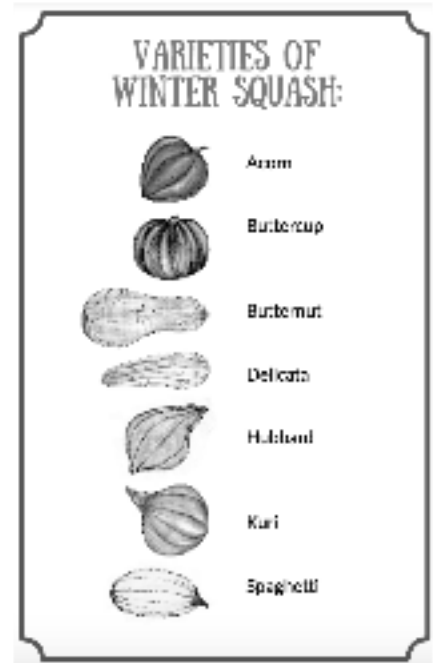


Chili Lime Delicata Squash

The Harvest of the Month for December is Delicata Squash. Delicata is a variety of winter squash harvested in Oregon from September to October and can store all winter long in your kitchen! Winter squash is a vitamin and mineral powerhouse. It provides vitamin A and C, fiber, potassium, magnesium, and many others.

Pigments called carotenoids give winter squashes their deep yellow and orange colors. Carotenoids turn into vitamin A in your body which helps keep your eyes and skin healthy! The Delicata in this month's box was sourced from Blue Fox Farm located in the Applegate Valley and the Cilantro is from Whistling Duck Farm also in the Applegate. A big thank you to West Coast Paper for donating the cardboard boxes for this month's kit!



Recipe Inspiration

Humans have consumed squash for over 10,000 years. Squash are native to Central America, between Mexico and Guatemala. Originally, squashes were cultivated for the consumption of their seeds only, as they had minimal, bitter-tasting flesh; over time, fleshier, fruitier varieties were developed. In Aztec, Incan, Mayan and Native American cultures, squashes were grown in companionship with corn and beans. Squashes are a member of the Cucurbitaceae family, also known as the gourd family, along with cucumbers, summer squash (pattypan, zucchini), and watermelon. *Info from NHharvestofthemonth.org and Oregon Harvest for Schools.*

Recipe

Kitchen Tools Needed

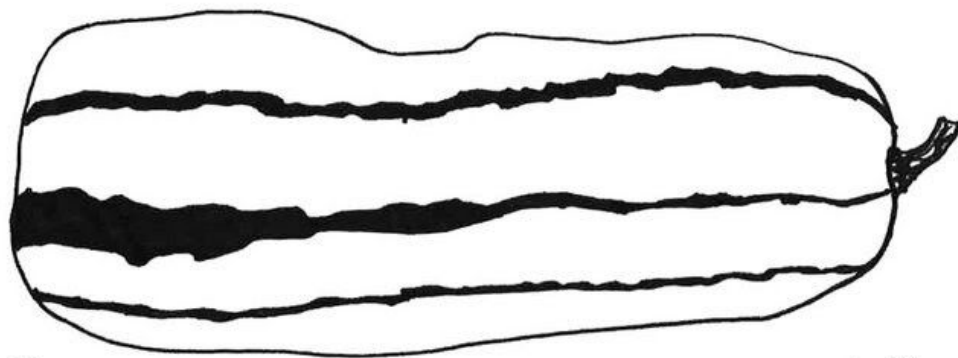
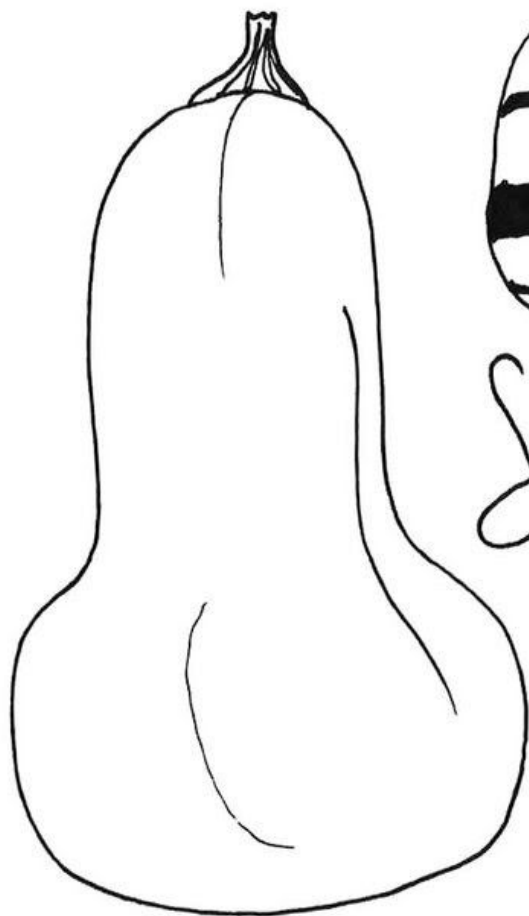
Baking Sheet, Measuring Spoons, Cutting Board, Spoon, Bowl, Knife (ask your family first!), Grater and Juicer if you have them.

Cooking Kit Ingredients

-1 Delicata Squash -1 Lime -1 Bunch of Cilantro
-2 Teaspoons Chili Powder
-2 Tablespoons of Olive Oil -Salt and Pepper

1. Watch Ms. D's Cooking Video first!
2. Preheat oven to 425 degrees or skip if using a stovetop or microwave
3. Get out your knife and cutting board and cut the Delicata in half lengthwise from stem to end
4. Using a spoon, scoop out the seeds and the pulp
5. Lay the two pieces of squash so they are flat on the cutting board and using your knife, slice into half moon pieces
6. Place the cut up squash in a small bowl
7. Measure 2 Tablespoons of Olive oil and pour into the bowl to coat the squash
8. Add 2 Teaspoons of Chili Powder to the bowl
9. Get out a grater using the small holes or zester if you have it and zest the skin of one lime into the bowl and mix ingredients together with a spoon so that the squash gets coated.
10. Grab your baking sheet and spread the seasoned squash onto it evenly.
11. Season with salt and pepper and roast for 25 minutes flipping the squash halfway through.
12. Once the squash is cooked remove from the oven.
13. Using your knife and cutting board slice your lime in half and squeeze the juice using your hands or a juicer over the squash in the pan.
14. Wash and chop your bunch of cilantro and sprinkle over top of the squash and enjoy this tasty treat!

Cooking Video: Search Rogue Valley Farm to School on Youtube.com



Squash

is one of the vegetables with the most variety—there are countless different shapes and colors. Squash

CREATE A NEW VARIETY OF SQUASH FOR YOUR GARDEN:

tastes similar to sweet potatoes, and like other orange veggies, it has lots of Vitamin A which is good for your eyes!

