

Spice it up with Ann

By ANN STILLWATER
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Winter squash is now in season in South Central Pennsylvania. This staple in the American diet is another food native to North America. Native Americans traditionally planted the three sisters of corn, squash and beans together in a small hillock of dirt. The tall corn would supply a stake for the beans to climb and the squash could grow along the ground. The beans re-nitrogenate the soil, which allow the corn and squash more fertile ground for growth. Nowadays, most farmers do not practice this synergistic planting of crops together, but many do rotate fields between crops to replenish the soil naturally.

Winter squash flesh is orange or yellow and full of nutrition. Not only are all varieties high in fiber, but they are excellent sources of vitamin A. They contain some vitamin C and iron as well.

There are many varieties of winter squash. The iconic squash of October is the pumpkin. Locally, one might see the long-necked "pie pumpkins" which are better for making pies! The traditional pumpkin takes a lot of work to separate the flesh from the skin. Other varieties of winter squash include butternut, acorn, spaghetti, buttercup and the largest hubbards. All can be prepared in similar ways.

For many, the seeds are more prized than the sweet flesh of homegrown pumpkins. Squash seeds have a delicacy that is much better than store bought seeds. Wash the outside of the vegetable, then split the squash in half before cooking, so the seeds can be scraped out with the side of a spoon. Separate the seeds from any bits of pulp, wash the seeds and soak

in very salty water for five minutes to 15 hours. Strain off the water and bake them on an oiled baking pan for about 20 minutes at 350 degrees. Stir often and remove when lightly browned and crisp. Store in a tightly covered container if there are any left to store!

The most common methods of cooking squash are to bake or boil. To bake, place the split, cleaned squash halves or pieces cut-side down on a greased cookie sheet. Bake at 350 degrees till the squash is tender. The cooking time will vary considerably depending on what size chunks are being cooked. An entire half of a butternut squash will take 45 to 60 minutes to cook. Smaller pieces may be tender in 20 to 30 minutes. Squash halves can also be dotted with butter, brown sugar and cinnamon and wrapped in foil. Bake, open side up on a cookie sheet for 45 to 60 minutes. The sweetness of the sugar added to the sweetness of the squash flesh makes for a delicious side dish!

Traditionally, boiling squash means peeling chunks of the raw vegetable. Add the chunks to boiling water with salt if desired. Turn down the heat to simmer the chunks until they are tender. Drain off the water and add butter and pepper if desired. Winter squash can be mashed like potatoes with a fork, masher or beaters.

A more modern method of preparing squash is to use a Crockpot. Place a whole rinsed small or medium squash in the Crockpot. Acorn squash work well since the lid must fit tightly. Cook on low setting for eight to 10 hours. Split the squash, remove the seeds and serve with butter and salt. The main disadvantages to this method are that the seeds are not baked and the Crockpot may need to be soaked for easier cleaning.

There are two dramatic pumpkin

recipes that make wonderful guest meals. Start either recipe by picking a pumpkin that will fit into the pan you have and into your oven, whole. Wash the outside of the pumpkin. Cut the top as if you are making a jack-o-lantern, using an angled cut so the lid will not fall in, after the body of the pumpkin gets soft from cooking. Scrape out the seeds and stringy pulp. Prepare the seeds as above if you are making the stuffed pumpkin, since the roasted seeds are mixed into the stuffing or are used as a garnish. Continue with the chosen recipe below.

Stuffed Pumpkin

Cook a rice pilaf according to directions on the package. Add sautéed chicken and/or vegetables as desired. Mix with a white sauce or gravy. Stuff the rice/sauce mixture in the hollowed out pumpkin. Place in pan, cover with pumpkin lid and bake for at least an hour at 350 degree until the pumpkin flesh is tender. Serve by removing the lid and scooping out rice mixture with some of the pumpkin flesh from the sides. Garnish with roasted pumpkin seeds.

Pumpkin Soup

Make a chicken soup with either your own stock, or canned or dry soup stock. Add carrots, celery, potatoes and chicken chunks as desired. Add salt and pepper to taste. If you are serving adventurous eaters, season either with sage or cinnamon and other spices. Fill the hollowed out pumpkin with the soup and add stale bread chunks to the top. Place in pan, cover with the pumpkin lid and bake at 350 degrees for about an hour till flesh of pumpkin is tender. This recipe is more delicate, since the soup will not hold the pumpkin sides up if it is overcooked. Serve by ladling into bowls, scraping some of the pumpkin into each dish.

