

LA CALABAZA DE INVIERNO



EAGLE POINT FARM MARKET & GREENHOUSES
853 TREXLERTOWN RD.
TREXLERTOWN, PA 18106
610-395-8620

EPIC ACRE FARM
178 FIVE PTS RD.
MERTZTOWN, PA 19539
484-695-6469

FLINT HILL FARM EDUCATIONAL CENTER
1922 FLINT HILL RD.
COOPERSBURG, PA 18036
610-838-2928

FRECON FARMS
501 S. READING AVE.
BOYERTOWN, PA 19512
610-367-6200

GOGLE FARMS
5017 MULBERRY ST.
COPLAY, PA 18037
610-262-4275

HAUSMAN FRUIT FARM
2824 LIMEPORT PIKE
COOPERSBURG, PA 18036
267-980-3409

JUNIPERDALE FARM & PRODUCE CRIB
1015 BROWNTOWN RD.
NAZARETH, PS 18064
610-217-7203

JUS KIDDIN AROUND FARM
8059 BAKE OVEN RD.
GERMANSVILLE, PA 18053
215-872-3865

LYON CREEK FARM
3502 BLACKSMITH RD.
NEW TRIPOLI, PA 18066
610-390-1641

MY LITTLE FARM STAND @ HONEYSUCKLE HILL, LLC
800 BERGER RD.
WILLIAMS TOWNSHIP, PA 18042
484-547-8968 OR 484-541-8872

SALVATERRA'S GARDENS
9044 MOUNTAIN RD.
ALBURTIS, PA 18011
610-682-0542

SEIPLE FARMS
5761 NORBATH BLVD.
BATH, PA 18014
610-837-0847

TERRA FAUNA FARM
8141 VALLEY VIEW RD.
NORTHAMPTON, PA 18067
610-392-6267

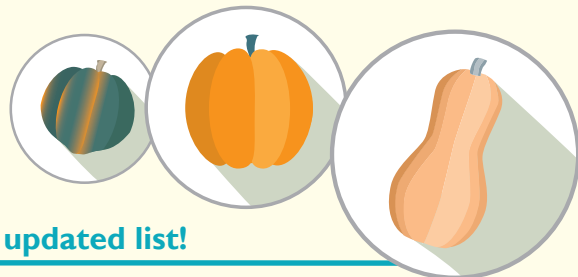
THE GOOD FARM, LLC
8112 CHURCH RD.
GERMANSVILLE, PA 18053
484-262-0675

WILLOW HAVEN FARM
7686 HERBER RD.
NEW TRIPOLI, PA 18066
484-201-8249

WONDER GARDEN
3565 RESERVOIR RD.
HELLERTOWN, PA 18055
484-522-8551



▲
Pictured above - Winter Squash Varieties:
Top:
Delicata Squash, aka Peanut Squash,
Bohemian Squash
Bottom:
Acorn Squash, aka Pepper Squash,
Des Moines Squash



*Visit buylocalglv.org to see the most updated list!



An NNC Program

WINTER SQUASH

LA CALABAZA DE INVIERNO



Pictured on front: Pumpkin

Butterkin, Acorn, Delicata- winter squash, part of the gourd family, come in fascinating colors, shapes, and textures. Some varieties are even used for seasonal decor. They are a common type of PA produce and local farms that grow winter squash, like pumpkins, offer fun opportunities to visit and harvest these delicious fruits yourself! Winter squash also provide a range of flavor profiles; some have a more nutty, rich flavor while others tend to be sweeter and great for baking. Winter squash are typically harvested and enjoyed fresh from September to December and stored through the winter.

