Clinton County Eats: Local Food in the North Country

Cooking Winter Squash

1. Clean the outside of the squash under running water. Do not use soap!
2. Cut the squash in half and scoop out the seeds. It will be hard. To make it easier to cut you can microwave it for a few minutes to slightly soften the flesh.

For stuffed squash: (acorn, buttercup and other smallish roundish squash are good choices for this)

- Once the seeds have been scooped, you will have the perfect place to “stuff”. You can add anything from traditional stuffing to a grain blended with cheese or leftover meat.
- Bake in a 400° degree oven until the squash is soft (about 30 minutes). Cover the stuffing with foil if the filling is browning too quickly.

Cubed squash: (any squash can work, but a smooth skinned squash will be easier)

- Peel and chop the squash into the size cubes you prefer.
- You can sauté, boil or roast the cubes or depending on the recipe.

Mashed squash: (any squash will work, some varieties are drier, like acorn squash and will require additional liquid when mashing)

- Place the squash, cut side down on a baking sheet or pan with at least a small rim and add a little water to the pan. There is no wrong amount of water, a little water helps the squash to not stick to the pan.
- Bake in a 400° oven, until the squash is soft, about 30 minutes for a smaller squash and up to an hour for a larger squash. The top of the skin will begin to blacken and may cave in, which is fine.
- Scoop out the squash and mash with whatever seasonings you prefer, or add to a soup and puree.

Want more ideas for finding and using local food? Have insights you’d like to share?
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