

# Name that Squash



**Sweet Dumpling Squash**

Sweet dumpling squash are fairly small. The flesh is sweeter and drier than that of other winter squash, and the peel is soft enough to be eaten.

## Quick and easy squash recipe:

Cut a sweet dumpling in half, bake it at 350 until pierce easily with a fork and serve each half as an individual portion.

## Sweet Dumpling Squash Soup

3 to 4 cups pureed, cooked sweet dumpling squash  
1 quart chicken broth or stock  
1/2 cup cream or skim milk  
1/2 sprig fresh rosemary  
1/2 bay leaf  
1/2 teaspoon fresh ginger  
1/4 teaspoon each: ground cloves, allspice, ground cinnamon

salt and white pepper to taste

In a large soup pot or stockpot, thoroughly combine the chicken stock and squash pulp. Stir in the heavy cream or skim milk, rosemary, bay leaf and ginger. Cook about 30 minutes over medium heat. If a thicker consistency is desired, simmer about 15 to 20 minutes longer or until desired consistency is reached. Season the soup with ground cloves, allspice, and cinnamon.

Serves 4 to 5.

From [www.melissas.com](http://www.melissas.com).

## Emerald City Salad

### (with Fennel, Cabbage & Kale)

2 1/2 cups water or stock  
1 tablespoons butter  
1 teaspoon salt  
1 cup wild rice  
1/4 cup lemon juice  
1/4 cup olive oil  
1/2 teaspoon salt  
2 cloves garlic, minced  
1/2 cup chopped fennel root  
1/2 cup diced celery  
1/2 cup chopped red or green cabbage  
1/2 cup Italian parsley  
7 to 10 leaves kale, Swiss chard and/or turnip greens  
salt and pepper to taste  
1/2 cup crumbled Gorgonzola cheese, optional  
Bring water to a boil, add butter, 1/2 teaspoon salt, and rice. Bring to a boil, cover, lower heat and simmer 40-60 minutes until all water is absorbed and rice is tender.  
Combine lemon juice, olive oil, 1/2 teaspoon salt and garlic in a large salad bowl. Add fennel, celery, cabbage and parsley. Remove large stems from leaves of greens and roll up the leaves. Cut into 1/4-inch thin strips and add to other vegetables. Once rice is fully cooked, spread it like a blanket over the greens. When the rice has stopped steaming, thoroughly toss all ingredients together. Season to taste, some extra salt and or lemon may be required. Sprinkle cheese over top.  
Serves 6 to 8.

*Adapted from "Mothering Magazine."*

## Kale & Parsnips

1 cup onions, halved and sliced  
1 cup parsnips, halved and sliced  
1 tablespoon corn oil  
1 cup water  
2 tablespoons ginger, minced  
1 quart kale, veins removed, cut into bite-size pieces

Sauté the onions and parsnips in oil for about 5 minutes, stirring occasionally to prevent burning. Add the water and ginger. Cover and simmer for 4 to 5 minutes. Add the kale and continue cooking 4 to 5

minutes longer. Stir occasionally but keep the saucepan covered otherwise. Serve hot.  
Serves 4.

*From foodnunder.com.*

## From the "Kids' Corner"

### Parsnip Snackin' Sticks

*Kids are sure to go for this sweet, healthful snack. Slice parsnips lengthwise into strips. Bake at 350 degree F. until tender, but still a bit firm. Brush on bit of melted butter and cinnamon. Serve warm.*

*From "From Asparagus to Zucchini, A Guide to Farm Fresh Seasonal Produce," Madison Area CSA Coalition, 2003.*

## Beet & Apple Sauce

2 beets  
2 apples (any variety)  
1 tablespoon butter  
1 to 2 teaspoons ground cinnamon  
1 tablespoon brown rice syrup  
Peel and dice beets and apples into small cubes. In sauce pan, melt butter and heat beets and apples for 10 to 15 minutes. After 5 to 7 minutes add cinnamon and syrup. Continue to cook, stirring frequently, until sauce reaches desired consistency.

## Beet & Apple Salad

*Try adding diced celery to this to make a Waldorf-style beets salad. Serve on a bed of fresh beet greens!*

3 medium beets, cooked until tender, cooled, diced  
1 apple, peeled and diced  
1/2 cup plain yogurt  
1 tablespoon chopped nuts  
1 tablespoon honey  
Combine all ingredients, chill and serve.  
Serves 2 or 3.

*Adapted from "Simply in Season," Mary Beth Lind and Cathleen Hockman-Wert, Herald Press, 2005.*