Campus Calendar

Domestic Violence Awareness starts out on October 15, 12:30 p.m. in the Gallery Lounge of the Olmsted Building featuring an educational theatre program about relationship violence entitled, "Prom Night." The following week of October 22 will feature a display in the Olmsted Lobby, called "An Empty Place at the Table." A domestic violence awareness panel will be available on October 23, 12:15 p.m. in the Morrison Gallery, Library. Panelists will include representatives from the District Attorney's Office, YWCA of Greater Harrisburg, Penn State Harrisburg Criminal Justice program, WIN Services, and other agencies. "Unfastened," a play about domestic violence set in

the 1700's, written by Peter DeHart and performed by the Backstage Drama Club under the direction of Dr. Dorothy King, will be performed on October 24 at 6:15 p.m. in the auditorium of the Olmsted Building. Immediately following "Unfastened" will be a vigil in the Ziegler Commons of the Olmsted Building.

Koji and the Color make Crew-Come out for a free concert featuring the incredibly talented singer / songwriter who will be performing all original songs on acoustic guitar! The event will take place on October 16 at 9:15 p.m. on Stack's Stage in Olmsted. This event is open to all.

"DUI: A Powerful Lesson" An unforgettable program by Mark Sterner will take place on October 15 from 12 p.m. to 1 p.m. in the Olmsted Auditorium.

A limited number of free tickets to the Forth Annual Harrisburg Polish Film Festival are available to faculty, staff, and students in the Student Activities Office, E-131 Olmsted. The October 19 to 25 film festival is sponsored by the Polish American Association of Harrisburg at the Midtown Cinema, 250 Reily St. A maximum of two tickets per person is available while supplies last. For information on the festival, visit the Web at www.polamhar.org.

Things You Need To Know

IIT has received reports of problems with jump drives on the computers in the labs and at the library. There is a simple work around that can be used while this problem is being resolved. The helpdesk can assist anyone with how to use PASS to store your work online. IIT also has brochures outside of E-302 for students, faculty and staff that explain the procedure. Also, the procedure for use of PASS is explained on the FAQ website at www.hbg.psu.edu/iit.

All CUB Fitness Facility users must wear proper workout attire. Shoes must be worn at all times when in the building! Flip-flops are permitted when using any of the fitness equipment. Anyone seen working out in bare feet or in flip flops will

be asked to leave the fitness facility until proper footwear is acquired. CUB Fitness Facility users should avoid working out in clothing that has buttons and zippers that could rip or otherwise damage equipment upholstery.

In an effort to increase the security measure at the Capital Union Building, a new swipe card software system has been implemented at the Front Desk. We are asking all students and PSH staff and Faculty to use this system. In order to enter staff and faculty into the database, please contact Becky Parthemore or Marilyn Demey for the appropriate form at the Capital Union Building then return it to the CUB. Once your information is entered into the soft-

ware system you may swipe your PSU ID+ card to enter the building.

Athletics is looking for a Men's and Women's Basketball Game Announcer. Announcers must be available for evenings and weekends, with an interest in basketball and/or communications. If interested please e-mail sjd18@psu.edu.

The Penn State Harrisburg Cheerleading Squad is looking for guys and girls who can tumble and help with stunting. For tumbling, a minimum of a series 3 back handspring is required. For further information, please contact Tammy James, PSH Cheerleading Coach at 717-514-7455 or Julie Stoehr, Cheerleading Advisor at 948-6267.

Sponsored by Penn State Harrisburg Commission for Women and YWCA of Greater Harrisburg

Domestic Violence Awareness Month



eliminating racism
empowering women
ywca

Schedule of events

Domestic Violence Awareness Panel

October 23 • 12:15 p.m.

Morrison Gallery, Library
Refreshments will be served

Panelists will include representatives from the District

Attorney's Office, YWCA of Greater Harrisburg, Pennsylvania

State Police, Penn State Harrisburg Criminal Justice program, WIN Services, and other agencies.

"Prom Night" Play

October 15 • 12:30 p.m.

Gallery Lounge, Olmsted Building

An educational theatre program about relationship violence.

"Unfastened" Play

October 24 • 6:15 p.m.

Auditorium, Olmsted Building

A play about domestic violence set in the 1700's, written by Peter DeHart

Performed by the Backstage Drama Club under the direction of Dorothy King

Vigil

October 24 • immediately following "Unfastened"

Auditorium, Olmsted Building

An Empty Place at the Table

Week of October 22

Display in Olmsted Lobby

The events are funded
with Student Activity
Fee Funds.

Penn State
Harrisburg

Food Drive

**FIGHT
HUNGER
FEED
HOPE**

Photo courtesy of google.com

Now Until October 31

Bring non-perishable food items to E-128