

# Winter Squash

- Wash, cut in half, remove seeds and cut into pieces.
- Brush sides with olive oil & roast, sprinkle with cinnamon or nutmeg, or add garlic & rosemary. Great stuffed with grain mixtures.
- Take your time eating (good for several weeks)

Place in a cool, dark and dry area.

*To freeze: peel skin, cut into chunks, blanch 2 min, mash or puree, and cool. Store in freezer friendly container (up to 1 year).*

