



# Insana Paine

## Punkin' Farm

### Fall Hours @ the farm

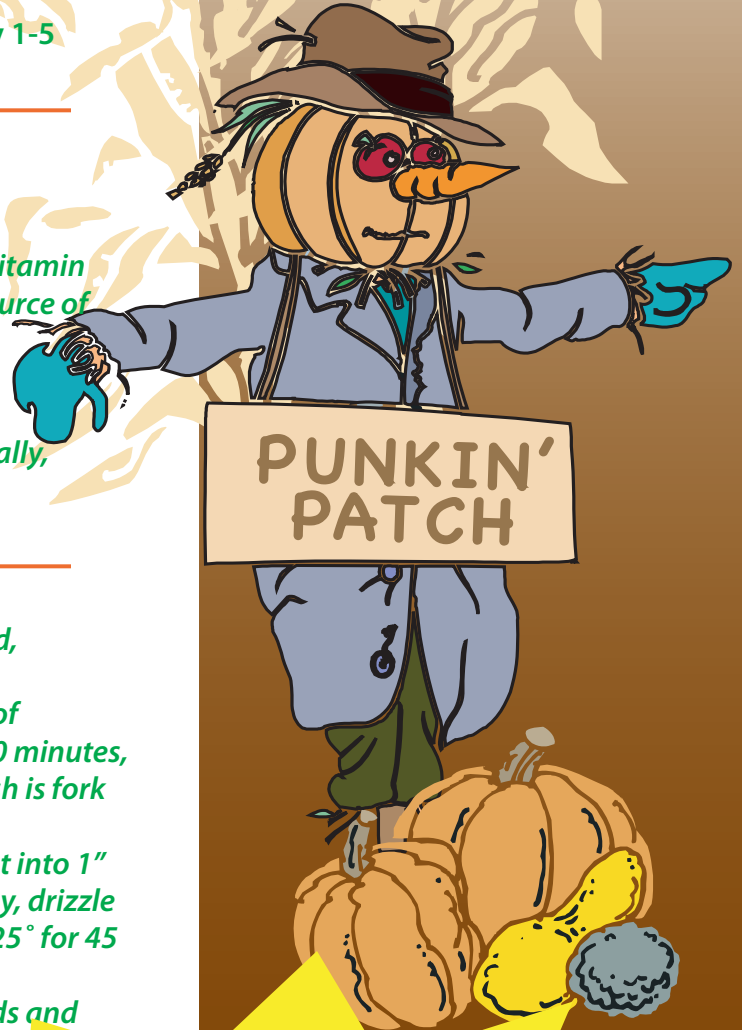
Monday, Thursday & Friday 10-5 • Wednesday & Saturday 1-5  
Closed Tuesday & Sunday

### What is all this strange looking stuff?

- **Winter squash** is a low-calorie, good source of complex vegetable carbohydrates and dietary fiber.
- It is an excellent source of vitamin A, a great source of vitamin C, potassium, dietary fiber and manganese, and a good source of folate, omega 3 fatty acids, vitamin B1 (thiamin), copper, tryptophan, vitamin B6 (pyridoxine), vitamin B3 (niacin) and vitamin B5 (pantothenic acid).
- It is also a source of niacin, iron and beta carotene. Usually, the darker the skin, the higher the beta carotene content.
- **Pumpkin** is a gourd-like winter squash

### What do I do with it?

- **Acorn squash** - Cut in half from stem end to pointed end, scoop out the seeds and fibers. Place a pat of butter and 1-2 T of brown sugar in the squash cavities. Add a sprinkle of cinnamon and/or nutmeg, if you like. Bake @ 400° for 45-60 minutes, or microwave for about 10 minutes on high, until the squash is fork tender. Serve right out of the shell.
- **Butternut Squash** - Peel, remove seeds and fiber, and cut into 1" cubes. Place on a baking sheet and spray with olive oil spray, drizzle with balsamic vinegar and sprinkle with sea salt. Bake @ 425° for 45 minutes, stirring every 15 minutes.
- **Spaghetti Squash** - Cut in half longwise. Scoop out seeds and fibers. Place in microwave on high for about 10 minutes (or use the fresh vegetable button). Squash is done when you can use a fork and remove the strands of squash flesh. Serve with spaghetti sauce and parmesan or just a bit of butter, salt and pepper.
- **Pumpkin** - Cut in half. Scoop out seeds and fibers. Place in 400° oven. Bake for 45 minutes or more until flesh is fork tender. Or microwave on high until fork tender. Baking time will vary depending on size of pumpkin. Remove the flesh with fork or spoon. The cooked flesh can be used for pies, cakes, breads, or anything that calls for pumpkin.



### Don't throw out those seeds!

Any winter squash seeds can be roasted. Wash them, remove any fiber and dry them. Place on a backing sheet, spray with olive oil spray, sprinkle with seasoning and bake @ 325° for 30 minutes or until crunchy, stirring every 10 minutes. You can season the seeds with anything you want, garlic, jalapeno, chili powder, salt & pepper, the options are endless.

3734 NE Seward • Topeka KS