

JANUARY 2011

FARM TO SCHOOL

Reading Elementary School



Winter squash comes in many colorful varieties that are readily available this time of year due to their long shelf life. Try a new variety next time you shop!

SUPER SQUASH SOUP

Winter Squash Soup
1 large winter squash of any variety (I use butternut for this recipe)

- 1 large sweet onion
- olive oil
- chicken broth

garlic salt & pepper to taste

Peel and chop squash into cubes (use extreme caution when cutting squash). Coarsely chop onions. Put these in a bowl and add olive oil, garlic salt, and pepper. Toss to coat. Pour onto a single layer on a large cookie sheet (you may need two). Bake at 350° until squash tests tender with a knife about one hour (stir every 20 min to cook evenly). Remove from oven. Place hot, cooked onion and squash in a food processor (or blender in smaller amounts) to puree. Add enough chicken broth to the ingredients while pureeing to make it smooth. Transfer to a large saucepan and add cream until soup is the desired

consistency. Season with additional salt and pepper as needed. This is great served with a hearty whole grain bread.

Fun Facts! and Other Good Stuff

Delicata - By Sam

This squash is also called peanut squash. It can be steamed or baked with herbs. It has a creamy pulp.

Acorn - Ben

Every part of the Acorn squash can be eaten. It is shaped like an acorn. Its skin is blackish green or golden yellow.

Hubbard - Nick

Hubbard squash can be successfully stored for six months at 50-55°F. Hubbard is often sold in pieces because it is very big.



Carnival - Zach

Carnival has a cream color and dark, pale, green spots in vertical stripes. Carnival squash is sometimes labeled acorn squash.

Spaghetti - Kit

Ranges in size from 2-5 lbs. Large spaghetti squash is more flavorful than others. It can be used when cooked for regular noodles. It got its name because it looks like spaghetti.

EXTRA! EXTRA!

WE LOVE OATMEAL!!

Oatmeal Extravaganza! has been a huge success here at R.E.S. We are enjoying it every Friday with a variety of toppings like local apples, local maple syrup, organic raisins, and fruit jams. Yum!

Seeds have been ordered for our school garden. We also have plans for a new greenhouse.



February's Food of the Month

Grains! Grains! Grains!