Butternut Squash

Common Cooking Methods:

➢ Steam Bake
  ➢ Retains moisture
➢ Roast/Bake
  ➢ Enhances sweet flavor
➢ Boil
  ➢ Creates a tender texture
➢ Microwave
  ➢ Quickest way to cook

Vegetable Lasagna with Butternut Béchemel

Nutrient Value (of one 205 g serving):

➢ 84 mg Calcium
➢ 1.23 mg iron
➢ 583 mg Potassium
➢ 59 mg Magnesium
➢ 55 mg Phosphorus
➢ 31 mg vitamin c
➢ 1144 mcg vitamin A
  ➢ Also a good source of
    Vitamin E, thiamin, niacin,
    vitamin B-6, folate,
    pantothenic acid

➢ 3 cups cubed peeled butternut squash
➢ 1 cup plus 1 tablespoon organic vegetable broth, divided
➢ 1 cup fat-free milk
➢ 4 garlic cloves
➢ 1/2 teaspoon kosher salt
➢ 1/4 teaspoon freshly ground black pepper
➢ Dash of ground nutmeg
➢ 2 ounces Gruyère cheese, shredded (~ 1/2 cup)
➢ 3 ounces part-skim mozzarella cheese, shredded (about 3/4 cup), divided
➢ 1 tablespoon olive oil
➢ 1 small onion, chopped (about 3/4 cup)
➢ 1 pound sliced cremini mushrooms
➢ 1 bunch Swiss chard, trimmed and very thinly sliced (about 5 cups)
➢ 3 tablespoons pine nuts, toasted and chopped
➢ Cooking spray
➢ 6 whole-wheat lasagna noodles, cooked
➢ 3/4 cup part-skim ricotta cheese
➢ 1 ounce finely grated fresh Parmigiano-Reggiano cheese (~ 1/4 cup)

➢ Full recipe with directions -
  http://www.myrecipes.com/recipe/vegetable-lasagna-butternut-bechemel
How to Grow Butternut Squash?

- Initial planting after last frost and when soil is well warmed
- Form soil into a hill, plant 5 or 6 seeds per hill
- Needs to be well fertilized, they use a lot of nutrients from the soil
- 10 days later they will sprout
- Keep the strongest, 3 per hill
- Will take about 120 days for fruit maturation
- May start seedlings inside to get a head start

When/How to Harvest?

- The skin will turn very thick and hard
- Tip: It is ready when it is difficult to poke your fingernail through the skin
- Will be ready around late September or October
- Make sure to harvest before first frost
- Cut the fruit from the vine about 2 inches the squash
- Leave the steam on to prevent bacteria from invading the fruit
- After harvest, leave them to cure about a week indoors to fully harden the skin

Gardeningknowhow.com, bonnieplants.com