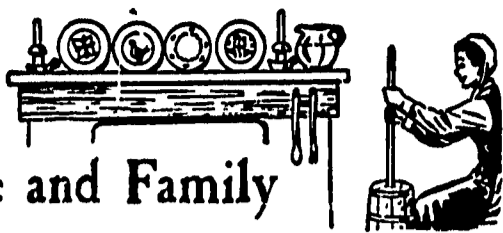


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

It's Fresh Vegetable Time



SPENCE

Market places now have abundant supplies of squash in many sizes, shapes and colors for you to use as a low cost main course, vegetable or dessert. Delicious and nutritious, one serving of squash provides the full daily requirement of Vitamin A in the diet as well as other important nutrients.

The time was when the "squash season" was extended into fall and winter only as long as fresh stored supplies lasted. Today modern marketing provides squash fresh or frozen all year round. This outdates the old "summer" and "winter" classifications and you can better identify by shell hardness and maturity.

Soft shell squash, formerly called summer, is now available almost year round. Mid-

west growers supply Zucchini, Cocozelle and Crookneck varieties during the summer season. The rest of the year warmer growing areas ship in this delicacy to local markets.

Hard shell or winter squash from local supplies are available from mid August to as late

as January or February. (This is still peak supply time and prices for hard shell squash are most economical.) Commercially frozen squash of hard-shell varieties is available year round.

You'll find ample supplies of Buttercup, Butternut, Acorn and Hubbard in stores and at roadside markets in the early fall. Store squash in a cool, dry, dark place. After cooking squash should be refrigerated. Cooked, mashed squash can also be frozen very nicely.

Because the Hubbard squash is large you may buy it cut up into pieces. Be sure these pieces have a fresh-looking surface when you buy them.

Butternut squash is easier to cut than other hard shelled squash as the skin is softer. It's good halved and baked, or slice

it, peel and steam in a small amount of water.

Buttercup has a characteristic round, flat shape with orange flesh that is thick and sweet. If you want to peel this squash, cut it into wedges first and peel these smaller pieces.

Acorn squash is shaped much like an acorn and because of its shape can be cut in half and stuffed. Creamed vegetables, chopped meats or apples make a good stuffing.

ORANGE-HONEYED ACORN SQUASH
 3 small acorn squashes
 1/4 cup orange juice frozen concentrate
 1/4 cup honey
 1 teaspoon salt
 2 tablespoons butter or margarine
 1/4 teaspoon nutmeg, if desired

Preheat oven to 400 degrees. Cut squashes in half. Remove seeds. Place squashes in a shallow baking pan. Combine orange juice concentrate, honey, and salt. Mix well. Put some of the orange-honey mixture into each squash cavity. Add 1 teaspoon fat to each squash half. Sprinkle with nutmeg if desired.

Cover pan tightly with aluminum foil to keep steam in and speed cooking. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender. 6 servings, 1/2 squash each, with about 190 calories per serving.

SCALLOPED ZUCCHINI SQUASH
 6 cups thinly sliced zucchini squash
 1 cup boiling water
 3/4 cup medium white sauce
 2 eggs, beaten
 1 teaspoon salt
 1/2 teaspoon Worcestershire sauce
 1 teaspoon finely chopped onion
 1/4 cup fine dry breadcrumbs
 1 tablespoon butter or margarine, melted

Cook squash in boiling water until tender, about 5 minutes. Drain. Make white sauce. Stir a little hot white sauce into beaten eggs; then gradually stir eggs into remaining sauce. Stir in salt, Worcestershire sauce, onion, and cooked squash. Put in a greased 1-quart casserole. Mix breadcrumbs with fat; sprinkle over squash mixture. Bake at 325 degrees about 35 minutes. 6 servings.

SPINACH MEAT BALLS
 1 pound ground beef
 1 cup drained cooked, chopped spinach (10-oz. pkg., frozen)
 1 egg
 1 tablespoon finely chopped onions
 1 tablespoon Worcestershire sauce
 1 teaspoon salt
 1/4 teaspoon pepper
 1 1/2 cups cereal flakes (corn or wheat)
 1 1/4 cups (10 1/2 oz. can) condensed cream of mushroom soup
 1/2 cup water

Combine all ingredients except soup and water. Shape into 20 balls about 1 1/2 inches in diameter, place in shallow baking dish. Bake in moderate oven (350 degrees) about 40 minutes.

Remove from the oven. Combine soup and water; pour over meat balls. Return to oven and bake an additional 20 minutes or until sauce is hot and bubbly. Makes 4 servings.

EGGPLANT CASSEROLE
 2 cups pared, cubed eggplant
 2 tablespoons finely chopped onion
 1/4 cup water
 2 eggs, slightly beaten
 2 slices soft bread, torn in very small pieces
 1/2 cup milk
 1 teaspoon salt
 Pepper, as desired
 1 1/4 cups shredded sharp Cheddar cheese
 (Continued on Page 17)

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