Health Benefits of Winter Squash:

Winter squash offer a variety of tastes and nutrients. They are dense in minerals, carotenes, and vitamin A, with moderate quantities of Vitamins B and C. Winter squash provide the greatest percentage of certain carotenoids- the yellow, red, and orange producing pigments in plants. Carotenoids act as valuable antioxidants and promote health and potentially reduce the risk of some cancers.^[1]

Growing Local Winter Squash:

Winter squash like cooler temperatures, although most are harvested in autumn before regular frost events and stored through the winter. Unlike their summer counterparts, winter squash take longer to grow and are harvested when mature with hardened surfaces. The squash plant contains both female and male flowers and requires cross-pollination for the female flowers to produce fruit (squash). Squash have large seeds which when rinsed, dried, and stored in a dry place can be eaten or saved for up to six years to plant additional squash plants. Winter squash also make up some of the heaviest produce available and don't require lots of packaging due to their hard skin, making it even more important to purchase from local farmers to reduce environmental impacts from transportation and enjoy better quality produce.

Common Winter Squash Grown in PA:

1. Butternut Squash
2. Spaghetti Squash
3. Pumpkin Squash
4. Acorn Squash
5. Delicata Squash
6. Butterkin Squash
7. Kabocha Squash
8. Sugar Pumpkin
9. Blue Hubbard Squash
10. Red Kuri Squash

Pictured Right - Winter Squash Varieties -

Top: Blue Hubbard, Center: Red Kuri, Bottom: Butterkin ▶



FUN FACTS!

All types of squash are related to melons, like watermelon and honeydew!

- Squash are one of the oldest known crops, dating back to 8000 B.C. Their name comes from the Narragansett Native American word "askutasquash," translated roughly to "eaten raw or uncooked."^[1]
- Almost every part of the squash plant is edible including the leaves, tendril shoots, stems, flowers, seeds, and fruit.^[1]
- Winter squash are technically classified as a fruit, but for culinary purposes are treated like a vegetable.

[1] Dixie Sandborn, M. S. U. E. (2022, January 21). Plant science at the dinner table: Winter squash. 4-H Plants, Soils & Gardening. Retrieved January 26, 2023, from <https://www.canr.msu.edu/news>

SWEET & SPICY SQUASH SOUP Recipe

Serving Size: 4 / Total Time: 20 mins

Pumpkin spice, Halloween jack-o-lanterns, and gourd centerpieces are familiar reminders of the fall and winter seasons. Winter squash not only provide nutty, warm flavors, but can be used in so many different ways including roasting, stuffing, boiling, pureeing, baking and for salad toppings. Try this easy recipe which makes a great comfort food.

Ingredients:

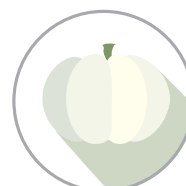
- 1 kg preferred squash variety, cut into cubes (can use frozen cubed squash). This recipe works great with butternut squash or your favorite type of pumpkin.
- 1 carrot, chopped
- 1/2 onion, chopped
- 1/2 red pepper, chopped
- 1/4 cup fresh coriander
- 1 teaspoon fresh chili
- 2 garlic cloves
- 5 cups vegetable or chicken broth
- Sprinkle of salt

Directions:

1. In a large pot, sauté the carrots and onion for about 5 minutes.
2. Next, mix in all other ingredients, and let cook for about 10-15 minutes on medium heat.
3. When the squash and carrot are softened, transfer the mixture to a food processor or blender and blend on high speed until smooth or desired texture.
4. Return mixture to the pot and cook over medium heat until desired temperature.

Serve and enjoy.

Store in fridge.



Winter Squash Storage & Preservation: Store whole winter squash in a cool, dark and dry spot. When stored properly winter squash can last a long time, sometimes for several months depending on the variety. Store cut squash in the fridge crisper to preserve freshness. Cut and cubed winter squash can be frozen for up to six months and used for delicious, warm recipes throughout the winter. Saving and roasting winter squash seeds makes for a great nutritious snack.



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This flyer, part of Nurture Nature Center's "Fresh Right Now: Advancing Agritourism in the Lehigh Valley through Seasonal Food Education" project, is supported by the 2022-2023 Pennsylvania Agriculture Product Promotion, Education and Export Promotion Matching Grant.