



BENEFITS

Cinderella's pumpkin carriage is not a myth!

A variety of squash known as Atlantic Giant produces the largest fruits in the world. Some have a diameter of over a metre and weigh up to 800 kg.

For its longevity!

Pumpkins and some winter squash can be stored for months, or even the whole winter! Keep them in a well-ventilated, temperate place away from light and humidity.



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



FALL SQUASH SALAD WITH CRANBERRIES AND WALNUTS

Portions: 4  15 min

Ingredients

- 750 ml (3 cups) acorn squash, grated
- 500 ml (2 cups) kale, coarsely chopped
- 2 green onions, finely sliced
- 125 ml (1/2 cup) dried cranberries, chopped
- 125 ml (1/2 cup) walnuts (optional)
- 60 ml (1/4 cup) fresh lemon juice
- 15 ml (1 tbsp) maple syrup
- 15 ml (1 tbsp) olive oil
- Salt to taste

Directions

1. In a large bowl, mix together the squash, kale, green onions, cranberries and walnuts.
2. In a small bowl, combine the lemon juice, maple syrup and olive oil. Pour over the first mixture and toss.
3. Season to taste.

Source: Inspired from mangersantebio.org

Tip!

To help children peel squash safely, cut it into large pieces and use a vegetable peeler.



BONUS - ROASTED SQUASH SEEDS!

Don't throw the seeds of the squash! Once you've cleaned and dried them, add some salt or spices and roast the seeds in the oven at 190°C (375°F). They're great as a snack or added to salads.



APPLE AND SQUASH MUFFINS

Portions: 12 large muffins  15 min  15 to 20 min

Ingredients

- 500 ml (2 cups) whole-wheat flour
- 180 ml (3/4 cup) sugar
- 15 ml (1 tbsp) baking powder
- 2.5 ml (1/2 tsp) salt
- 2.5 ml (1/2 tsp) ground cinnamon
- 2.5 ml (1/2 tsp) ground nutmeg
- 2 eggs, beaten
- 250 ml (1 cup) milk
- 60 ml (4 tbsp) oil
- 180 ml (3/4 cup) squash (butterkin or butternut), finely grated
- 60 ml (1/4 cup) apple, grated

Directions

1. Place the rack in the middle of the oven. Preheat the oven to 200°C (400°F).
2. In a large bowl, combine the dry ingredients (flour, sugar, baking powder, salt, spices).
3. In another bowl, beat the eggs with the milk and oil. Add the grated squash and apple.
4. Add the dry ingredients and mix until the dough is just smooth.
5. Fill the cups of the muffin tin two-thirds full of batter.
6. Bake in the oven for 15 to 20 min, or until a toothpick inserted in the centre comes out clean.

Variation

The squash and apple can be substituted with the following combinations:

Vegetable muffins

Add 250 ml (1 cup) of finely grated carrots or zucchini.

Berry surprise muffins

Add 5 ml (1 tsp) lemon zest.

Pour half of the dough in the muffin tin cups, add a layer of berries (blueberries, raspberries) and cover with the rest of the dough.

Source: Marie-Pierre Drolet, RD

