

SQUASH

Did you know?

Squashes have been eaten for over 10,000 years! They were first grown mainly for their seeds. The rest was used to make containers for cooking or eating in, or musical instruments.

5 ways to use it

- Roasted in the oven and served as a side dish
- In a **soup**, mixed with other vegetables that are starting to go soft
- In a casserole or meat **stew**
- Use squash purée in **cookies** or **muffins**
- ...and, of course, in **pie!**



Why we like it

Squash is not expensive, grows locally and keeps a **very long time**. And its beautiful orange flesh is packed with vitamins and minerals.

Tip to reduce waste

Don't throw away the beautiful pumpkin that stood on your porch for Halloween night! It will be yummy in **muffins** or **soup** once you have cooked and mashed it.



Choosing it

Choose a **firm, heavy** squash that still has its stem attached. Avoid squashes that are cracked or have brown spots.

Good to know!

Small, two-coloured decorative squashes are very pretty to display around the house, but they are not edible. Why not choose mini-pumpkins instead, which can be eaten afterwards?

Storing it

If your squash is whole and still has its stem, it can keep for **several months** when stored somewhere cool. Or you can cut it up and freeze the raw or cooked flesh for **up to a year**.