

Squash Will Provide Tasty Fall Recipes

By BARBARA A. MINTER

As Fall approaches us with its delightfully warm afternoon and sweater cool evenings, we still find plenty of delicious vegetables being harvested across our fair state.

One of these vegetables which can be seen growing in everyone's garden is squash. Squash is classified as summer and winter and refers to the stage of maturity rather than the season when harvested.

Summer squash is identified as immature, small, soft-skinned, and tender. Yellow crookneck, zucchini, and straightneck fall into the summer varieties. Soft-shelled squash is eaten skin and all, including seeds. When shopping for summer squash, they should be fresh, fairly heavy for their size, free from bruises and cuts, and tender. Because of the high water content, it is wise to use summer squash as soon as possible.

Winter squash which includes such varieties as butternut, acorn, and spaghetti, is considered mature, hard-shelled, and is not usable as a whole. Stored properly in a root cellar, cool dry basement or garage, winter squash will keep most of the winter. Also, winter squash and pumpkin are closely related, so you can use mashed pumpkin in any recipe that calls for mashed pumpkin (cookies, pies, muffins, cakes and breads).

Your imagination is the secret to making squash a delightful dish. The North Carolina Department of Agriculture along with myself, invite you to try these recipes as a way to spark your imagination and treat your taste buds.

SPICY ZUCCHINI BREAD

- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 cup chopped pecans or walnuts
- ¾ cup vegetable oil
- 3 eggs
- 2 cups sugar
- 2 teaspoons vanilla extract
- 3 cups unpeeled shredded zucchini

Combine first 5 ingredients in a mixing bowl; make a well in center of mixture. Combine oil, eggs, sugar, vanilla; mix well. Stir in shredded zucchini. Add mixture to dry ingredients, stirring just until moistened. Spoon mixture into 2 greased and floured 8½ x 4½ x 3-inch loafpans. Bake at 350 degrees for 1 hour. Cool loaves 10 minutes in pans; remove to wire rack, and cool completely. Yield: 2 loaves.

STUFFED ACORN SQUASH

- 1 acorn squash
- ¾ teaspoon seasoned salt
- 1 cup diced cooked ham, ground pork or pork sausage
- ¾ cup apple sauce

Cut squash in half lengthwise. Scoop out seeds and pulp. Place squash cut side down in ½ inch of water in a shallow casserole. Bake at 350 degrees for 30 minutes or until tender. Discard water. Sprinkle cut side of squash with seasoned salt. Combine ham and apple sauce. (If using pork sausage, brown and drain before using.) Spoon into squash cavities. Bake in casserole, cut side up, until heated through: 350 degrees for about 30 minutes. Serves 2.

CANDIED SQUASH

- 2 medium butternut or acorn squash
- ½ cup melted butter or margarine
- ½ cup firmly packed brown sugar
- ½ cup water
- 2 tablespoons light corn syrup
- ¼ teaspoon ground cinnamon

Parboil whole squash about 15 minutes or until tender; drain. Peel squash, and halve crosswise; remove seeds and membrane, and cut into ½-inch-thick slices. Combine remaining ingredients in a skillet; stir until well blended. Add squash; stir gently to coat well with butter mixture. Cover and cook over low heat for 10 minutes. Uncover and cook 5 additional minutes. Yield: 6 servings.

TOASTED SQUASH SEEDS

- 4 cups squash seeds (Winter Varieties)
- ½ cup butter
- 2 teaspoons salt

Rinse seeds in colander and remove as much fibrous material as possible. Spread on paper towels and pat dry. In a large heavy skillet, melt butter. Add seeds. Saute slowly over low heat, turning and stirring often, until seeds sizzle and turn golden brown. Sprinkle with salt. Serve hot or cold. May be frozen and reheated, if desired. Makes 4 cups. (Seeds also may be seasoned with garlic salt, onion, salt, chili powder or grated Parmesan cheese.)

DID YOU KNOW?

BY JARVIS

DEVIL'S ISLAND
 WAS A PENAL COLONY, 10 MILES OFF THE COAST OF FRENCH GUIANA. PRISONERS WERE SENT THERE AS EARLY AS 1795. TALES OF ATROCITIES THERE MAY HAVE BEEN EXAGGERATED, BUT IT WAS NO SUMMER CAMP!

THE MOST NOTABLE PRISONER ON DEVIL'S ISLAND WAS A FRENCH ARMY CAPTAIN, ALFRED DREYFUS.
 IN 1894 HE BEGAN 50 MONTHS THERE ON TRUMPED-UP CHARGES OF TREASON. DREYFUS, A VICTIM OF ANTI-SEMITISM, WAS LATER CLEARED, RE-INSTITATED, PROMOTED AND HE COMMANDED A FORT NEAR PARIS, EARLY IN WORLD WAR I.

THE AVS. DAILY VIEWING TIME OF TV PER HOUSEHOLD: 7.2 HRS.

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