

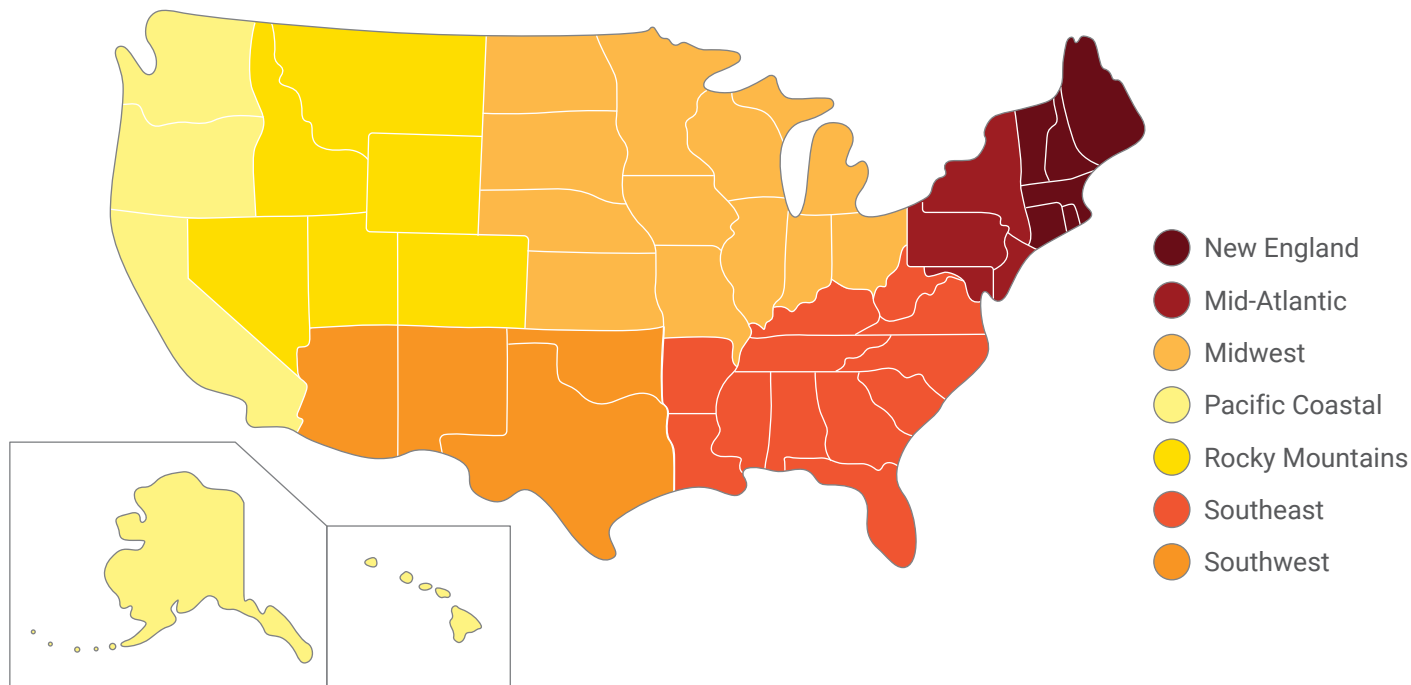


GUIDE TO WINTER SQUASH

Winter squashes have a tough skin and come in a variety of sizes and colors. They are packed with vitamins and minerals and range from mild to sweet in flavor. The information here is based on pumpkin, acorn, butternut squashes, but the tips apply to most winter squashes – just double check cook times.

Seasonality

Winter squashes are in peak season in September and October in every region of the United States. Even though they are called “winter squashes,” they are harvested in the autumn, but often last for 1 - 3 months when whole and stored properly.



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
New England¹								●	●	●		
Mid-Atlantic²								●	●	●	●	
Midwest³								●	●	●	●	
Pacific Coastal⁴	●	●						●	●	●	●	●
Rocky Mountains⁵								●	●	●	●	●
Southeast⁶								●	●	●	●	●
Southwest⁷									●	●	●	

1. RI: May - Oct,
CT: July - Dec
2. NJ, PA: through Dec

3. IL, NE: beginning around May
MN, MO, NE: through Dec
4. HI: July - Mar
5. ID, NV: beginning in Mar

6. FL: Oct - May
LA: June - Nov
7. NM: Oct - Feb
OK: July - Nov
TX: April - Nov

Winter squash must be planted after frosty weather has ended, so if you live in the Northern Hemisphere, they should be available during autumn.

Prepping Tips



Rinse dirt off



Can soften skin by microwaving whole squash for 3 min, flip halfway through



Use a sharp chef's knife



Peel skin for slices or cubes; leave skin on if baking quarters or halves



Cut off the top and bottom of elongated squashes and then halve horizontally



Cut stem off round squashes and then halve horizontally or vertically



Scoop out and discard seeds



For slices or cubes: chop elongated squashes lengthwise for slices; chop slices horizontally to make cubes

Best Cooking Methods

Favorite Cooking Methods for Halves (quarters for large pumpkins):



Grill

25 - 40 min;
flip halfway through



Roast

40 - 55 min at
350° F / 175° C; flip
halfway through



Puree

scoop out roasted
or sauteed squash
and then blend



Air Fry

10 - 25 min at
375° F / 190° C



Instant Pot

set for 5 - 8 min on
High and use NPR

Favorite Cooking Methods for Slices or Cubes:



Grill

10 - 18 min; flip when
char marks appear



Roast

25 - 40 min at 350° -
400° F / 175° - 205° C



Steam

8 - 15 min



Sauté

12 - 15 min



Microwave

5 - 12 minutes on High
with a little water in bowl;
check tenderness every
2-3 minutes



Puree

blend roasted or
sauteed squash pieces



Air Fry

15 - 25 min at 350° -
375° F / 175° - 190° C;
flip halfway through



Instant Pot

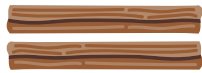
set for 3 min on
High and use NPR

Ways to Enjoy

Flavor Pairings



butter



cinnamon



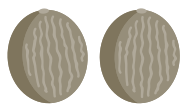
cream



garlic



maple syrup



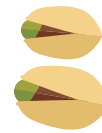
nutmeg



olive oil



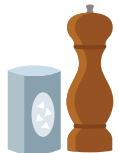
paprika



pecans



sage



salt and pepper



soy sauce



thyme



walnuts

Dishes

- soup
- grain bowl
- curry
- salad
- pasta
- chili
- savory tart or pie
- stuffed squash
- tempura
- fritters
- casserole
- pizza
- sushi
- side dish

