season to taste.

Source: Inspired by mangersantebio.org

Tip!

- To help children peel squash safely, cut it into large pieces and use a vegetable peeler.



Bonus - roasted squash seeds!

- Don't throw the seeds of the squash! Once you've cleaned and dried them, add some salt or spices and roast the seeds in the oven at 190°C (375°F). They're great as a snack or added to salads.

Apple and squash muffins



PORTIONS: 12 LARGE MUFFINS 15 MIN 15 TO 20 MIN

Ingredients

- 500 ml (2 cups) whole-wheat flour
- 180 ml (¾ cup) sugar
- 15 ml (1 tbsp) baking powder
- 2.5 ml (½ tsp) salt
- 2.5 ml (½ tsp) ground cinnamon
- 2.5 ml (½ tsp) ground nutmeg
- 2 eggs, beaten
- 250 ml (1 cup) milk
- 60 ml (4 tbsp) oil
- 180 ml (¾ cup) squash (butternut or butterkin), finely grated
- 60 ml (¼ cup) apple, grated

Directions

- 1 Place the rack in the middle of the oven. Preheat the oven to 200°C (400°F).
- 2 In a large bowl, combine the dry ingredients (flour, sugar, baking powder, salt, spices).
- 3 In another bowl, beat the eggs with the milk and oil. Add the grated squash and apple.
- 4 Add the dry ingredients and mix until the dough is just smooth.
- 5 Fill the cups of the muffin tin two-thirds full of batter.
- 6 Bake in the oven for 15 to 20 min, or until a toothpick inserted in the centre comes out clean.

Variation

The squash and apple can be substituted with the following combinations:

- Muffins aux légumes:
Add 250 ml (1 cup) of finely grated carrots or zucchini.
- Muffins surprises de petits fruits:
Add 5 ml (1 tsp) lemon zest. Pour half of the dough in the muffin tin cups, add a layer of berries (blueberries, raspberries) and cover with the rest of the dough.

Source: Marie-Pierre Drolet, RD