

Recipe: Curried Winter Squash

Serving Size: 1/6 of recipe; Yield: 6 servings; Calories per Serving 115

Ingredients:

- 3 cups cooked, mashed winter squash
- 1 1/2 tablespoons curry powder
- 2 tablespoons butter or margarine
- 2 tablespoons maple syrup
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper, or to taste
- 3 tablespoons sweetened coconut flakes, toasted (optional)

Instructions:

1. In a medium bowl, combine first six ingredients. Microwave on high until heated through, about 5 minutes. Sprinkle on coconut, if desired. Serve.

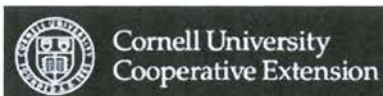
Source: www.allrecipes.com

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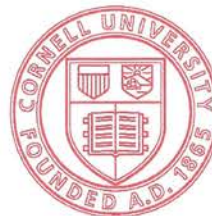
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Text for this publication was written by Master Gardener Volunteer Nora Teter.

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Vegetable Growing Guide: Winter Squash

Cornell Cooperative Extension Clinton and Essex Counties

Winter Squash Facts



Recommended Varieties:

- Bugle
- Zenith
- Carnival
- Tuffy
- Ambercup
- Sweet Mama
- Hubbard
- Red Kuri
- Delicata
- Harlequin

Winter squash, native to North America, are easy to grow if you have space. Most varieties of winter squash produce sprawling vines that spread 6 feet or more. If space is tight, grow bush or semi-bush varieties. Squash flowers can be battered and fried or stuffed. In addition to the familiar butternut and acorn squash, varieties come in a staggering diversity of fruit size, shape and color. Cornell's Bush Delicata is a 2002 All-American selection that combines the flavor of an heirloom Delicata with good resistance to powdery mildew and compact growth habit. Avoid varieties that require a long growing season (100 or more days).

How to Plant



Squash like warm soil and are very sensitive to frost. So wait until danger of frost has passed and soil has warmed at least 65 F, or about 2 weeks after the last frost date. Plant in a full sun location. Unless you are trying to grow a long-season variety in an area that gets early frosts, there's really no need to start winter squash inside.

Pests and Diseases

Young winter squash plants are susceptible to small, yellow-striped or spotted and elusive cucumber beetles. To control place light fabric tents or row covers over plants when they are first set outside, but remember to remove these before flowering. Squash vine borers and squash bugs can be removed by hand. Adequate spacing with good air circulation is the best control for mildews, wilts, fungus, and viruses that affect vines later in the season. Keep plants healthy with fertile soil and adequate moisture. Always destroy diseased vines after harvest, and avoid planting vine crops in the same garden 2 years in a row.



Maintenance and Care



Winter squash prefers well-drained, fertile, loose garden soil high in organic matter. Plentiful and consistent moisture is needed from the time plants emerge until fruits begin to fill out. Mulching plants helps retain moisture and suppress weeds. To hasten first harvest by as much as 2 weeks, use black plastic

mulch to warm soil before direct seeding.

Harvest and Storage

Harvest winter squash before the first hard frost, when the fruit is hard and cannot be easily scratched with a thumbnail. Use a sharp knife to cut the squash stem, leaving at least 1" of stem attached to avoid squash decay at the stem scar. Cure winter squash before storing in dry, well-ventilated area for 10 days at 75 F to 85 F. Squash will store from 2 to 6 months in warm dry conditions.



Sources:

Information for the text was taken from Cornell University's Vegetable Growing Guides found on-line at <http://www.gardening.cornell.edu/homegardening/sceneb771.html>.

Recipe was provided by Eat Smart New York. More information on this program can be obtained by calling your county's Cornell Cooperative Extension Office.