

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 also nutritious, providing vitamins A and C and niacin. 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.

Winter Squash and Autumn Vegetable Soup

Chef Bob Holloway, CEC, Egglund's Best Eggs, Platteville, Colorado

- 1 Acorn squash, about 2¼ pounds
- 1 Butternut squash, about 2 pounds
- 1 stick Butter, cut into tablespoons
- ¼ cup Molasses
- 2 Carrots, peeled and halved
- 2 Parsnips, peeled and halved
- 1 Onion, julienne
- 3 Garlic cloves, peeled
- 2 cups White wine
- 8 cups Chicken stock/broth
- 1 tsp. Allspice
- ½ cup Heavy cream
- 1 tbsp. Parsley, finely chopped
- 2 tbsp. Sour cream
- 1 tbsp. Chives, chopped
- Salt and white pepper

Preheat the oven to 350°F. Cut the squashes in half, lengthwise and remove the seeds. Season the squash with salt and white pepper. Place the halved squashes, skin side down, in a shallow roasting pan. Place one tablespoon of butter and 1 tablespoon of molasses in the center of each squash. Arrange the carrots, parsnips, onions, and garlic cloves around the squash. Pour 1 cup of the wine and 1 cup of the stock in the pan, cover with foil, and bake for 2 hours. Remove from the oven and cool the vegetables for 5 minutes. Scoop the flesh out of each squash and place in large sauce pot. Discard the skin. Place the other roasted vegetables and the cooking liquid in the pot. Add the remaining wine and chicken stock to the pot. Bring the liquid up to a boil and reduce to a simmer, seasoning with allspice, salt and pepper. Simmer for 10 minutes, then remove from heat. Using a hand-held blender on low speed, puree the soup until smooth. Add the heavy cream and parsley and season with salt and pepper. Ladle the soup in a shallow bowl and garnish the soup with the sour cream and chives.

Enjoy with a Colorado wine, such as a glass of Gewürztraminer from Stoney Mesa Winery, located in Cedaredge, Colorado.

Next Month... Beef