

Farm



Fresh

November 2009

Available Now...

Squash

From comforting soups to savory side dishes, squash is a fall favorite. There are many varieties of winter squash including acorn, banana, buttercup, butternut, golden nugget, spaghetti, sweet dumpling and turban.

Winter squash is nutritious, providing vitamins A and C, potassium and fiber. When choosing a squash, select one that has a hard tough rind and that is heavy for its size.



Look for fresh Colorado squash at your local grocery store or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit www.coloradoagriculture.com for a complete list of recipes.

Butternut Squash Soup

*Chef Jason K. Morse, C.E.C., Valley Country Club, Aurora, Colo.
ACF Colorado Chefs Association President*

- 2 Tbsp. Olive Oil
- 1-1/2 ea. Yellow Onion, diced small
- 2 Stalks Celery, with leaves, diced small
- 2 ea. Carrots, diced small
- 3 ea. Yukon Gold Potatoes, peeled and cubed
- 2 ea. Butternut Squash, seeded, roasted, chilled and peeled
- 48 fl. oz. Chicken Broth
- 1 tsp. Herbs de Provence
- Kosher Salt to taste
- Ground Black Pepper to taste
- Pumpkin Pie Spice to taste
- 1-1/2 cups Whipping Cream

Heat large sauté pan, add oil and heat, then add the onions and cook until caramelized. Add the celery, carrot and potato and cook until the celery is translucent. Add herbs and spices, squash and broth, then bring mixture to a boil, turn down and simmer until all vegetables are soft. Using a hand blender puree the mixture until smooth. Finish with the heavy cream and adjust seasonings as needed. Great served with pumpkin spice bread.

Enjoy with a Colorado wine, such as a glass of Gewurztraminer, from Stone Cottage Cellars, located in Paonia, Colorado.

Next Month... Beef